

WINDOWS

to your health

YOUR SOURCE FOR HEALTH INFORMATION

Photo Credit: perrysmithphoto.com



Michael Loos, of Eliot, experienced a massive heart attack in September, but quick action and trusted care by Dr. Greg Imbrie and the team at Wentworth-Douglass Hospital have him back on his feet.

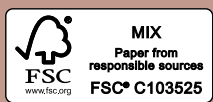
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 **Wentworth-Douglass Hospital**

www.wdhospital.com | (603) 742-5252

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Wentworth-Douglass Hospital
789 Central Avenue
Dover, NH 03820

Michael's Heart Attack – Not Just Chest Pain

When Michael Loos, of Eliot, Maine, arrived at Wentworth-Douglass Hospital's Emergency Department in September, he never expected to hear the words "heart attack."

Michael has struggled with several health problems over the years, including kidney stones and Type 2 Diabetes. "I've been bombarded medically by many things. I feel like a superhero deflecting bullets, one after another," he jokes. "I try to stay positive and move forward day after day. Wentworth-Douglass has been a wonderful hospital to me."

Throughout this past summer, Michael felt sluggish, like he'd walked a marathon by the end of each day. He shrugged it off assuming the heat was getting to him. Then, one morning in September, he woke up with terrible nausea.

"I was hot, cold, clammy and sweaty. I thought I had the flu, so I made an appointment with my primary care provider," he says.

After examining him, Dr. Virginia Hassett, of Wentworth Health Partners Strafford Medical Associates, directed Michael to head straight to the Emergency Department – and not a moment too soon. Within minutes of his arrival Michael was hooked up to an electrocardiogram (EKG) to test the electrical activity in his heart.

The result – Michael was having a massive heart attack.

"I remember hearing them call for a STEMI Team Activation on the overhead and seeing Dr. [Greg] Imbrie coming around the corner and saying to me very clearly,

See **MICHAEL'S STORY**, Page 06 →

When Minutes Matter – We Are Here For You

Heart attacks can happen at any time of the day or night. If the unexpected happens to you or a loved one – call 911 immediately and be confident knowing that expert care is available to you right here on the Seacoast.

At Wentworth-Douglass Hospital's 24/7 Cardiac Catheterization Lab – or Cath Lab – board-certified doctors from the Wentworth Health Partners Cardiovascular Group and specially-trained nurses and technicians are always ready to care for patients experiencing a heart attack.

Beginning treatment quickly is critical when a person is having a ST elevation myocardial infarction (STEMI), a kind of heart attack caused by a blocked blood vessel. Our STEMI team takes immediate action to evaluate and diagnosis heart attacks and move patients promptly and seamlessly to the Cath Lab for treatment. The time it takes from when a patient arrives at the Emergency Department to when a lifesaving device, such as a balloon or stent, has been used for treatment is a benchmark called the "door-to-device" time. Our average time is 55 minutes, better than the 90-minute target set by the American College of Cardiology.

"In these cases, every resource, from the Emergency Department, Patient Transport, Cath Lab and Critical Care Unit are taking finely-tuned steps to reduce time and provide the fastest, highest quality care to the patient," says Heather Wilson-Labbe, MBA, BSN, RN, CWOCN, Nurse Manager for Cardiovascular Care.

Wentworth-Douglass Hospital's Cath Lab performs more than 1,800 procedures each year, providing complete preventative care, medical management, diagnosis and treatment for heart and vascular conditions, including cardiac catheterizations, angioplasty, stent placements, pacemaker and defibrillator implants, and more. We are also leading the way in advanced imaging and technology so our physicians can better see and understand what's happening in a patient's heart and vascular system and offer the best minimally invasive interventions.

"In every case, it's the dedication to doing the right thing for the patient that's most important. We always put the patient first," says Wilson-Labbe.

To learn more about Wentworth-Douglass Hospital's Cardiovascular Care Center, call (603) 740-2121 or visit wdhospital.com/cardiovascularcare.



ACHIEVING MAGNIFICENCE!

Wentworth-Douglass Hospital has achieved Magnet® recognition, the nation's highest honor for excellence in nursing, with unanimous approval from the Commission on Magnet® Recognition.

