



WENTWORTH-DOUGLASS
HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY

SUMMER 2019

WINDOWS
to your health

YOUR SOURCE FOR HEALTH INFORMATION

REPORT TO THE COMMUNITY



Photo Credit: perrysmithphoto.com

The Seacoast Cancer Center has opened a new location at the Wentworth-Douglass Hospital Outpatient Center in Portsmouth. Take a look inside on page 2.



A PUBLICATION OF:
WENTWORTH-DOUGLASS
HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY

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

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non-profit, charitable organization.

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in Portsmouth

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Follow us!



Never a More Exciting Time at Wentworth-Douglass –
A Review Of Recent Accomplishments!

Providing patients with the best healthcare options on the Seacoast is behind every decision we make. In 2018, Wentworth-Douglass continued to grow our services, expand our reach, and deepen our integration with Massachusetts General Hospital, all to help individuals and families achieve their best health. Here are a few highlights from 2018.

NEW PROGRAMS & SERVICES

Wentworth-Douglass launched new programs in Bariatric Surgery and Weight Management. Several experienced general surgeons, OB/GYNs, and other specialists joined the Wentworth Health Partners family, and Wentworth-Douglass acquired Seacoast Orthopedics & Sports Medicine, a premier orthopedics practice.

DELIVERING WORLD-CLASS CARE WITH
MASSACHUSETTS GENERAL HOSPITAL

In 2018, we launched or enhanced programs featuring Mass General clinicians, including cardiac electrophysiology, epilepsy, gynecologic-oncology, and neuropsychology. We also began the process of moving to a shared electronic medical record with Mass General and Partners HealthCare. When this system goes live in fall 2019, patients will benefit from improved coordination of care across the Partners network.

Additionally, in 2018, Wentworth-Douglass, Exeter Health Resources, and Mass General began exploring opportunities to develop a new regional network to collaboratively deliver health care within the Seacoast region. (See more on page 2).

INNOVATIONS FOR BETTER CARE

In 2018, Wentworth-Douglass invested in the latest da Vinci Surgical System, making us the largest, most experienced robotic surgery program on the Seacoast.

We also opened a newly renovated Seacoast Cancer Center in Dover, with an expanded infusion area, dedicated oncology pharmacy, and innovative technology conferencing room. And, we recently celebrated the opening of our new cancer center in Portsmouth. (See more on page 2.)

RECOGNIZED FOR
PATIENT-CENTERED CARE

We opened Wentworth Health Partners Internal Medicine, a new primary care practice model to provide more coordinated care to meet all of our patient’s needs.

We also received several national recognitions for top-quality care, including the Healthgrades Outstanding Patient Experience Award and Baby-Friendly USA designation.

INVESTED IN THE COMMUNITY

As a nonprofit healthcare organization, we are invested in the health of our community. This includes donations from the hospital to community partners, like Goodwin Community Health and Dover Youth 2 Youth, as well as philanthropic support of the Wentworth-Douglass Foundation. Thanks to our donors, in 2018, the Seacoast Cancer 5K surpassed more than \$1 million raised to support cancer care in our community.

Healthcare with Heart.

As a pillar of the community, we are dedicated to providing exceptional, lifelong care while in constant pursuit of the best patient experience possible. Togetherness is at the heart of how we think, act and treat every person who places their trust in us. Learn more at wdhospital.org

Seacoast Cancer Center Celebrates Opening of Portsmouth Location

Wentworth-Douglass Hospital's award-winning Seacoast Cancer Center has opened in Portsmouth to offer the Seacoast community greater access than ever to comprehensive, personalized cancer care.

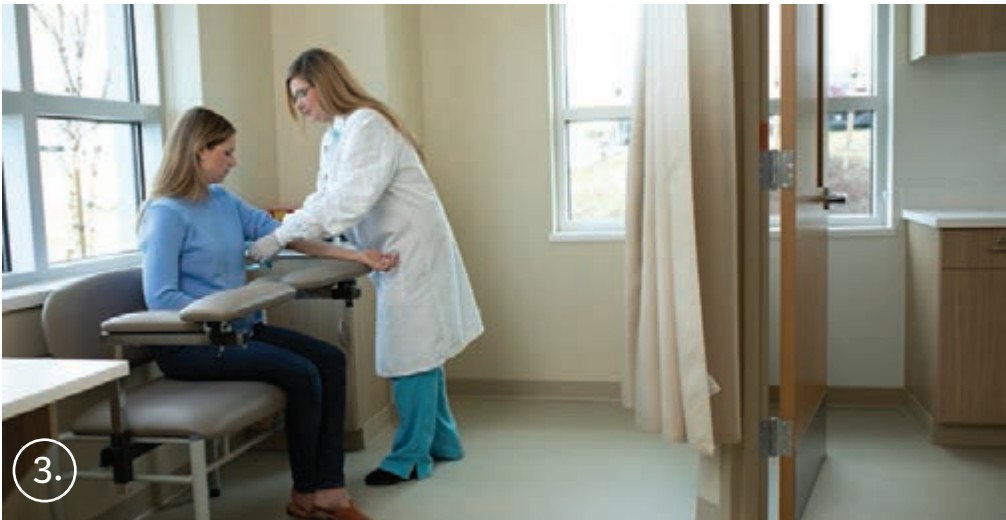
The Seacoast Cancer Center in Portsmouth will encompass all the services available at the Dover location, including medical oncology, radiation therapy, integrative therapies, access to Massachusetts General Hospital specialists, an on-site oncology lab and pharmacy, and more.

HIGHLIGHTS INCLUDE:

- 1. Five infusion rooms to offer patients and families a comfortable, semiprivate space for their infusion treatments, staffed by board-certified oncologists and nurses certified by the Oncology Nursing Society to administer chemotherapy and immunotherapy.
- 2. The TrueBeam™ Linear Accelerator to provide radiation treatments for all cancers from head to toe with advanced imaging and positioning for better precision and increased patient comfort.
- 3. On-site oncology lab dedicated to the cancer center, allowing our technologists to rapidly perform tests the oncologists need to make clinical decisions. There is also an on-site pharmacy dedicated to our oncology patients.
- 4. Technology Conference Rooms in Dover and Portsmouth featuring state-of-the-art video conferencing and diagnostic-quality images to greatly improve collaboration for multidisciplinary tumor board meetings, consultations with Massachusetts General Hospital, and more.

