



REPORT TO THE COMMUNITY



Photo Credit: Michael Wilson

Wentworth Health Partners Primary Care at Pease is taking a team approach to care by embracing the Patient-Centered Medical Home model. The patient's care team works collectively to help them achieve their best health. Care team members could include (pictured L-R): Maureen Brady, PharmD, BCACP, ambulatory pharmacist; Kelly L. Van Dolson, LICSW, behavioral health consultant; Dr. George Kousaie, primary care physician; or Danielle Marquis, health coach.



A PUBLICATION OF:  
WENTWORTH-DOUGLASS  
HOSPITAL  
A Mass General Community Hospital

[wdhospital.org](http://wdhospital.org) | (603) 742-5252

Windows to Your Health is published by the Community Relations Department. You can reach us at (603) 740-2818.

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A Team Approach to Primary Care

With the opening of the newest building at the Wentworth-Douglass Hospital Portsmouth Outpatient Center, Wentworth Health Partners Primary Care at Pease moved to a new space with room to enhance its services and embrace a model of care known as the Patient-Centered Medical Home.

In a Patient-Centered Medical Home, the goal is to provide patients complete care at the time of an office visit. Coordinated care is offered at every visit to promote a long-term healing relationship with your providers. For example, if you visit the office for an issue – such as lower back pain or high blood pressure – you'll get the help you need to manage the immediate problem. And, if you choose, you'll also get actionable steps, backed by a supportive care team, to help you adhere to your treatment plan and reach your treatment goals.

"It's a model of care delivery with the patient at the center and a team who forms around them to promote optimal health," says Nancy Pettinari, MD, CPE, who helped bring the Medical Home model to Wentworth Health Partners and sees its benefits daily as a physician at Wentworth Health Partners Internal Medicine in Dover.

Wentworth Health Partners earned The Joint Commission's Primary Care Medical Home Certification in 2015, the first hospital or provider group to achieve the recognition in the Seacoast region. Since then, the model has continued to take shape in our primary care practices, with the goal to help patients achieve their highest level of health.

IT MEANS TEAMWORK

A Wentworth Health Partners Medical Home is a truly personalized approach to primary care with a team taking collective responsibility for your care. Your team is responsible for coordinating your care, for both your physical and mental health, chronic conditions, and prevention and wellness to help move you towards a healthier life.

"It's empowering for patients to have a group of experts contributing to their care and focusing on their needs right in the comfortable setting of their primary care office," explains Dr. Pettinari. "It helps patients feel more involved in their care plan, which leads to better adherence to treatments and better outcomes."

See [PRIMARY CARE](#), Page 02 →

Health Coaching: Find your path to better health



Health coaches at Wentworth-Douglass Hospital can provide you with the knowledge, skills, tools, and confidence to become an active participant in your care. Health coaches are professionals who can help you improve all areas of your health and wellness, including physical activity, nutrition, weight, stress, and life satisfaction.

There's not one right way to approach your journey to wellness. Health coaches will not tell you what to do. Instead, they offer ideas and encouragement as you make the choices that are best for you and your personal needs. Health coaching services are available at several Wentworth Health Partners primary care practices, including Primary Care at Pease (603-610-8050), through the Wentworth-Douglass Patient Family Learning Center (603-609-6027), and at The Wellness Center at the Works Family Health & Fitness Center (603-742-2163).





## Spring Ailments Got You Down? We've Got You Covered.

Spring has sprung and with it some unpleasant health conditions tend to appear. Learn how Wentworth-Douglass Hospital's Immediate Care options can help you get better when suffering from some of Spring's most common ailments.

### ALLERGIES

Flowers are beautiful, but pollen from those gorgeous blooms finds a way into the air we breathe. For those who suffer from seasonal allergies, allergens like pollen cause noses to itch, throats to feel scratchy, or eyes to water. Allergies may also cause nasal congestion, wheezing, or coughing, which can be troublesome for those with asthma. Talk to a doctor if you are having a hard time breathing because of seasonal allergies.

Where to go: Primary Care or Prompt Care

### COLD & FLU

Did you know that springtime is the second most common time of year for a cold, and flu season can last as late as May? Nasal and airway irritation caused by seasonal allergies can also weaken your body's natural defenses making it harder to fight infections. If you are suffering from cold or flu symptoms, talk with a doctor.