Sheila Woolley, RN, BSN, MPH, NEA-BC, Chief Nursing Officer and Vice President of Patient Care Services, was notified of the honor during a phone call on November 16. She was joined by dozens of nurses, administrators and support staff to celebrate the good news.

"I am so proud of the nursing staff and the entire organization for the hard work that went into making this possible. Exceptional patient care and experiences are the result of exceptional teamwork," says Woolley.

Awarded by the American Nurses Credentialing Center (ANCC), Magnet® recognition is the most prestigious distinction a hospital can achieve honoring nursing excellence and quality patient care and outcomes. With this credential, Wentworth-Douglass joins just 447 U.S. health care organizations to be granted Magnet® recognition.

To achieve this distinction, Wentworth-Douglass passed a rigorous and lengthy process which involved widespread participation from leadership and staff at all levels. The process included an electronic application, written patient care documentation, and a three-day site visit by Magnet® appraisers.

Wentworth-Douglass Hospital's Nursing Department includes more than 500 highly skilled and compassionate nurses. "Magnet® recognition is tangible evidence of our nurses' dedication and the entire organization's commitment to providing the very best care to our patients," says Woolley.



Wentworth-Douglass Hospital



Staff at Wentworth-Douglass welcome the Magnet® appraisers to the hospital during their three-day site visit in September.



Sheila Woolley, nurses and support staff receive the news that Wentworth-Douglass has been granted Magnet® recognition.

NOTICE INFORMING INDIVIDUALS ABOUT NONDISCRIMINATION AND ACCESSIBILITY REQUIREMENTS AND NONDISCRIMINATION STATEMENT:
Wentworth-Douglass Health System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Wentworth-Douglass Health System does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. Wentworth-Douglass Health System provides free aids and services to people with disabilities to communicate effectively with us, such as: Qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). WDHS provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Communications department at (603) 742-5252. If you believe that Wentworth-Douglass Health System has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Patient Experience, 789 Central Avenue, Dover, NH 03820, 603-740-2823 (Telephone), 603-740-2240 (TTY), 603-740-2373 (Fax), PatientAdvocate@wdhospital.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance Patient Experience is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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Silakan tentukan pilihan Bahasa Anda atau Hubungi 1-844-311-9901
untuk berkomunikasi dengan seorang Interpreter(Penerjemah Lisan).

Contamos con servicio GRATIS de intérpretes para usted.
Por favor, indique aquí cuál es su idioma, o llame al 1-844-311-9901 para hablar con un intérprete.

WALK IN TO HEALTHY.

Wentworth-Douglass

NOW @ PEASE



Expert Care from the Seacoast's Finest

At Wentworth-Douglass at Pease you can expect the same great care we are known for – now in Portsmouth.

Our new location at 73 Corporate Drive on the Pease International Tradeport opened November 15 and offers a walk-in Prompt Care center, the new Primary Care at Pease, and specialty care services, including rheumatology, pulmonary medicine and vascular surgery.

Our board-certified physicians and nurse practitioners are here for you and your family.

To learn more, call 844-WD-PEASE or visit Getbetteratpease.com

WALK-IN PROMPT CARE



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Prompt Care at Pease
(603) 610-8051



DIANE NUGENT, DO
Prompt Care at Pease
(603) 610-8051



ELIOT SMITH, MD
Prompt Care at Pease
(603) 610-8051

PRIMARY CARE AT PEASE



THOMAS N. DECKER, MD
Internal Medicine
Primary Care at Pease
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HUGH V. MACDONALD, MD
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Primary Care at Pease
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ALI AL-ALWAN, MD
Pulmonary Medicine
Seacoast Pulmonary Medicine
(603) 610-8052



SAMIR D. BHANGLE, MD
Rheumatology
Seacoast Arthritis & Osteoporosis
(603) 610-8053



JAMES M. ESTES, MD
Vascular Surgery
The Cardiovascular Group
(603) 610-8055



BIANCA C. MONTEIRO, MD
Pulmonary Medicine
Seacoast Pulmonary Medicine
(603) 610-8052



Need Immediate Care? We've Got You Covered.