The cancer center is in a new building at Wentworth-Douglass's growing Outpatient Center in Portsmouth. Building C is also home to Wentworth Health Partners specialty care providers and practices, including general surgery, neurology, plastic surgery, vascular surgery, pulmonary medicine, and rheumatology.

For a comprehensive list of services available at the Wentworth-Douglass Outpatient Center in Portsmouth, visit wdhospital.org/Portsmouth.



The Seacoast Healthcare Initiative: Our Hospitals. Our Home. Our Health.



Wentworth-Douglass Hospital, Exeter Health Resources, and Massachusetts General Hospital have entered into an agreement to form a new, New Hampshire-based, not-for-profit health entity that will serve as the parent company for both Seacoast hospitals and will be part of the Mass General family. The agreement is now pending regulatory approval, which could take several months. During that time, Exeter Hospital and Wentworth-Douglass will hold public forums to hear feedback on the proposed affiliation from their communities and hospital leaders will visit with local and charitable organizations, business groups and community leaders to provide more information. This Seacoast Healthcare Initiative is designed to develop more expansive access to local, cost-effective and innovative healthcare services that would not be achievable for either hospital alone. Backed by the world-class clinical care and resources of Mass General, stronger, more advanced and more comprehensive care will be available to patients in the Seacoast.

Since joining Mass General in 2017, Wentworth-Douglass has already started bringing more specialized care to the region. In cardiac care we now offer electrophysiology and programs for heart failure and women's heart health; in neurology, Mass General's expertise has helped enhance care for epilepsy, neuropsychology and polyneuropathy. With Exeter as part of the family, these efforts will only continue to grow. As not-for-profit organizations, the three hospitals share common values, which include giving back to the communities they serve. Investing in financial assistance/charity care, community benefits funding, and support for civic organizations and community services will remain a top priority. The proposed affiliation will sustain these values and ensure all Seacoast residents have access to local high-quality care now and for generations to come.

To learn more, visit seacoasthealthcareinitiative.org.



A MESSAGE FROM THE PRESIDENT



Gregory Walker, President & CEO, Wentworth-Douglass Hospital

As I look back on 2018, I am proud of our many accomplishments and I am excited and energized about the future. The breadth, depth, and quality of services we will be able to offer, pending favorable regulatory approvals, working with Exeter Health Resources and Massachusetts General Hospital will be unparalleled in the region. Collaboratively, we will deliver exceptional healthcare services to residents across the Seacoast region.

The collective goal for the new healthcare system will be to leverage the strengths of three exemplary organizations. Together, we will strengthen existing programs while expanding the availability of new services to the region, thereby reducing the need for residents to leave the Seacoast for their care. Our work will be guided by the simple, shared goal of delivering the right care, at the right place, at the right time.

We take our nonprofit heritage seriously and place a high priority on staying true to our individual missions and commitments. The governing board of our new health care system will be comprised of over 75% local representatives, ensuring responsiveness to local needs and priorities.

At Wentworth-Douglass, this respect for community and our value as a nonprofit hospital is reflected in investments and community benefits that totaled more than \$38 million in 2018. We can give back and make a difference through outreach, education, and strategic partnerships with local organizations.

LOOKING BACK

Throughout 2018 we planned for and invested in the expansion of major services. We began construction to expand the Seacoast Cancer Center to Portsmouth. This new location will offer state-of-the-art comprehensive cancer care. Our bariatric surgery program continued to grow and, due to its success, we have applied to become a Center of Excellence with the American Society for Metabolic and Bariatric Surgery. We expanded surgical robotics technology that maintains our leadership position as the most comprehensive surgical robotics program on the Seacoast.

I am humbled by the many accolades Wentworth-Douglass received in recognition of its high quality and patient satisfaction. Wentworth-Douglass received the Outstanding Patient Experience Award from Healthgrades for the 5th consecutive year; a five-star quality ranking from the Centers for Medicare and Medicaid Services; an "A" rating in patient safety from the Leapfrog Group, and completed a successful survey by the Joint Commission, whose surveyors were very complimentary of our staff and facilities. Wentworth-Douglass is also a Magnet® Recognized hospital by the American Nurses Credentialing Center for meeting their highest standards in nursing care.

Throughout the year I received numerous letters and handwritten notes from patients that are very meaningful to me because these notes express a patient's gratitude for the staff and providers who left a lasting impression. This speaks to both the compassion and competence that are at our very core.

Much of 2018 was dedicated to transitioning into the Massachusetts General Hospital family. This fall we will be using Partners HealthCare's eCare medical record system. This will provide a single medical record for each patient, allowing for immediate and seamless access to critical information, across the entire Partners HealthCare system which includes Massachusetts General Hospital.

The sum of these efforts is greater than the individual parts. Our true strength is best reflected in the talented and dedicated people I am privileged to work with. Beyond the bricks and mortar, the technology, and the medical equipment, it is the people – our employees, volunteers, and medical staff members – who make this such a rewarding job and exceptional place to receive healthcare.

I truly believe that moving forward we will be able to stay even closer to our patients by bringing more services to the Seacoast region through the proposed affiliation with Massachusetts General Hospital and Exeter Health Resources. Together, we can realize our goal of strengthening, enhancing, and growing quality healthcare that is locally available.

There has never been a more exciting time to be a part of Wentworth-Douglass, and I invite you to experience it with me.