Where to go: Primary Care or Prompt Care

### TICK BITES & LYME DISEASE

The warmer weather gives us a spring in our step, but spending extra time outdoors walking, hiking, or doing routine yard clean-up increases your risk of tick bites. While we love our pets, allowing them to rest or sleep on furniture increases the risk of bites as well.

Tick-borne diseases do not present the same way in every patient. For example, the traditional bullseye rash only appears in 70 to 80 percent of patients infected with Lyme disease. Other symptoms of tick-related

illnesses can vary from an atypical rash, joint swelling, headache, fever, inability to walk, or overall malaise with flu like symptoms. If you suspect a tick bite or tick-borne illness may be causing your symptoms, see your doctor or visit an urgent care center as soon as you can.

Where to go: Primary Care or Wentworth-Douglass Express Care

### SPORTS INJURIES OR CONCUSSION

Baseball, tennis, golf, lacrosse, cycling – you may be itching to get outside and enjoy some warm weather activities come Spring. Listen to your body. Take time to warm up and cool down – and remember to stay hydrated. If you do experience a serious injury, such as a sprain or broken bone, you have options. Our Express Care urgent care centers have on-site X-rays for quick diagnosis. Wentworth Health Partners Seacoast Orthopedics & Sports Medicine is a Seacoast leader in orthopedic care. If your injury causes you to lose consciousness, it's best to be seen in a hospital Emergency Department.

Where to go: Primary Care, SOSMed, Wentworth-Douglass Express Care or Emergency Department, depending on the severity of the injury.

### MAKING THE RIGHT CHOICE

Trust your instincts. If you feel your illness or injury is serious, go to the nearest hospital-based Emergency Department. Hospital Emergency Rooms, like ours, are often the best choice for emergency care – *because seconds count*. We always have specialized care teams on standby to quickly assess and care for patients.

When it comes to treating less serious conditions, local urgent care centers, like Wentworth-Douglass Express Care, or Walk-in primary care, like Prompt Care, are great choices for fast, affordable, and quality care.



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

*\*Must be a patient of a Wentworth Health Partners primary care practice.*



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



WENTWORTH-DOUGLASS  
HOSPITAL

A Mass General Community Hospital

EMERGENCY DEPARTMENT

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

## Primary Care – Cont. from Page 1

The Medical Home care team is led by your physician, nurse practitioner, or physician assistant. Based on your individual health goals, other team members may include a behavioral health consultant, ambulatory pharmacist, health coach (read more on page 1), diabetes educator, social worker, or care manager.

Maureen Brady, PharmD, BCACP, Clinical Ambulatory Care Pharmacist, says her role is an evolving one. She sees patients who have questions about their prescriptions or who want to reconcile their medication lists. She can also play an active role in helping patients manage diabetes. “Some people need extra time and attention to help control their diabetes. By having a collaborative team, we can give the patient access to the care they need without the responsibility falling entirely to the provider.”

The same is true for mental health concerns. With behavioral health consultants integrated into the primary care practice, patients can get short-term, solutions-focused therapy at the office for immediate needs, and coordinated referrals to long-term therapy, social workers, or community-based services if needed.

“As our practice continues to grow here at the Portsmouth Outpatient Center, we are excited to offer this thorough and integrated approach to care, so patients of all ages receive the most comprehensive and holistic care possible,” says Dr. George Kousaie, a physician at Primary Care at Pease.

Primary Care at Pease is a full-service practice with board-certified family and internal medicine providers, serving patients of all ages. Providers include Dr. Kousaie, Dr. Thomas Decker, Jacqueline Irzyk, APRN, and Bridget Viens, PA-C. The practice is located at the Portsmouth Outpatient Center – Building A, 67 Corporate Drive, on the Pease Tradeport.

*To learn more about Wentworth Health Partners Primary Care at Pease, call (603) 610-8050 or visit [peaseprimarycare.org](http://peaseprimarycare.org).*

*If you'd like help choosing a provider who is right for you or your family, call the Wentworth Health Partners Primary Care Finder at (603) 740-2377.*





Dr. Rishi Arya, Radiologist,  
Seacoast Radiology

# A Better Mammogram: Q & A with Dr. Rishi Arya

The Wentworth-Douglass Breast Health Center opened in January to offer women on the Seacoast greater access to comprehensive breast care. The center offers advanced tomosynthesis imaging, also known as 3D mammography, so patients can be confident knowing they are getting the most accurate results. In addition to mammography, the Breast Health Center also offers breast ultrasound, MRI, image-guided needle biopsy, bone density screening, a high-risk clinic, a certified breast health nurse navigator, and more.