DOVER* | 10 Members Way, Suite 200 | (603) 609-6930
PORTSMOUTH | 73 Corporate Drive | (603) 610-8051

- When you can't wait for an appointment with your primary care provider
- Ear, nose, throat irritations
- Minor colds and flu
- Rashes
- Back or joint pain
- Vomiting/nausea
- Other minor illnesses, infections and injuries

wentworthhealthpartners.com/promptcare

*The Dover location is for Wentworth Health Partners Primary Care patients.



DOVER | 701 Central Ave. | (603) 609-6700
LEE | 65 Calef Highway | (603) 868-8507

- Non life-threatening conditions needing urgent care
- Advanced cold or flu
- Injuries
- Broken bones (no skin penetration)
- Advanced infections
- Burns
- Minor cuts and wounds
- Advanced vomiting, nausea and diarrhea

wdhospital.com/express



Wentworth-Douglass
Hospital

EMERGENCY DEPARTMENT
DOVER | 789 Central Ave. | (603) 742-5252

- Life threatening issues
- Severe allergic reaction
- Loss of consciousness
- Inability to speak, see, walk or move
- Difficulty breathing or choking
- Weakness or drooping on one side
- Uncontrollable bleeding
- Coughing up or vomiting blood

wdhospital.com



MEET OUR NEW PROVIDERS

The following providers have recently joined the medical staff of Wentworth-Douglass Hospital or Wentworth Health Partners. To find a provider, visit wdhospital.com and click “Find a Provider.”



Welcome to Dr. Brian Collins

Wentworth-Douglass is pleased to welcome Brian C. Collins, DO, to the team at our new Prompt Care walk-in center at Wentworth-Douglass at Pease.

Dr. Collins is board certified in emergency medicine by the American Osteopathic Board. He earned his Bachelor of Arts at Saint Anslem College in Manchester, NH, and his Doctor of Osteopathy from the University of New England, College of Osteopathic Medicine in Biddeford, Maine.

Dr. Collins will serve as medical director for our two Prompt Care locations, offering quality, convenient walk-in primary care for the cost of an office visit.

He will see patients at Prompt Care's new location at Pease, which opened to the public on November 15. A second location in Dover is open to established Wentworth Health Partners primary care patients.

Prior to joining Prompt Care, Dr. Collins was an emergency physician at Exeter Hospital for two years and at York Hospital for 21 years.

For more information, call Prompt Care at Pease at (603) 610-8051. Need care now? Schedule your visit by phone or online at www.getbetteratpease.com.



KENTON ALLEN, MD
Anesthesiology
Atlantic Anesthesia, PA
(603) 740-2651



ADRIENNE R. HAYES, APRN
Thoracic Surgery and Supportive & Palliative Care
Thoracic Surgery Specialists
(603) 609-6096
Supportive & Palliative Care
(603) 740-3330



JULIA H. ORSI, APRN
Anesthesiology
Seacoast Pain Institute
(603) 749-7246



JOANNE DEVLIN, LCMHC
Behavioral Health Counselor
Wentworth Health Partners
Great Bay Mental Health
(603) 742-9200



ELIZABETH KIRBY, APRN
Family Medicine
Wentworth Health Partners
Great Bay Family Practice
(603) 659-0901



RHONDA SZAPIEL, CRNA
Anesthesiology
North American Partners in Anesthesia
(603) 740-2651



MARK L. DICK, MD
Internal Medicine
Wentworth Health Partners - Dover
Internal & Geriatric Medicine
(603) 742-3666



JULIE LEADER, APRN
Cardiology
Wentworth Health Partners
The Cardiovascular Group
(603) 516-4265



CHRISTINE M. TOBIN, APRN
Adult Psychiatric & Mental Health
Wentworth Health Partners
Behavioral Health Services
(603) 609-6161



KANCHANA GANESHAPPA, MD
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North American Partners in Anesthesia
Atlantic Anesthesia
(603) 740-2651



LAURA E. MCPHEE, APRN
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Seacoast Emergency Physicians
(603) 740-2163



ERICA D. URSO, PA-C
Hospitalist
Wentworth-Douglass Hospital -
Hospital Medicine
(603) 740-2503



NICOLE S. HANKINS, CRNA
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Atlantic Anesthesia, PA
(603) 740-2651