FISCAL YEAR 2018 AT A GLANCE

CONSOLIDATED BALANCE SHEET (AUDITED)

Assets	9/30/18
Current Assets	\$286,002,000
Property, Plant & Equipment Net	\$226,782,000
Other Long Term Assets	\$46,905,000
Total Assets	\$559,689,000
Liabilities & Fund Balances	
Current Liabilities	\$60,243,000
Long Term Liabilities	\$120,460,000
Fund Balance	\$378,986,000
Total Liabilities & Fund Balances	\$559,689,000

RECORD OF SERVICE - FISCAL YEAR 2018

Admissions	8,221
Observations	3,022
Anesthesia Cases	13,292
Births	1,250
Cardiology Procedures	37,750
Endoscopy Procedures	5,555
Emergency Room & Express Care Visits	66,128
Laboratory Tests	735,294
MRI Exams	5,533
Meals Served in the Cafeteria	694,510
OR Cases	8,067
Pharmacy Doses Issued	861,359
Physical Therapy Treatments	130,997
Pulmonary Treatments	37,371
Radiation Therapy Treatments	14,819
Medical Oncology Treatments	8,504
Volunteer Hours	18,288
X-Ray Exams and CT Scans	80,950
Wentworth Health Partners Primary Care Visits	121,928
Wentworth Health Partners Specialty Visits	168,659

WENTWORTH-DOUGLASS LEADERSHIP

As of September 30, 2018

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Dr. Peter Dirksmeier
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Dr. Shiv Kumar, Secretary/Treasurer

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Jeff Pollock, Vice President of Information Systems/CIO
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Peter Walcek, Vice President of Finance/CFO
Gregory Walker, President & CEO
Sheila Woolley, RN, Vice President of Patient Care Services/CNO
Dalma Winkler, MD, Vice President of Regulatory Compliance

2018 Community Benefits

Supporting Programs to Enrich Your Life

We care about our community. We've been here for more than 110 years; it's part of who we are as an organization. Our success is tied to the community's health.

Therefore, our commitment to ensuring the wellness of our community and state extends beyond the walls of the hospital. From addressing affordability of care, to funding community partners like SOS Recovery Community Organization and Dover Fire & Rescue, Wentworth-Douglass is supporting efforts to enrich and sustain a healthy Seacoast community.

INVESTED IN THE COMMUNITY

The figures cover October 1, 2017 – September 30, 2018

TOTAL VALUE OF COMMUNITY BENEFITS IN 2018

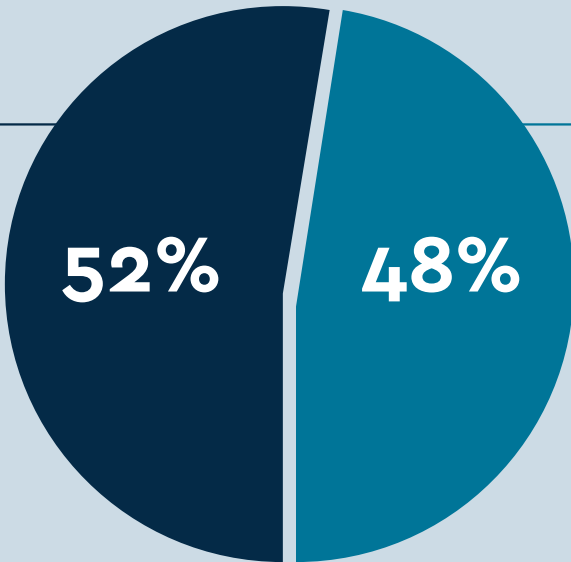
\$38,341,948

10.2% of operating expenses

\$19,925,305

FINANCIAL ASSISTANCE TO ACCESS CARE

INCLUDES UNREIMBURSED MEDICAID AND CARE PROVIDED WITH FINANCIAL ASSISTANCE (AT COST)



\$18,416,643

OTHER COMMUNITY BENEFITS

INCLUDES COMMUNITY HEALTH SERVICES AND IMPROVEMENT, SUBSIDIZED HEALTH SERVICES, HEALTH PROFESSIONS EDUCATION, FINANCIAL CONTRIBUTIONS TO COMMUNITY PARTNERS

ADDRESSING THE COMMUNITY'S HEALTH NEEDS

Here is a sampling of some of the community benefits programs Wentworth-Douglass Hospital implemented in 2018 to address the community's most pressing health needs, as identified by our most recent Community Health Needs Assessment.

- Affordability of Care and Insurance Barriers
 - Community Health Education
 - Dental Health and Access to Dental Health Care
- General Healthcare and Access to Primary Care Services
 - Mental Health and Access to Mental Health Services
 - Needs of the Aging Population
- Obesity, Nutrition, and Physical Activity
 - Poverty and Lack of Economic Opportunity
 - Substance Misuse and Access to Substance Misuse Treatment Services
 - Transportation



AFFORDABILITY OF CARE

13,178 Patients of Wentworth-Douglass and Wentworth Health Partners received financial assistance to help access care.



DENTAL HEALTH

2,155 patients received subsidized or fully-covered care at the Wentworth-Douglass Community Dental Center.
6,201 total services performed.

COMMUNITY EDUCATION

2 health coaches hired to support patient education (particularly for Diabetes Type 2 patients) in primary care.
1,204 hours of training in our Simulation Center.



TRANSPORTATION

14,999 patient trips to healthcare appointments in our free Care-Van service.
119,920 miles traveled by our Care-Vans.



2018 Community Benefits

Photo Credit: perry-smithphoto.com



Emergency Department Offers 'Stop the Bleed' Trainings to Help Community Members Save Lives

Sherie Weber, BSN, RN, TCRN, CPEN, Trauma Program Manager at Wentworth-Douglass Hospital, offers instruction on bleeding control techniques to teachers at Saint Mary Academy in Dover, during a recent Stop the Bleed Training held there.

Sherie Weber, BSN, RN, TCRN, CPEN, Trauma Program Manager at Wentworth-Douglass Hospital, wears a bright red T-shirt that reads “Stop the Bleed. Save a Life.” She and other Emergency Department staff members are passionate about “Stop the Bleed,” a nation-wide initiative that teaches simple steps in proper bleeding control to the public and accident bystanders, before emergency professionals arrive.

According to Lynn Marie Chabot, MS, RN, Emergency Department Clinical Practice Leader at Wentworth-Douglass, the program started when the American College of Surgeons formed a consortium to help everyday people save lives with measures that control bleeding – and the training and confidence to use them: “We often think of major trauma incidents such as a mass shooting or the Boston Marathon bombing, but major bleeding can occur on a smaller, yet potentially life-threatening scale – in our homes and backyards, on a playground, at a car accident scene, or in a woodworking shop,” says Chabot.

While large-scale events were the original impetus for the national “Stop the Bleed” campaign, the reality is that “people need training to respond to bleeding emergencies close to home, such as landscaping and gardening accidents,” according to Weber. She cites children falling from monkey bars as an all-too-common cause of fractured limbs.