Located in Building A, the newest and largest at our Portsmouth Outpatient Center, you'll find a women-centered team, passionate about ensuring the health and wellness of women. Fellowship-trained breast radiologist Dr. Rishi Arya, of Seacoast Radiology, leads the Breast Health Center's clinical team. Here he answers some questions about mammography, reminding all women that the key to surviving breast cancer is early detection.

**Q: When should women start getting annual screening mammograms?**

**RA:** Mammograms are the best way to screen women for breast cancer, and there is no better proven way to detect early breast cancers. When breast cancers are found early, the five-year survival rate is nearly 100%. For that reason, we recommend annual mammograms beginning at age 40. This is also the recommendation of the American College of Radiology and the Society of Breast Imaging. All women should also be performing monthly breast self-exams at home.

**Q: What are the benefits of a 3D mammogram?**

**RA:** The Wentworth-Douglass Breast Health Center offers advanced tomosynthesis imaging with Hologic's Genius™ 3D Mammography™ exam, which is proven to improve early detection of breast cancer and reduce unnecessary callbacks. From the patient's perspective, a 3D mammogram is nearly the same as a regular 2D mammogram. Instead of taking one picture at a time, the machine moves through a short arc and takes multiple X-rays of the breast. A computer combines these together as a 3D set of images. In a 2D mammogram, the radiologist looks at the complex architecture of breast tissue in one flat image. 3D mammograms allow doctors to examine images of your breast tissue layer by layer. This way fine details are more visible and less likely to be hidden by the tissue above or below. Research has proven that tomosynthesis has a better cancer detection rate, especially for early cancers. Another proven benefit of tomosynthesis is it reduces the number of "callbacks," which happen when a radiologist questions something they see on the images. With the enhanced 3D exam, fewer women need to go through the worry of needing additional imaging.

Of course, callbacks do happen as breast structures can be very complex, especially for women with dense breast tissue. Rest assured, if you ever experience a callback yourself, the likelihood that the finding will require a biopsy or be diagnosed as breast cancer is still quite low.

**Q: How can I determine if I am at high risk for breast cancer?**

**RA:** One in eight women will develop breast cancer in her lifetime, and most of these women have no family history of the disease. According to the Centers for Disease Control and Prevention, New Hampshire also has one of the highest rates of breast cancer in the United States. Each woman's personal risk takes into account her age, lifestyle, genetics, and other factors. One tool to help you assess your risk is [www.cancer.gov/bcrisktool](http://www.cancer.gov/bcrisktool). We strongly encourage all women to discuss their cancer risks with their primary care providers.

For women who are at a significantly elevated risk of developing breast cancer, the Wentworth-Douglass Breast Health Center will offer a High-Risk Clinic, bringing together specialists who can help women answer their questions and develop a personalized risk-management plan. Our clinical experts include experienced breast radiologists, skilled breast and plastic surgeons, and medical and radiation oncologists. Your care and follow-up will be coordinated by our certified breast health navigator.

## SCHEDULE YOUR MAMMOGRAM TODAY!

### REASONS TO GET SCREENED



**1 IN 8 WOMEN**  
will develop breast cancer in her lifetime.



**8 OUT OF 9 WOMEN**  
diagnosed with breast cancer have no family history.



But, with early detection, the five-year survival rate is almost **100%**.

Call the Breast Health Center at (603) 610-8080.  
Wentworth-Douglass Hospital  
Portsmouth Outpatient Center – Building A,  
67 Corporate Drive Portsmouth, NH 03801  
For more information, visit [wdhospital.org/breasthealth](http://wdhospital.org/breasthealth).



*This recipe is a favorite among our bariatric weight loss surgery patients. A patient who had gastric bypass about 7 months ago says: "Kid and dietitian approved! Not to mention, awesome!" These taco cups are an adult and kid-friendly recipe, and fun to prepare. They can even be served as a healthy appetizer. The taco filling can be pre-cooked in advance, then quickly assembled and baked on a weeknight for a quick dinner. Leftovers are easily reheated or can be frozen after cooking. The lean ground beef can be substituted for lean ground turkey or made vegetarian by substituting with black beans.*

- Emily Thompson, RD, CSOWM, LD, Bariatric Dietitian,  
Wentworth-Douglass Hospital Center for Weight Management and Bariatric Surgery