THI THANH NGUYEN, MSC, LCGC
Genetic Counselor
Wentworth Health Partners
Center for Medical Genetics
(603) 516-0092



ELIZABETH J. WELCH MARSH, MD
Anesthesiology
Atlantic Anesthesia, PA
(603) 740-2651



LIFE
Lifestyle Interventions For Everyone
Wentworth-Douglass Hospital

Learn About the Anti-Cancer Lifestyle

Are you interested in making positive changes to your lifestyle to help reduce the risk of cancer or cancer recurrence? Wentworth-Douglass Hospital's new LIFE (Lifestyle Interventions for Everyone) Program is an eight-week wellness course geared to cancer survivors, their caregivers or anyone who wants to learn more about reducing their cancer risks.

LIFE's faculty members present on such topics as how to green your home and improve your nutrition and fitness, and they will support you in making progress on your changes and goals.

The next session starts March 23, 2017. For more information, call Anne Daugherty, LICSW, OSW-C, at (603) 740-2830 or Judith Geaghan, LICSW, at (603) 740-2226.

This program is generously supported through donations to the Wentworth-Douglass Foundation.



Photo Credit: perrysmithphoto.com

Kelsey Bagrowski, BSN, RN, and Julia Tenuta, BSN, RN, Clinical Practice Leader, practice and evaluate their patient care skills in Wentworth-Douglass Hospital's new, state-of-the-art Simulation Center.

New Simulation Center Helps Improve Patient Safety

The team from Wentworth-Douglass Hospital's Women & Children's Center buzzes around the patient who's about to deliver her baby. Each person understands their role, but this is not a routine delivery. Instead their patient is a surprisingly lifelike mannequin, complete with a pregnant belly and baby.

Welcome to the new Wentworth-Douglass Simulation Center. This state-of-the-art facility, which opened this year, features three highly realistic mannequins. "Metiman" and "PediaSim" run real-life surgical and critical care trainings for adult and pediatric patients. Our female mannequin, "Lucina," has three different abdomens, so staff can practice several emergency scenarios that could arise in the delivery room, as well as critical care scenarios for patients who are not pregnant.

Wentworth-Douglass was also the first civilian hospital to invest in a Cut Suit. Traditionally used by the military and first responders for trauma trainings, the Cut Suit is worn by a live person providing an added level of realism to help immerse the trainees in the experience.

Simulation exercises are a hallmark of safety training in the airline industry. The country watched in awe when Captain "Sully" Sullenberg and his team ditched US Airways Flight 1549 on to the Hudson River when the plane lost power shortly after takeoff. The crew's flawless performance was credited, in part, to the fact they had practiced that very situation in simulation.

That same logic can be applied here, at Wentworth-Douglass.

"Each scenario that a nurse or doctor can see and react to in a training environment will help them to recognize it when it happens in a real-life patient care situation," says Julie A. Cole, MSN, RN-BC, CPN, clinical educator.

In 2016, more than 400 people have used the new Simulation Center, running more than 1,300 hours of scenarios. Surgical staff has practiced treating malignant hyperthermia, a rare yet life-threatening reaction to anesthesia. The Cardiac Catheterization Lab and Emergency Department have completed STEMI (heart attack) drills. Dover firefighters also use it to practice delivering babies outside of the hospital. Simulations have been integrated into the initial and ongoing competency process for hospital staff.

"The most valuable part of any simulation training occurs after the activity, helping us to improve our teamwork and discover ways to communicate clearly and effectively with each other, patients and families," explains Kate Sullivan Collopy, PhD, RN, Director of Nursing Research, Education and Innovation at Wentworth-Douglass.

Wentworth-Douglass's Simulation Center was made possible by generous philanthropic support from Albany International. "Their investment in training our team, caregivers and community members is raising the bar on the Seacoast," says Sheila Woolley, RN, BSN, MPH, NEA-BC, Chief Nursing Officer.

Behavioral Health Again Tops Community Health Needs Assessment

The Wentworth-Douglass Health System Board of Directors recently approved the 2016 Community Health Needs Assessment (CHNA) and its implementation strategy, which includes expanding funding for behavioral health services even further as they continue to be the number one community need identified.