Seeing a need, Wentworth-Douglass's Emergency Department offers Stop the Bleed training and resources to schools and community groups. “Stop the Bleed” kits are available free-of-charge to schools throughout our community and neighboring towns, made possible with funding from the Wentworth-Douglass Foundation. Each kit includes gloves, dressing, compression bandages, and an easy-to-use tourniquet.

“We bring our team to whoever wants the training, wherever they are. Our hope is to expand the network of people who have this training, and we'll go anywhere to teach it – board rooms, bank lobbies. We were thrilled to train camp counselors at The Works Family Health & Fitness Center in Somersworth last summer,” says Brian Nicholson, BS, NRP, EMS Coordinator.

Chabot says that participants are impressed with how much they learn and how easy it is to make a difference – at home or when they are out and about: “People get so engaged. We've trained nurses and teachers in the Somersworth schools, and done outreach to all the local schools, including bus drivers, who want to be prepped for safety. We're sharing a skill, and we're taking the scary part out of it.”

To inquire about a Stop the Bleed training class, please call (603) 740-3372.



Community Partnership Aims to Support Those with Substance Use Disorders

"Recovery from addiction is not a one-shot deal,” according to John Burns, Director of SOS RCO (Recovery Community Organization). “People have re-occurrences. You'd expect setbacks with a person dealing with any chronic condition such as diabetes or heart disease. Likewise, people struggling with substance use disorders need ongoing support and trust.”

That's the mission of SOS RCO – to reduce the stigma and harm associated with substance use by providing peer-based support for people in all stages of recovery. The organization, with locations in Dover and Rochester, is working with Wentworth-Douglass to help break the cycle of addiction. Wentworth-Douglass provided SOS RCO with a \$110,000 grant in 2019 to assist in its mission and to train volunteer coaches. Burns is grateful for this partnership: “We could never replicate these services and respond to the needs of our community without this level of support and cooperation.”

Through the collaboration, SOS RCO's on-call recovery coaches provide immediate, round-the-clock, peer-based support at the hospital. “When people come into the Emergency Department here, they need to feel safe, not judged. We call it a ‘window of motivation’ and we want to connect people immediately with a non-clinical, recovery-oriented system of care,” says Kellie Mueller, MEd, Director of Behavioral Health.

After discharge, the recovery coaches offer information and provide a bridge between the hospital and peer recovery support services. These next steps in follow-up care and treatment can be challenging to navigate: “Our coaches will accompany the person to an intake appointment, connect them to community contacts and resources such as The Doorway, and help them take the next steps. We offer concrete, compassionate assistance, face-to-face coaching, and ongoing telephone support calls,” says Burns.

“Historically, society has looked at mental health and addiction as two separate issues. We now know that you can't develop programs that only look at one side of the problem. We need to treat the whole person. If we're doing it right, we are all one team,” adds Mueller.

Mueller sees the partnership between the Hospital and SOS RCO as mutually beneficial and professionally rewarding: “We're partners. We work collaboratively. Together, we can make an impact. We can shine a spotlight on what is needed to make a concrete and lasting difference.”



Jay Levy, Chair of the
Wentworth-Douglass Foundation
Board of Directors

A MESSAGE FROM THE FOUNDATION CHAIR

Dear Friends,

Thank you! It's a phrase we are fortunate to say often, thanks to the incredible support from our community of donors – friends such as you who support our mission and ensure that non-profit community healthcare at Wentworth-Douglass is strong and viable.

As we reflect on our past year, we are immensely grateful for the more than \$1 million our community contributed to the Foundation through our Charity Classic, Seacoast Cancer 5K, Challenge Matches, and special community fundraisers highlighted in this report. Our community of donors is growing as is our reach to the Seacoast communities. We are involved more than ever in our local communities.

The Foundation supports important patient-centered initiatives at Wentworth-Douglass. The Foundation was proud to award grants to the Wentworth-Douglass Community Dental Center for financial assistance, as well as support programs such as our Bereavement Support Program, We Care Program, Diabetes Program, Camp Meridian, Women & Children's Center, and continuing education for our caregivers.

I hope you enjoy reading our report on philanthropy. We are fortunate to have the support of our community members to participate in our fundraising events and activities. I encourage you to contact our Foundation Office to learn more about our new initiatives and outreach to the Seacoast communities.

We continue to rely on your generosity and know that, with your support, we can accomplish great things. On behalf of the Foundation Board, thank you for your support and continued loyalty.

With sincere appreciation,

Jay Levy, Chair, Wentworth-Douglass Foundation

Thank You

Thank you to these generous donors who made annual fund contributions in support of Wentworth-Douglass Hospital's life-saving mission between October 1, 2017 and December 31, 2018.

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\$25,000 AND GREATER

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CONTINUED →



Friends of the Wentworth-Douglass Foundation joined Dr. Dmytro Havaleshko for an evening of experiential learning to immerse themselves in today's cutting edge healthcare technology including an interactive opportunity with the latest in surgical robotics. Pictured below from left to right: Maryellen Burke, Jackie Eastwood, Philippe Von Hemert, Geoffrey Ness, Kate Hurd, Dr. Dmytro Havaleshko, Susan Von Hemert, Beverly Bruce, Michael McClurken and Emily Moore.

1906 HERITAGE SOCIETY

Wentworth-Douglass Hospital was first established thanks to a large bequest from the estate of Ariocho Wentworth in 1906. Since then, gifts made through our supporters' estates have provided vital funding for the hospital's life-saving mission. The 1906 Heritage Society recognizes those who continue this legacy by naming the hospital as a beneficiary of a will, retirement plan, donor-advised fund or life insurance policy; or establish a charitable gift annuity or trust.

If you have included Wentworth-Douglass in your estate plans, please contact Maryellen Burke at Maryellen.Burke@wdhospital.org or by phone at (607) 609-6654. We would like to welcome you to the 1906 Heritage Society.

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Katie and Scott Cameron have included a gift to Wentworth-Douglass Hospital in their estate plans. “We know we are doing something that will have an even bigger impact.”

The Camerons Commit to Keep Growing

Katie and Scott Cameron know a thing or two about legacy. The family business, Cameron’s, on Route 11 in Farmington was started by Scott’s grandfather in 1924. It’s now an institution that has served generations of gardeners and contractors throughout the region. So, when Scott took the reins of Cameron’s from his dad, Fred, in 2016, he and Katie started thinking about creating a legacy of their own.