## TACO CUPS

**INGREDIENTS:**

- 1 lb. 93% ground beef
- 1 14-ounce can petite diced tomatoes, drained
- 4 ounces shredded light cheddar cheese
- 2 tablespoons taco seasoning
- 24 wonton wrappers
- cooking spray
- Optional toppings: low-fat sour cream, green onion, diced tomatoes

**DIRECTIONS:**

- 1) Preheat oven to 400 degrees.
- 2) Heat a large pan over medium high heat and add the beef to the pan. Use a spatula to break up the meat, stirring constantly. Add taco seasoning and cook meat for 4-5 minutes or until cooked through. Stir in the canned tomatoes.
- 3) Coat a 12-cup muffin tin with cooking spray. Place one wonton wrapper into the bottom of each muffin cup.
- 4) Spoon approximately 1 tablespoon of meat into each cup and top with approximately 2 teaspoons of cheese.
- 5) Place a second wonton layer on top of the cheese, then add the remaining meat and cheese in all muffin cups.
- 6) Bake for 10-15 minutes or until edges are browned and cheese is melted.
- 7) Top each taco cup with an optional sour cream, green onions or diced tomato.

**NUTRITION INFORMATION:** Per 8-ounce serving:

<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>	<b>PROTEIN</b>
<b>240</b>	<b>9G</b>	<b>19G</b>	<b>23G</b>





# MEET OUR NEW PROVIDERS

The following providers have recently joined the medical staff of Wentworth-Douglass Hospital or Wentworth Health Partners. To learn more, visit [wdhospital.org](http://wdhospital.org) and click “Find a Provider.”

## Women's Health Providers Join New Center for Women's Health & Wellness



Nancy Blatt, DO



Michelle Ciarlo, MD

**N**ancy Blatt, DO, and Michelle Ciarlo, MD, have joined the Wentworth-Douglass Hospital Center for Women's Health & Wellness, a new center dedicated to women's unique healthcare needs. Dr. Blatt and Dr. Ciarlo will see patients at Wentworth-Douglass Hospital's Portsmouth Outpatient Center – Building A, at 67 Corporate Drive, on the Pease Tradeport.

Dr. Blatt is a board-certified family medicine physician, with more than 15 years of clinical experience, including acute and chronic care. She received her undergraduate degree at San Diego State University and her medical degree from the Chicago College of Osteopathic Medicine. She completed a family medicine residency at the University Hospitals of Cleveland.

Dr. Blatt previously cared for patients at Madison Family Medicine Associates in Ohio and Barrington Family Practice here on the Seacoast and has additional training and interest in integrative medicine, lifestyle medicine, obesity medicine, and mind-body medicine. She will follow an individualized, whole health approach to patient care, and says, “I hope to provide patients with the knowledge and motivation to take an active role in their health and well-being.”

Dr. Ciarlo is a board-certified obstetrician and gynecologist with more than 10 years of experience. She received her undergraduate degree at Stonehill College and her medical training at Ross University School of Medicine. She continued her training at Saint Peter's University Hospital's Obstetrics & Gynecology Residency Program where she served as Chief Administrative Resident before joining Rochester Obstetrics and Gynecology in Rochester, NH.

Dr. Ciarlo is experienced in high-risk obstetrics, major and minimally invasive surgery, infertility, and menopause. Delivering babies is one of the most rewarding aspects of her career, and she enjoys caring for women during all stages of adulthood. Dr. Ciarlo is a fellow of the American College of Obstetrics and Gynecology.

The Wentworth-Douglass Hospital Center for Women's Health & Wellness includes comprehensive services women need to stay healthy. The Center's integrated team includes primary care and OB/GYN physicians, midwives, and women-focused specialists, including cardiology and sports medicine (coming in June), along with nurse navigators to help women manage their care.

To make an appointment or to learn more about the Center for Women's Health & Wellness, call (603) 610-8079.



**VANESSA AMATUCCI, APRN**  
Hospital Medicine  
Wentworth-Douglass Hospital  
Hospital Medicine  
(603) 740-2503



**ALEXA S. HAYES, CRNA**  
Anesthesia  
Wentworth-Douglass Hospital  
Anesthesia Department  
(603) 609-6161 x 3053



**ALLISON B. TUTTLE, MLADC**  
Behavioral Health  
The Doorway at Wentworth-Douglass  
(603) 609-6690



**ROYCE CABALONA, APRN**  
General Surgery  
Seacoast General Surgery  
(603) 749-2266



**ELIZABETH D. KRAINCHICH, CNM**  
OB/GYN  
Wentworth Health Partners  
Dover Women's Health  
(603) 742-2424



**LISA N. WEINSTEIN, CNM**  
OB/GYN  
Garrison Women's Health Center  
(603) 742-0101



**EDWARD K. CHUNG, MD**  
Pediatrics  
Dover Pediatrics  
(603) 742-4048



**MICHAEL J. MAZZINI, MD**   
Cardiology  
Wentworth Health Partners  
Cardiovascular Group  
Massachusetts General Hospital  
(603) 516-4265