In addition, current Community Benefit Programs will continue, including providing free transportation via Care Van services, free and discounted care to those who cannot afford healthcare (Charity Care Program), and dental care for adults and children in the community at the Community Dental Center.

The CHNA was conducted this past summer and fall through extensive data analysis, focus group meetings with community leaders, and review by the Board's Community Benefit Task Force, chaired by trustee Donna Rinaldi.

Focus groups engaged consumers, providers and key community leaders from local government, community organizations, and health, education and social service providers representing low income, uninsured adults and children.

The top health need identified by all groups was the need for more behavioral health services, specifically mental health and substance misuse treatment and prevention. Other needs focused on financial assistance programs, community education, transportation, dental care, access to primary care, reducing obesity and improving nutrition and physical activity.

The 2016 CHNA focuses on continuing to expand behavioral health programs, while exploring opportunities to provide caregiver and patient support services, evaluating the current scope of services and increasing counseling resources provided by Great Bay Mental Health (which became a Wentworth Health Partners practice in early 2016).

Wentworth-Douglass will continue to support substance misuse prevention programs and explore opportunities to expand outpatient substance misuse treatment and recovery options. To support staff and providers, the hospital will also look to develop and implement educational programming to improve understanding of substance misuse and available resources.

Also approved were recommendations to continue providing CareVan transportation services within the limits of federal guidelines, to assure access to primary care providers, to expand education and prevention programs and to work with community groups to provide health insurance and health resource information for consumers.

The 2016 Wentworth-Douglass Hospital's Community Health Needs Assessment is available online at www.wdhospital.com.



Photo Credit: perrysmithphoto.com

Left to right: Trapper White, James Smith, Marissa O'Blenes and Dr. Greg Imbrie are part of the team in the Cardiac Catheterization Lab who helped save Michael Loos's life after he suffered a heart attack.

Michael's Story (from page 1)

"You are having a heart attack," says Loos. "Everyone was moving so quickly. They got me prepared and moved me to the Cardiac Cath Lab. I was overwhelmed and emotional, but the staff was so reassuring and that calmed me right down."

TREATMENT & RECOVERY

Wentworth-Douglass's Cardiac Catheterization Lab offers 24/7 access to state-of-the art treatments for heart attacks. (Read more on page 1.) Less than 30 minutes after he first arrived at the hospital, Michael was undergoing a catheterization procedure to evaluate his heart's arteries for narrowing and blockages. Dr. Imbrie discovered a completely occluded right coronary artery, removed the clot and used a series of stents to restore blood flow with "a beautiful result."

Michael was having an inferior myocardial infarction. Nausea is a common symptom for this particular type of heart attack, especially for people with diabetes. "Nausea should not be thought of as a risk free symptom in diabetics, especially if it's persistent, severe nausea," says Dr. Imbrie. "Michael did the right thing by coming in when he did."

After the immediate repairs were made, Michael's path to recovery began day one as an inpatient. "The inpatient team matters as much as me fixing the artery, doing diabetes care, medication management and more. It's all so important to helping patients make a complete and healthy recovery," says Dr. Imbrie. "Our entire team has done a fantastic job with the degree of care Michael needs, and he's doing brilliantly."

Since September, Michael has received outpatient care at Wentworth Health Partners The Cardiovascular Group. He's experienced pericarditis, heart inflammation that often follows a serious heart attack. Once the inflammation resolves, Michael will participate in the Cardiac Rehab Program, which studies have shown greatly improves patient outcomes and is recommended for all stent patients.

"I have complete confidence in Dr. Imbrie and complete confidence in myself to get through this," says Michael. "I will come back from this – and the assistance of Dr. Imbrie and his team make the journey better."



CARDIOLOGY
Greg Imbrie, MD, PhD

Wentworth Health Partners
The Cardiovascular Group
(603) 516-4265
whpcardiovasculargroup.com

Watch a video to learn more about Dr. Imbrie at
wdhospital.com/meetourproviders

HEART ATTACK - NOT JUST CHEST PAIN

It's very common for people to shrug off heart attack symptoms instead of seeking treatment. Women and people with diabetes are especially likely to experience atypical symptoms instead of crushing chest pain.