“With the change in ownership at the business, Katie and I revisited our estate plan,” Scott explains. “We began talking about organizations we may want to include in our will.”

Wentworth-Douglass Hospital immediately came to mind. The Camerons have enjoyed positive interactions with the hospital, in good and bad times. There was Valentine’s Day 2013, when Scott slid off a roof he was shoveling, crushing his L2 vertebrae. “The ambulance brought me to Wentworth-Douglass. The care was amazing. I went home in a back brace and was bedridden for a month. But I did absolutely everything Dr. Peter Dirksmeier (the orthopedic surgeon who treated him) told me to and made a full recovery. Today, you’d never know I had a back injury.”

On the happier side, Wentworth-Douglass was also where the Camerons welcomed their newest nephew, Logan, last August—son of Scott’s brother, Steven, and his wife, Kate. “We were in the waiting room with my dad and were the only people there,” Scott notes. “They let us order pizza and even brought us heated blankets.”

Still, the decision to include Wentworth-Douglass Hospital in their estate plan went deeper than two recent experiences. “Cancer has ravaged my family,” Scott says. “My grandparents on both sides died from cancer. Cancer took my mom 20 years ago.”

“People in my family have had cancer, too,” adds Katie. “We have friends we’ve lost to it, and friends who have survived it. Cancer affects everyone.”

Ultimately, Katie and Scott decided to leave a portion of their estate to Wentworth-Douglass Hospital, directing it to the Seacoast Cancer Center. They are now members of the 1906 Heritage Society, an honorary society recognizing those who name the hospital as a beneficiary of a will, retirement plan, donor-advised fund or life insurance policy; or establish a charitable gift annuity or trust.

“When we took a tour of the Seacoast Cancer Center, it was eye-opening,” says Katie. “The growth is incredible. We were so impressed with everything they’re doing and how fast it’s all happening. And from our personal experiences with the hospital, we’re just so impressed all the way around. When I first moved here 20 years ago, everyone used to go to Boston for cancer care. Now, because of Wentworth-Douglass, you can get that same quality of care right close by. It’s really phenomenal.”

“We have a lot of trust in Wentworth-Douglass and know the Seacoast Cancer Center is a first-class facility,” Scott says. “We want to help fight cancer right here.”

The Camerons are glad their gift will do just that and encourage more people to think about including Wentworth-Douglass in their own estate plans. “People our age don’t really think about including organizations in their will,” says Katie, “but it’s easy to do—and it’s something everyone can do. We try to make annual gifts but in the long run, by becoming members of the Heritage Society, we know we are doing something that will have an even bigger impact.”

If you are interested in learning more about making a legacy gift, please contact Maryellen Burke at (603) 609-6654.

OUR EMPLOYEE DONORS

The incredibly talented, caring, and compassionate employees of Wentworth-Douglass Hospital raise funds each year to directly impact our patients and their families. In fiscal year 2018, 483 employees made gifts to the Foundation, totaling nearly \$120,000. We are incredibly thankful for this support.

2018 EMPLOYEE CAMPAIGN COMMITTEE

- Cynthia Binari
Rachel Clarrage
Kelly Clark
Mary Davidson
Roger Dionne
Elizabeth Flowers
Susan Graves
Nancy Gray
Leigh Hardiman
Meaghan Heusler
- Marie Lafreniere
Katrina Lampros
Pamela Matthews
Kelley Ann Nelson
Deborah Norton
Alice Poole
Michael Provencher
Sharon Rossiter
Meredith Stickney
Ann Wieder



Bangor Savings Bank made a \$25,000 grant to Wentworth-Douglass toward the purchase of the Paceart Optima™ System. Together with gifts from Jan and Richard Conley and other generous donors, more than \$80,000 was raised for the cutting-edge cardiology technology.

The Heart of Giving

The generosity of our donors can truly make an impact on the lives of patients! As a long-time supporter of the hospital and Foundation Board member, Richard Conley saw an opportunity to help the growing Cardiology Department acquire a cutting-edge piece of technology – the Paceart Optima™ System which improves care for those with pacemakers and other implanted cardiac devices.

“We’re interested in saving lives. In supporting the hospital with this kind of technology improvements, we know we are making an incredible impact on the lives of patients,” say Richard and Jan Conley, who donated toward the Paceart Optima System and challenged other generous donors, like David and Karen Della Penta, to give as well. With an additional grant from Bangor Savings Bank and the Conley’s challenge, more than \$80,000 was raised for the Paceart System.

THE BENEFITS OF PACEART, EXPLAINED

Cardiac patients with implanted devices, such as pacemakers, need regular monitoring to ensure their heart is functioning properly. Today’s technology enables the majority of this to happen remotely — with daily

data automatically captured overnight and sent to the cardiologist through the Internet. However, with data coming from multiple devices produced by different manufacturers, care must be taken to ensure accuracy. The information also needs to be collected in such a way that it can be easily stored in a patient’s electronic medical record and quickly accessed by clinicians.

This is where the Paceart Optima System comes in. Wentworth-Douglass Hospital Cardiologist Dr. William Danford shares how cardiac patients are benefiting from this comprehensive device management system.

How is Paceart different from the system you were using previously?

WD: Paceart is a very user-friendly system, especially for our pacemaker technologist and nurse. And when a system is easy to use, it logically follows that you are more liable to use it. We have found the ease of the data entry format has increased productivity: clinicians are able to review more data each day than previously was possible.

Does this impact just the clinicians that download and process the remote device data?

WD: The Paceart system has reduced the amount of time our cardiology and electrophysiology physicians have to spend reviewing and signing reports, allowing them to spend more time with patients. It has also allowed for better collaboration between our device clinicians and the doctors regarding patient data and patient treatment plans. This results in more prompt response to device alerts, and therefore improved outcomes.

What do you see as Paceart’s biggest benefits?

WD: Paceart has enabled us to manage all of our own remote monitoring transmissions, which were previously done by a third-party vendor. Being able to see, read, and report on our own patient information gives us the ability to be better connected to each of our patients and their device health. Importantly, this is also the system used at Massachusetts General Hospital; this makes for a more seamless transition for the electrophysiology physicians who are on staff both at Mass General and Wentworth-Douglass.