**RACHEL G. WHITMAN, PA-C**  
Gastroenterology  
Atlantic Digestive Specialists  
(603) 692-2228



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



**JACQUELINE M. PETERSON, CNM**  
OB/GYN  
Wentworth Health Partners  
OB/GYN & Infertility  
(603) 749-4963




**KRISTEN N. WILKINSON, LCMHC**  
Behavioral Health  
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(603) 609-6690




**MICHAEL DUNNINGTON, CRNA**  
Anesthesiology  
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Anesthesia Department  
(603) 609-6161 x 3053



**THOMAS C. RANDALL, MD**   
Gynecologic Oncology  
Massachusetts General Hospital  
Division of Gynecologic Oncology  
(617) 726-2690



**LAWRENCE R. ZUKERBERG, MD**   
Pathology  
Massachusetts General Hospital  
Pathology Department  
(617) 726-2967



**LAURA ROSSI, APRN**  
Medical Oncology  
Seacoast Cancer Center  
(603) 742-8787

## CELEBRATING DOCTOR'S DAY

Wentworth-Douglass honored its doctors on National Doctors Day on March 30 for the work they do for patients and our community.

To leave a note of thanks for your provider, visit Wentworth-Douglass Hospital's Facebook page.



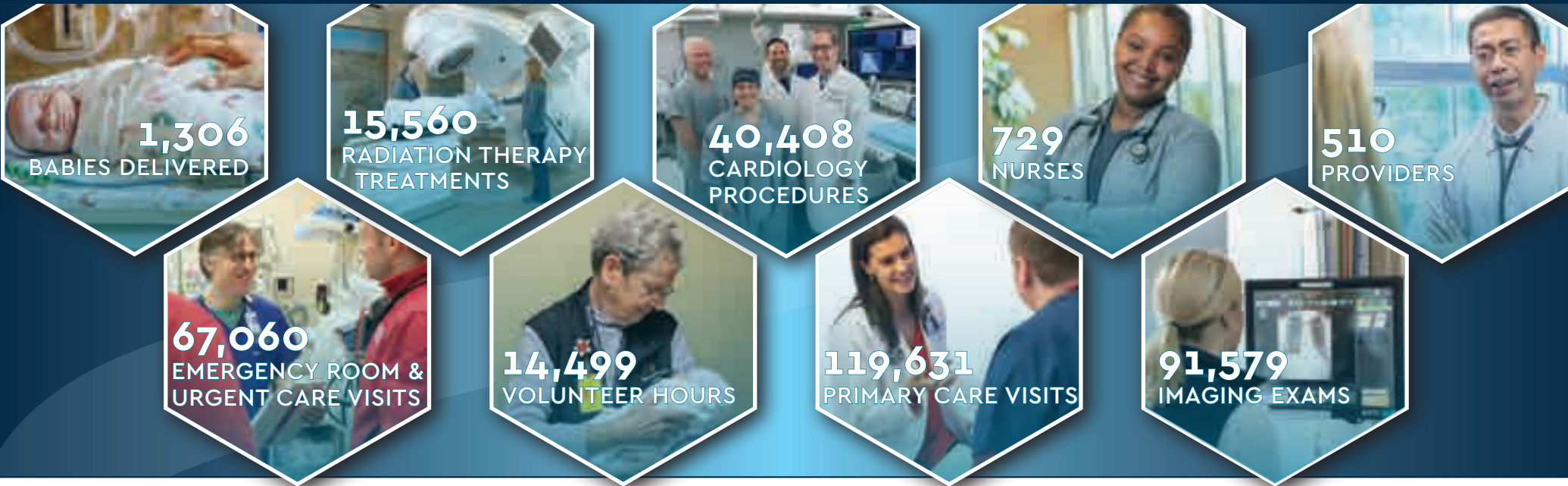




# WENTWORTH-DOUGLASS HOSPITAL

A Mass General Community Hospital

## 2019 Annual Report



### A MESSAGE FROM THE PRESIDENT



Gregory Walker, President & CEO, Wentworth-Douglass Hospital

We've been hard at work throughout 2019 honoring our mission of community service and our rich heritage as a not-for-profit hospital. The successful delivery of healthcare is a complex and constantly evolving enterprise, but our underlying goal remains constant: deliver the highest level of care with compassion, to our neighbors throughout the Seacoast.