DON'T IGNORE THESE SYMPTOMS IF THEY ARE PERSISTENT.

- Nausea
- Shortness of breath
- Sweating
- Arm, shoulder and jaw pain
- Heart palpitations

For more information about Wentworth-Douglass Hospital's Cardiovascular Care Center, please call (603) 740-2121.

ROSEMARY LEMON SALMON



Here is a recipe that's simple to prepare and healthy for your heart and blood vessels. Salmon, particularly wild salmon, is rich in healthy omega-3 fatty acids. Some studies have shown that omega-3 fatty acids are helpful in preventing heart disease, decreasing triglycerides and may even prevent cancer. Since our bodies cannot manufacture omega-3 fatty acids, you must eat them. The American Heart Association recommends eating fish, especially fatty fish, (including salmon, anchovies, mackerel, sardines and albacore tuna) two times per week for maximum benefit. Give this recipe a try; your heart will thank you!

- Brooke Gowdy-Johnson, MS, RD, CSO, LD, Health Coach and Registered Dietitian, The Works Family Health and Fitness Center

Serves 4
Recipe adapted from the American Institute for Cancer Research

- INGREDIENTS:**
- Olive oil spray
 - 2 tsp. olive oil
 - 2 tsp. fresh lemon juice
 - Salt and freshly ground pepper, to taste
 - 2 cloves of garlic, minced
 - 3 tsp. fresh rosemary leaves, chopped
 - 1 lb. salmon filets, cut into four pieces

- DIRECTIONS:**
- 1.) Spray a broiler pan or a grill with the cooking spray.
 - 2.) Preheat the oven broiler or a grill.
 - 3.) Mix the oil, lemon juice, salt, pepper, garlic and rosemary.
 - 4.) Brush the mixture on both sides of the fish.
 - 5.) Place the fish under the broiler or on the grill. Broil about 4 inches from the heat until the fish is flaky in the middle.

NUTRITION FACTS: per serving

CALORIES 230	FAT 15G	SAT. FAT 3G	CARBS <1G	PROTEIN 23G	SODIUM 67MG	DIETARY FIBER 0G
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Keeping Small Patients Car-Seat Safe

Your children are your most precious cargo, so follow this advice to keep them safe in their car seats every time you travel.

1. FIND THE RIGHT CAR SEAT

Select the right car seat based on your child's age and size, as well as on the size and make of your vehicle.

2. REGISTER YOUR CAR SEAT

Register your car seat with the manufacturer so that you receive any recall notices.

3. USE IT CORRECTLY, EVERY TIME

Always refer to your specific car seat manufacturer's instructions for height and weight limits. To maximize safety, keep children rear facing as long as possible, until at least age two.

4. DO THE PINCH TEST

The harness should be tight enough that you can't pinch the webbing between your thumb and forefinger. Any extra slack can be dangerous. This is especially important during the winter months. Take bulky winter jackets off before harnessing children into seats. Use blankets over the child and straps once they are harnessed into the seat.

5. INSTALL IT CORRECTLY

Four out of five car seats are not installed correctly! If you have even the simplest question or concern have a certified child passenger safety technician take a look. Wentworth-Douglass offers free monthly car seat checks. *See upcoming dates to the right.*

For more information on car seat safety, visit safercar.gov.

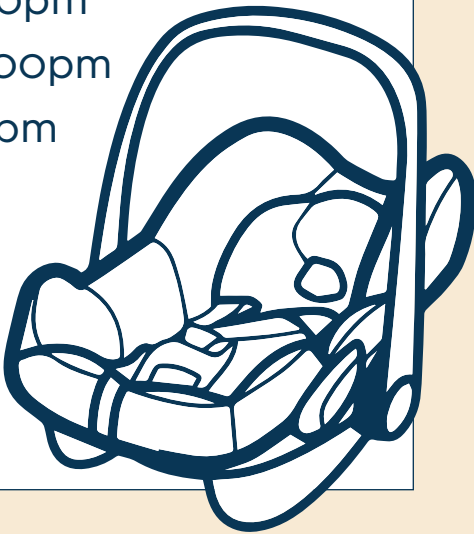
FOUNDATION FUNDS SAFER CAR SEATS

This year, four Wentworth-Douglass staff members became certified child passenger technicians thanks to donations to the Wentworth-Douglass Foundation. After a young boy was treated here in the Emergency Department for a fractured femur, his father could not securely fasten him into his car seat because of the cast. Thanks to her new training, Kate Lanz, RN, a pediatric nurse, was able to provide the family an adaptive car seat and teach them how to use it, allowing them to safely return home.