Have patients noticed any difference?

WD: We are following over 900 patients. Patients are telling us that they better understand what is happening with their device, and that it makes them feel more connected to the device and the device clinic. I’m extremely grateful to all the donors who made this possible.

PHILANTHROPY AT WORK

Our thanks to the community groups, athletic teams, businesses, and others, who worked together to make a difference for patients. For more information on starting a fundraiser for Wentworth-Douglass, contact foundation@wdhospital.org.

- 1.) The University of New Hampshire Interfraternity Council donated \$1,000 to purchase new toys for the Emergency Department, Women & Children’s Center, and Express Care.
- 2.) Spaulding High School Gymnastics hosted the 6th Annual Pink for the Cure Gymnastics Meet. In six years this event has raised nearly \$2,000 for the Seacoast Cancer Center.
- 3.) Somersworth Nissan, Somersworth Hyundai, and Concord Nissan donated \$100 for every car sold in the month of October to the Seacoast Cancer Center. The Forget and Clark families presented the total donation of \$27,800 and toured the center.
- 4.) The St. Thomas Aquinas Boys and Girls hockey teams hosted the 10th Annual Pink Game, raising \$9,600 for the Seacoast Cancer Center.
- 5.) The Works Family Health & Fitness Center rallied its members for the 6th Annual Worldwide Aquathon Day. The three-hour aqua aerobics marathon raised \$386 to benefit the Water Works Program, a therapeutic swim program for children with disabilities or recovering from injuries.
- 6.) Members of the Kappa Sigma Fraternity at the University of New Hampshire raised \$2,656 during its annual Laps for Life event to benefit the Seacoast Cancer Center.



2018 Signature Events



David Terlemezian with his wife Carol Ann Jensen completed the 2018 Seacoast Cancer 5K while David was in treatment for a rare form of cancer. Their team – Captain T and the Dover PD – raised \$10,000 for the Seacoast Cancer Center.

The Longest Mile

David Terlemezian didn't set any speed records at the 2018 Seacoast Cancer 5K: just participating was enough of a rush. "I did the one-mile walk in a post-surgical boot," explains Terlemezian, who was recovering from a series of procedures to remove a cancerous tumor from his right foot. Terlemezian, a captain in the Dover Police Department, walked as part of "Captain T and the Dover PD," a team formed by his wife, Carol Ann Jensen.

This was the second time Terlemezian participated in the Seacoast Cancer 5K. He first ran in 2017 in solidarity with his father, who was diagnosed with glioblastoma, a type of brain tumor. "My dad lived in Massachusetts, but I wanted to do something to support cancer treatment locally. Everyone knows someone affected by cancer," he notes.

Terlemezian found the experience uplifting. "I've done a few road races around town. The Seacoast Cancer 5K is the most inspiring of them all. The power of positivity is on full display," he says. Sadly, Terlemezian's father lost his battle with glioblastoma. Terlemezian committed to running the race again in 2018 in memory of his father—not knowing that when the time came, he himself would be a cancer patient.

"I noticed a lump on the top of my right foot sometime in the fall of 2017. It was down near my toes and about the size of an almond," he remembers. "It didn't hurt. I kept an eye on it to see if it got bigger, but I didn't worry

too much." At his annual physical in April 2018, Terlemezian showed the lump to his primary care physician who referred him to Dr. Mark Geppert, an orthopedic surgeon at Wentworth Health Partners Seacoast Orthopedics & Sports Medicine. On June 25, Terlemezian learned the biopsy results: the lump was a spindle cell sarcoma, a very rare type of soft-tissue cancer. He was referred to Massachusetts General Hospital's sarcoma unit, where he underwent two surgeries over the summer.

"Meanwhile, while all of that was happening, I knew I wasn't going to be able to run in the Seacoast Cancer 5K," Terlemezian recalls. That's when his wife stepped in and started a team with her co-workers at the Strafford County District Attorney's Office—one he was ultimately able to join. "We raised about \$10,000," he says, proudly.

The news on Terlemezian's health is good: his foot has now fully healed, and his every-three-month scans to date show no evidence of cancer. Still, he's happy to share his story. "I hope it helps someone else with prevention," says Terlemezian, who spoke at the breakfast prior to the 2018 race. "And I hope because of the Seacoast Cancer 5K, more people are able to get superb cancer care right here, in our community."

To learn more about the Seacoast Cancer 5K, or to register for this year's race on Sunday, September 22, visit SeacoastCancer5K.org.

2018 TOP TEAM FUNDRAISERS
(Excluding Corporate Sponsorships)
Team Vasud, \$10,475
Captain T and Dover PD, \$9,185
Team Irene, \$8,005

2018 TOP TEAM FUNDRAISERS
(Including Corporate Sponsorships)
Patriot's Pals, \$43,030
D.F. Richard Energizers, \$11,045
Cancer Center Crusaders, \$10,688

2018 LARGEST FUNDRAISING TEAMS (TEAM SIZE)
Cancer Center Crusaders, 101
Maximum Velocity, 87
The Works Family Health & Fitness Center, 83

2018 TOP INDIVIDUAL FUNDRAISERS
Dave Dagenais, \$40,695
Christine McCluskey, \$11,045
Ajay Vasudevan, \$9,900

2018 5K SPONSORS
D.F. Richard Energy
Blue Dolphin Screenprint

iHeart Media NH
Federal Savings Bank
Massachusetts General Hospital/Partners HealthCare
Knights Construction
Eastern Bank Charitable Foundation
Summit Land Development
Radiation Oncology Associates, P.A.
Women's Life Imaging Center
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Shaheen & Gordon
Specialized Roofing Co., Inc.
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Outdoor Pride Landscaping, Inc.
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The Garrison Hotel
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2018 SEACOAST CANCER 5K COMMITTEE
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Arul Mahadevan, 5K Physician Chair
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Jessica Beebe
Carrie Carville
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2018

Signature Events

Wentworth-Douglass Hospital
CHARITY CLASSIC
BENEFITING THE WOMEN & CHILDREN'S CENTER
PRESENTED BY
TUFTS HEALTH FREEDOM PLAN

Charity Classic Celebrates 25 Years!

Raising funds to help the youngest patients in our community has been at the heart of Wentworth-Douglass's golf tournament from the very beginning.