Even though Annual Reports are intended to look back, everything we accomplished in 2019 is preparing Wentworth-Douglass for the future – moving forward strategically, building new alliances, engaging in joint planning, and integrating service lines – for improved patient care. Our affiliation with Massachusetts General

Hospital is robust and dynamic, giving us expanded access to subspecialty services from the #2 hospital nationwide, according to the *U.S. News & World Report's* Best Hospitals 2019–2020 rankings.

Our new outpatient center in Portsmouth is based on a comprehensive “medical home model” that brings a holistic focus on prevention and wellness to more people with convenient access. For example, the new Center for Women's Health and Wellness incorporates preventive, personalized primary care with specialized care centered around women's needs such as obstetrics, gynecology, cardiology, breast health and more.

Moving forward strategically and thoughtfully also means embracing technology, especially when new innovations can improve patient convenience and cut costs. Our transition to Partners eCare, the Partners HealthCare system-wide electronic medical record system, was completed in October 2019. Patient records are now fully integrated with Mass General and all Partners HealthCare hospitals and

services, giving patients more control and timely access to their data and resulting in smoother coordination of care, without unnecessary duplication of tests, lab work, or intake information.

We've also embraced the role of technology with TeleHealth, a telecommunications system that supports long-distance medical videoconferencing, making it easier to get second opinions from experts at Mass General in a timely way.

Our Bariatric Surgery program for weight loss management is now recognized as a Center of Excellence, and is a great example of how we can seamlessly create a new program in response to community need, and implement it with high quality. As a not-for-profit hospital, we put a premium on being a good neighbor, and through our community benefits program, we gave back more than \$4 million in 2019 in community partner grants. These include our Care-Van which provides free transportation, our Community Dental Center, and support for programs such as The Doorway, SOS Recovery Center, and Hope on Haven Hill, that are leading the way in opioid and substance-abuse treatment.

We believe that part of being an effective community partner is finding the most efficient, collaborative, and coordinated way to provide needed services without duplication of effort. These may not be our most high-profile programs, but helping our neighbors find a healthier path forward by feeling supported is so powerful. “You saved my life” is a simple statement that gives me enormous gratification. This is the way to truly transform healthcare – one patient at a time.

We are proud to be working hard to remove the barriers to accessing quality care, and delivering the best, most advanced care locally with the support and backing of Mass General. We are proud to carry our not-for-profit heritage and community commitments into the new year – and new decade – with energy, collaboration and compassion.

#### FISCAL YEAR 2019 AT A GLANCE

(October 1, 2018 – September 30, 2019)

##### CONSOLIDATED BALANCE SHEET (AUDITED)

Assets	9/30/19
Current Assets	\$269,063,000
Property, Plant & Equipment Net	\$271,662,000
Other Long Term Assets	\$39,084,000
<b>Total Assets</b>	<b>\$579,809,000</b>
Liabilities & Fund Balances	
Current Liabilities	\$72,272,000
Long Term Liabilities	\$121,998,000
Fund Balance	\$385,539,000
<b>Total Liabilities &amp; Fund Balances</b>	<b>\$579,809,000</b>

##### RECORD OF SERVICE - FISCAL YEAR 2019

Admissions	8,265
Observations	3,107
Anesthesia Cases	13,623
Births	1,306
Cardiology Procedures	40,408
Endoscopy Procedures	5,860
Emergency Room & Express Care Visits	67,060
Imaging Exams	91,309
Laboratory Tests	762,448
Meals Served in the Cafeteria	739,446
Operating Room Cases	8,329
Pharmacy Doses Issued	866,480
Rehab Services (Physical/Occupational/Speech Therapy)	171,395
Pulmonary Treatments	35,261
Radiation Therapy Treatments	15,560
Medical Oncology Treatments	9,473
Volunteer Hours	14,499
Wentworth Health Partners Primary Care Visits	119,631
Wentworth Health Partners Specialty Care Visits	218,662