CAR SEAT SAFETY CHECK DATES:

January 18, 5:00–8:00pm
February 15, 5:00–8:00pm
March 15, 5:00–8:00pm

Safety checks take about 30–45 minutes per family. To sign up, go to wdhospital.com/events. For more information, call (603) 740-3335.



Paul & Debra Fennessy



Debra and Paul Fennessy participated in the 2016 Seacoast Cancer 5K, just one of the many ways they support their community hospital.

Like so many people, Paul and Debra Fennessy's first experience with Wentworth-Douglass was the birth of their first child 37 years ago. All three of their children were born here followed by many healthy years when they did not need the services provided by their community hospital. Then, in 2015, Debra Fennessy was diagnosed with cancer and three weeks later Paul suffered a heart attack.

"I had tremendous care. Dr. [Lazaro] Diaz was my cardiologist ... Everyone made me feel very comfortable despite what I was going through. People were paying attention, making sure everything was OK and asking the right questions," says Paul.

Paul's treatment and recovery included having three stents placed

to open blocked arteries and completing the cardiac rehab program to get him on the path to improved cardiac health. Meanwhile, Debra's cancer progressed and she needed chemotherapy.

"Dr. [Henry] Sonneborn is so terrific with my wife. She finished her chemotherapy at the end of March, and we can't say enough about the people who have taken care of us. Dr. Jeffrey Russell, our primary care physician, has also always been a rock and provided tremendous support to us. We are so fortunate we live here and have Wentworth-Douglass in our community."

To express their gratitude for their care and caregivers, the Fennessys have become generous donors and supporters of the Wentworth-Douglass Foundation. Gifts from our donors directly benefit patients and their families at Wentworth-Douglass, helping to make sure that our community hospital continues providing top-notch care, here on the Seacoast.

For the second year in a row, the Fennessys have enthusiastically participated in the Seacoast Cancer 5K, rallying their team "The Feisty Fenns." The team grew to 36 people at this September's event with members ranging in age from two to 80.

"The 5K was just a really great opportunity to bring our friends and family together to help us help other people. It felt good for us to know we had so many

people joining us in the walk. It's gratifying that we had that kind of support and that they wanted to support the cancer center and the foundation too," says Paul.

Paul's personal donations to the hospital are also matched by his company, providing even more support for the programs and services he's grateful for.

"Between the two of us we just feel very fortunate ... everybody is touched by something and this is really just a terrific hospital and we want to give back," he says.

HONOR A CAREGIVER

We are so grateful to the Fennessys and all of the generous donors who help to make care better here on the Seacoast. If you'd like to share your gratitude for a caregiver or a team of caregivers at Wentworth-Douglass, *Gifts of Gratitude* is a way for you to let them know how much you've appreciated their care. Each caregiver that you honor with a *Gift of Gratitude* will receive a card informing them of your thoughtful gift. Visit wdhospital.com/foundation to learn more.



SAVE THE DATE!

MONDAY, JUNE 26, 2017

Wentworth-Douglass Foundation Golf Tournament
Cochecho Country Club, Dover, NH

Don't miss this sell-out event supporting Women's & Children's services at Wentworth-Douglass Hospital. For sponsorship or player information, contact us at foundation@wdhospital.com or (603) 740-2687.