"The golf tournament began as a way to honor the memory of Pete Gabarro – a fantastic kid who came into my life as a special patient," recalls Dr. Paul Cass, Chief Medical Officer at Wentworth-Douglass Hospital. "Pete's dad, Ralph, happened to be Wentworth-Douglass Hospital's CEO at the time. A small group of us pulled together the first golf tournament as a special way to celebrate Pete and raise money for grief counseling services for families of children dealing with cancer."

It was a fundraising success from the very beginning. Hospital leadership, physicians, community leaders, and the local business community joined together, and funds raised in that first year started Pete's Place. Over the years, the Charity Classic's mission broadened to support pediatric programs at Wentworth-Douglass.

To date, the Charity Classic has built a legacy of caring by raising more than \$1.5 million to benefit our youngest patients and their families.

"When I reflect back on all the years, all the golfers and sponsors who have come together to support our community, and all the lives we've been able to touch, I am truly moved," says Dr. Cass.

Learn more about the Charity Classic, at wdhospital.org/golf.



(L-R) Janet Conley, Loretta Scroggins, Karen Evans, Virginia Coyle



(L-R) Larry Knights, Jan Knights, Rachel Pomerleau, John Pomerleau



(L-R) Babu Ramdev, Nomith Ramdev, Gary Lonsigner, Rich Pascoe



(L-R) David Della Penta
Thomas Aulisio
John Burnham
Richard Conley



(L-R) John Sullivan
Larry Raiche
Chad Kageleiry
Eric Raiche



(L-R) Thomas Ferguson, Paul Cass, Edward Henningson, Brian McNulty



WENTWORTH-DOUGLASS
HOSPITAL
MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY
WOMEN & CHILDREN'S CENTER

CHARITY CLASSIC

PRESENTED BY



GOLFING FOR A GREAT CAUSE!

SPECIAL THANKS TO THESE SPONSORS
WHO HELPED MAKE THE 2019 CHARITY CLASSIC A HUGE SUCCESS.

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Wentworth Health Partners is a multi-specialty group practice affiliated with Wentworth-Douglass Hospital. As a patient of Wentworth Health Partners, you and your family are at the center of a coordinated system of care where services range from wellness and illness prevention to the testing, treatment, and care of complex medical conditions. Wentworth Health Partners has earned the Joint Commission Gold Seal of Approval® with Ambulatory Health Care Accreditation and Primary Care Medical Home Certification.

Learn more at wdhospital.org/whp.

PRIMARY CARE

Adult & Children's Medicine of Dover

10 Members Way, Suite 201
Dover, NH 03820
(603) 742-2263
adultandchildrens.org

Barrington Health Center

8 Century Pines Drive, Suite 2
P.O. Box 430
Barrington, NH 03825
(603) 664-2135
barringtonhealthcenter.org

Bellamy Health Center

15 Old Rollinsford Rd., Suite 204
Dover, NH 03820
(603) 742-7338
bellamyhealthcenter.org

Dover Family Practice

10 Members Way, Suite 203
Dover, NH 03820
(603) 742-3174
doverfamilypracticenh.org

Durham Health Center

36 Madbury Road
Durham, NH 03824
(603) 868-5080
durhamhealthcenter.org

Great Bay Family Practice

60 Exeter Road, Suite 300
Newmarket, NH 03857
(603) 659-0901
greatbayfamilypractice.org

Hilltop Family Practice

Somersworth Plaza
85 Main Street
Somersworth, NH 03878
(603) 692-6676
hilltopfamilypractice.org

Lee Family Practice

65 Calef Highway, Suite 200
Lee, NH 03861
(603) 868-3300
leefamilypracticenh.org

Primary Care at Pease

73 Corporate Drive
Portsmouth, NH 03801
(603) 610-8050
peaseprimarycare.org

South Berwick Family Practice

31 Colcord Street
South Berwick, ME 03908
(207) 384-4949
southberwickfamilypractice.org

WHP Internal Medicine

10 Members Way, Suite 500
Dover, NH 03820
(603) 609-6800
whpinternalmedicine.org

WALK-IN PRIMARY CARE

Prompt Care - Dover

10 Members Way, Suite 200
Dover, NH 03820
(603) 609-6930
wentworthhealthpartners.org/promptcare

Prompt Care at Pease

73 Corporate Drive
Portsmouth, NH 03801
(603) 610-8051
wentworthhealthpartners.org/promptcare

Cardiology at Pease

73 Corporate Drive
Portsmouth, NH 03801
(603) 610-8070
peasecardiology.org

WHP Cardiovascular Group

19 Old Rollinsford Road
Dover, NH 03820
(603) 516-4265
whpcardiovasculargroup.org

The Center for Medical Genetics

10 Members Way, Suite 401
Dover, NH 03820
(603) 516-0092
centerforgenetics.org

WHP Chest Clinic

301 Central Avenue, Level 1
Dover, NH 03820
(603) 740-2212
wdhospital.org/chestclinic

Coastal Neurology Services

10 Members Way
Dover, NH 03820
(603) 749-0913
coastalneurologyservices.org

Endocrinology & Diabetes

10 Members Way, Suite 400
Dover, NH 03820
(603) 742-1143
endoanddiabetesconsultants.org

Great Bay Mental Health

15 Old Rollinsford Road, Suite 302
Dover, NH 03820
(603) 742-9200
greatbaymentalhealth.org

WHP Head & Neck Specialty Group of NH

361 High Street
Somersworth, NH 03878
(603) 692-4500
headandnecknh.org

Integrative Therapy

15 Old Rollinsford Road, Suite 204
Dover, NH 03820
(603) 740-2130
wdhospital.org/integrativetherapy

OB/GYN & Infertility

15 Old Rollinsford Road, Suite 102
Dover, NH 03820
(603) 749-4963
obgynandinfertility.org

Plastic Surgery Specialists

10 Members Way, Suite 303
Dover, NH 03820
(603) 516-4268
wentworthplasticsurgery.org

Plastic Surgery Specialists - Portsmouth

121 Corporate Drive (Building C)
Portsmouth, NH 03801
(603) 610-8067
wentworthplasticsurgery.org

Seacoast Arthritis & Osteoporosis Center

10 Members Way, Suite 403
Dover, NH 03820
(603) 742-6664
seacoastarthritis.org

Seacoast Orthopedics & Sports Medicine

7 Marsh Brook Dr.
Somersworth, NH 03878
(603) 742-2007
SOSmed.org

Seacoast Pulmonary (Intensivists)