#### WENTWORTH-DOUGLASS LEADERSHIP

As of September 30, 2019

##### Wentworth-Douglass Hospital Board of Trustees

Carol Bailey, *Chairman*  
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James Brannen, *Treasurer*  
Atty. Michael Bolduc, *Secretary*  
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Gregory Walker  
Robert DeColfmacker, *Emeritus Trustee*  
Dr. Roger Evans, *Emeritus Trustee*  
Ann Torr, *Emeritus Trustee*  
*\*Massachusetts General Hospital Representatives*

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Finola Cox, PA-C  
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Gregory Walker

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Atty. Thomas Torr, *Secretary*  
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Mike Carella  
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Thomas Levasseur  
Jay Levy  
Geoffrey Ness  
Larry Raiche  
John Salmon  
Dr. Alison Sollee  
Michael Steinberg  
David Verno, CPA  
Gregory Walker  
Ann Torr, *Emeritus*  
Dr. Babu Ramdev, *Emeritus*  
James Kageleiry, *Honorary Director (deceased)*  
Mary Ann Wentworth, *Honorary Director (posthumously)*

##### Medical Staff Officers

Dr. Terri Lally, *President*  
Dr. Nancy Pettinari, *Vice President*  
Dr. Shiv Kumar, *Secretary/Treasurer*

##### Executive Management Team

Keith Bartlett, *Vice President of Support Services/Chief Performance Officer*  
Ellen Caille, *Executive Vice President*  
Dr. Paul Cass, *Vice President of Clinical Integration/Chief Physician Executive*  
Erin Flanigan, *Vice President of Human Resources/Chief Human Resources Officer*  
Jeffrey Hughes, *Chief Operating Officer*  
Cristine More, *Vice President of Philanthropy/Chief Philanthropy Officer*  
Jeffrey Pollock, *Vice President of Information Systems/Chief Information Officer*  
Christine Primiano, *Chief Operating Officer, Wentworth Health Partners*  
Peter Walcek, *Vice President of Finance/Chief Financial Officer*  
Gregory Walker, *President & CEO*  
Sheila Woolley, RN, *Vice President of Patient Care Services/Chief Nursing Officer*  
Dr. Dalma Winkler, *Vice President of Regulatory Compliance*

# 2019 Community Benefits

## Invested in a Healthy Seacoast

**W**entworth-Douglass is committed to helping sustain and grow a healthy Seacoast community. We do that each year by investing in programs, organizations, and community resources that align with the community's significant health needs. These needs are identified through a Community Health Needs Assessment (CHNA) conducted by the hospital every three years.

### A FOCUS ON SUBSTANCE USE DISORDERS

A major finding of the 2016 CHNA, which covered the period 2017-2019, confirmed the need to improve access to mental health services and substance use disorder treatment. Wentworth-Douglass continues to grow its behavioral health programs and collaborate with community providers to improve overall access to prevention, treatment, and recovery services. Read about two such programs on page 7.

### LOOKING AHEAD

In 2020, we started implementing strategies to address the health needs identified in our 2019 CHNA, which will cover fiscal years 2020-2022. Wentworth-Douglass Hospital will continue current programs, including free transportation through the Care-Van, financial assistance, and dental care for adults and children at the Community Dental Center. Other areas of focus to be addressed over the next three years include: Access to Health Services; Nutrition, Physical Activity, and Obesity; Older Adults; Heart Disease and Stroke; Tobacco Use; and the Social Determinants of Health (Basic Needs & Transportation).

*For the complete community benefits report, visit [wdhospital.org](http://wdhospital.org).*

## TOTAL VALUE OF COMMUNITY BENEFITS IN 2019

*These figures cover October 1, 2018 – September 30, 2019\**

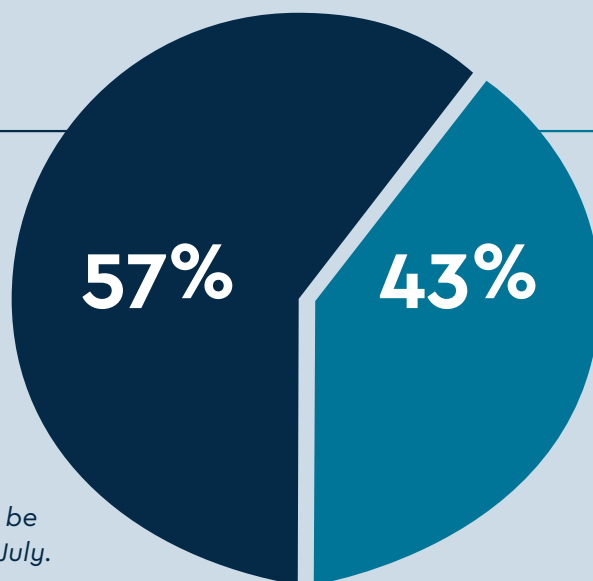
**\$48,561,026**

11.1% of operating expenses

**\$27,738,525**

### FINANCIAL ASSISTANCE TO ACCESS CARE

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



**\$20,822,501**

### OTHER COMMUNITY BENEFITS

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

*\*These are preliminary figures as of March 1, 2020. These numbers may vary from the final figures which will be reported to the New Hampshire Charitable Trusts Unit in July.*