Upcoming Classes, Programs & Events

Wednesday
Jan. 18
3:00 – 4:30pm

Health Insurance Marketplace Open Enrollment Education
Learn more about the Health Insurance Marketplace and ask questions of Certified Application Counselors.
INFORMATION: wdhospital.com/insurancemarketplace
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday
Jan. 19
6:00 – 8:30pm

Adjusting with Ease – A Workshop for Expecting Parents
The transition from couple to parenting can be both wonderful and challenging. If you're looking for ways to prepare for the changes ahead, this is a great way to start! This class will help you set realistic expectations about life after baby and help you plan for the journey ahead. Cost is \$35 per couple.
REGISTER: wdhospital.com/childbirthed
LOCATION: Wentworth-Douglass Garrison Auditoriums

Wednesday
Jan. 25
6:00 – 7:00pm

Conformis Knee Replacement
Learn more about the Conformis Knee - a custom fit knee replacement molded to fit each individual. Presented by Seacoast Orthopedics & Sports Medicine.
REGISTER: wdhospital.com/events or call (603) 609-6135
LOCATION: Wentworth-Douglass Garrison Auditoriums

Friday
Jan. 27
10:00am – 3:00pm

American Red Cross Blood Drive
One blood donation can help save three lives. Join us!
REGISTER: wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday
Feb. 9
6:00 – 7:00pm

Adults with Type 1 Diabetes
Share ideas and resources and engage in conversations about living with Type 1 Diabetes! February's topic: Tips, tricks and ideas for counting high fiber and comfort foods. Hosted by Dr. Mick Davidson of Wentworth Health Partners Endocrinology & Diabetes Consultants.
REGISTER: Call Diabetes Services at (603) 740-2887
LOCATION: Wentworth-Douglass Professional Center, 10 Members Way, Dover, NH 03820

Monday
Feb. 13
6:00 – 7:30pm

Introduction to Mindfulness-Based Stress Reduction (MBSR)
Free session to introduce you to the practice of MBSR.
REGISTER: wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Course Begins
Monday
Feb. 27
6:00 – 8:00pm

8-Week Mindfulness-Based Stress Reduction
MBSR is a powerful method for learning to live more fully in the present with greater clarity of thought. MBSR may help to reduce stress, decrease burn-out, and increase empathy for self and others. Tuition is \$275 (a \$25 discount is offered to WDH employees and affiliates) and includes all classes, printed materials, CDs for home practice, and an all-day retreat on a Saturday (date TBD).
INFORMATION: Contact Holly Roche, WDH Integrative Therapies, at (603) 740-2649 or Holly.Roche@wdhospital.com.
REGISTER: wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Course Begins
Thursday
March 23
5:30 – 7:30pm

LIFE Program
The LIFE (Lifestyle Interventions for Everyone) Program is an eight-week wellness course providing helpful guidance to anyone who wants to make positive changes to their lifestyle to help reduce the risk of cancer or cancer recurrence.
REGISTER: Call Anne Daugherty, LICSW, OSW-C, at (603) 740-2830 or Judith Geaghan, LICSW, at (603) 740-2226
LOCATION: Wentworth-Douglass Garrison Auditoriums



your generosity can provide a car seat for new parents in need, a safe ride to and from treatment in our Care Vans, educational opportunities for our clinical staff, clinical trials for our cancer patients and so much more. Your donation today makes care better every day at Wentworth-Douglass Hospital.

You may make your tax-deductible gift online at wdhospital.com/donate, by calling (603) 740-2687, or by mailing a gift to Wentworth-Douglass Foundation, 789 Central Avenue, Dover, NH 03820.

Thank you and best wishes for a happy healthy new year!



Wentworth-Douglass Foundation

Good things happen, thanks to you.



Wentworth-Douglass Hospital IN THE COMMUNITY



The Dover Middle School Field Hockey Team raised \$200 at a bake sale during their last home game, selling delicious treats and lemonade that they made themselves. Their generous donation will benefit patients in the Seacoast Cancer Center. To learn more about holding your own community fundraiser, please contact Mary.DavidsonWilliams@wdhospital.com.



Wentworth-Douglass volunteer Keith Scott was honored with the 2016 Volunteer of the Year Award given by the New Hampshire Association of Hospital Auxiliaries and Volunteers at their luncheon at the Wolfeboro Inn in Wolfeboro, NH, on October 20. He was described as a "shining star" by the Wentworth-Douglass surgical team who he supports by volunteering three times a week in the operating room. Members of the surgical team, along with his parents, also attended the event to honor him and are pictured above. Keith has been a volunteer since 2012 and has given over 5,100 volunteer hours to support the hospital.