801 Central Avenue, Level 1
Dover, NH 03820
(603) 740-9713
seacoastpulmonary.org

Summit Infectious Disease

789 Central Ave.
Dover, NH 03820
(603) 742-7025
summitinfectiousdisease.org

Supportive & Palliative Care

789 Central Avenue
Dover, NH 03820
(603) 740-3330
wdhospital.org/PalliativeCare

Surgical Optimization Center

789 Central Avenue
Dover, NH 03820
(603) 609-6250

WHP Thoracic Surgery Specialists

789 Central Avenue
Dover, NH 03820
(603) 609-6096
wdhospital.org/thoracicsurgery

Wentworth-Douglass
Center for Orthopedics &
Joint Replacement

789 Central Avenue, Level 1
Dover, NH 03820
(603) 609-6260
wdhortho.org

Wentworth-Douglass
Community Dental Center

668 Central Ave.
Dover, NH 03820
(603) 749-3013
wentworthcommunitydental.org

WHP General Surgery

789 Central Avenue
Dover, NH 03820
(603) 610-8095
whpgeneralsurgery.org

WHP General Surgery - Portsmouth

121 Corporate Drive (Building C)
Portsmouth, NH 03801
(603) 610-8092
whpgeneralsurgery.org

WENTWORTH-DOUGLASS
HOSPITAL OUTPATIENT
CENTER - PORTSMOUTH

73 & 121 Corporate Drive
Portsmouth, NH 03801
(844) 937-3273
wdhospital.org/portsmouth

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- ORTHOPEDICS & SPORTS MEDICINE
- RHEUMATOLOGY
- PULMONARY MEDICINE
- VASCULAR SURGERY
- TRAVEL MEDICINE CLINIC
- MORE TO COME!

UPCOMING CLASSES, PROGRAMS & EVENTS

Wednesday
July 17
4:00 – 6:00pm

FREE Car Seat Safety Checks
Our Certified Child Passenger Safety Technicians will help you install your car seat properly and share tips for safe travel with your child. These FREE checks are held monthly and are open to expecting families and families with older children.
REGISTER: Visit wdhospital.org/events to sign up for a time slot.
LOCATION: Wentworth-Douglass Hospital Parking Garage

Friday
August 2
1:30 – 3:00pm

World Breastfeeding Week Celebration, Supporting Our Community
Celebrate World Breastfeeding Week at this fun open house hosted by our Lactation Consultants and Child Life Specialists. Bring the little ones to enjoy music and story time.
FOR MORE INFORMATION: wdhospital.org/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Monday
Aug. 5
6:00 – 7:00pm

Common Shoulder Problems in the Weekend Athlete
Presented by Dr. Mark Cullen of Wentworth Health Partners Seacoast Orthopedics and Sports Medicine and Katrina Lampros, MPT, of Wentworth-Douglass Rehabilitation Services.
REGISTER: wdhospital.org/events or (603) 740-2818
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday
Aug. 15
6:30 – 8:00pm

Surgical Weight Loss Information Session
Considering Weight Loss Surgery? Join us for our free monthly information sessions to learn more about the surgical weight loss procedures available at Wentworth-Douglass's Center for Weight Management & Bariatric Surgery. These sessions are held monthly at Wentworth-Douglass Hospital. Can't make August 15? Additional sessions will be held on September 12 and October 17.
REGISTER: (833) 936-3963 or wdhospital.org/newme
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursdays
Sept. 12 to Oct. 31
5:30 – 7:30pm

LIFE Program
Are you interested in making positive changes to your lifestyle to help reduce the risk of cancer or cancer recurrence? The next 8-week session of the LIFE (Lifestyle Interventions for Everyone) Program starts September 12. This wellness course is geared to cancer survivors, their caregivers or anyone who wants to learn more about reducing their cancer risks.
REGISTER: Course fee is \$80. (603) 740-2226 or wdhospital.org/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Tuesday
Oct. 8
6:00 – 7:00pm

Hip and Knee Replacement – What's New, What's Happening
Dr. Robert Harrington and Dr. Joseph Konopka, expert orthopedic surgeons from Wentworth-Douglass's Joint Replacement Program, and Katrina Lampros, MPT, from our joint specialized physical therapy team, will discuss the latest advances hip and knee replacements.
FOR MORE INFORMATION: wdhospital.org/events or (603) 740-2818
LOCATION: Wentworth-Douglass Garrison Auditoriums

Wednesday
Oct. 9

Helping Families Through Grief & Loss
Dr. Pamela Gabbay, author of *Understanding and Supporting Bereaved Children: A Practical Guide for Professionals*, will lead grief and loss trainings covering topics such as bereavement after a loss due to suicide or an overdose, interventions and modes of helping bereaved families, and supporting grieving students in a school setting. Two daytime sessions, 8:00 a.m. – 11:00 a.m. and 1:00 – 4:00 p.m., focused on treating children with grief, are geared to educators and other professionals. Community members are invited to a session from 6:00 – 8:00 p.m. These workshops are part of the Wentworth-Douglass Family Wellness Series.
REGISTER: wdhospital.org/events or (603) 609-6964
LOCATION: Wentworth-Douglass Garrison Auditoriums

Tuesday
Oct. 22
11:30 – 7:30pm

Spiritual Care Conference
This year's Spiritual Care Conference will focus on cancer, as healthcare practitioners, cancer patients, and cancer survivors explore the relationship between religious or spiritual beliefs and better physical health. Join us for a panel discussion, workshops, a keynote address, dinner, and the presentation of the 2018 Bob Ervin Spiritual Care Award. Keynote presentation by Elana Rosenbaum, MS, MSW, a leader in the clinical application of mindfulness meditation to cancer care.
REGISTER: wdhospital.org/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

REGISTER TODAY!



Meet Boston Hoops
Champ Brian Scalabrine.

SUNDAY, SEPTEMBER 22 | 9:00AM | DOVER, NH
SeacoastCancer5K.org

PROCEEDS SUPPORT CANCER CARE AT WENTWORTH-DOUGLASS HOSPITAL