## HOW WE ARE ADDRESSING THE COMMUNITY'S TOP HEALTH NEEDS

*This is just a sampling of our community benefits programming for 2019.*



### AFFORDABILITY OF CARE

**15,962** Patients of Wentworth-Douglass and Wentworth Health Partners received financial assistance to help access care.

### COMMUNITY HEALTH EDUCATION

**175** EMS staff from Dover Fire & Rescue, Stewart's Ambulance, and McGregor EMS participated in advanced simulation training at the Simulation Center.

**2,281** hours of training in the Wentworth-Douglass Simulation Center, an 89% increase over 2018.



### ACCESS TO MENTAL HEALTH SERVICES

**17,655** patient visits with Wentworth-Douglass behavioral health clinicians at Great Bay Mental Health and in Wentworth Health Partners primary care practices.

**505** Patients seen at The Doorway in its first year. (See story on page 7)

### TRANSPORTATION

**15,856** patient trips to healthcare appointments in our free Care-Van service.  
**121,056** miles traveled by our Care-Vans.





# 2019 Community Benefits



Members of Dover Youth to Youth hosted a "Mythbusters" activism event at Dover's Henry Law Park in July 2019. By holding signs displaying common myths about substance use, as they relate to the Dover High School population, students highlighted the low drug and alcohol usage rates among teens.



## Dover Youth to Youth and Wentworth-Douglass Hospital Work Together to Prevent Substance Use

Substance misuse prevention education early in life can help establish healthy habits and promote a lifetime of substance-free behavior. Recognizing the importance of substance misuse prevention, Wentworth-Douglass Hospital is proud to continue our support of Dover Youth to Youth, an after-school drug prevention program of the Dover Police Department Community Outreach Bureau. Every year, Dover Youth to Youth attracts roughly 70 students divided into teams of 20-25 who work together on drug prevention activities. Dover Youth to Youth focuses on data-driven drug prevention initiatives through education, advocacy, community events, programming, and campaigns.

Dover Youth to Youth participant and Dover High School sophomore, Elsa Rogers says, "I feel very lucky to have been a part of the Dover Youth to Youth program for the past five years. The support from Wentworth-Douglass Hospital, along with the Dover Police Department, has provided me with an awesome opportunity to impact my community and my peers on issues surrounding drug misuse. During my time with Dover Youth to Youth, I have testified before the City Council, presented in classrooms, and created informative videos."

Examples of Dover Youth to Youth's work include presenting about stigma at Wentworth-Douglass Hospital, providing education to classrooms, and working closely with



## The Doorway Offers Connections to Recovery

In partnership with the New Hampshire Department of Health & Human Services, Wentworth-Douglass Hospital opened The Doorway on January 2, 2019, at 798 Central Avenue in Dover. The Doorway is one of nine statewide "hubs" open to anyone who is struggling with recovery from any drug or alcohol.

The Doorways connect patients with "spokes" within the community to receive treatment or other supportive services. These recovery-related services might include primary care, mental health treatment, dental care, housing, employment security, transportation needs, and insurance coverage. The Doorway provides ongoing case management and recovery support, which requires significant effort to avoid duplicating other services.

In its first year, The Doorway connected 505 patients to treatment services in a safe and welcoming environment. Additionally, the Doorway distributed more than 3,700 kits containing the opioid-reversing drug Narcan to patients, local agencies, and organizations in the communities Wentworth-Douglass serves.

parents and other community members to increase awareness of drug use and how the actions of parents can impact children. Dover Youth to Youth also regularly monitors grocery stores, convenience stores, and other public spaces to ensure advertising messages for alcohol and tobacco products are age-appropriate. If Dover Youth to Youth notices a message targeted to those who are underage, they write to the store owner to ask that it is corrected including facts to support the requested change.

To create programming, Dover Youth to Youth collects data from the Youth Risk Behavior Survey (YRBS), a national survey administered every two years to high school students on several risky behaviors including alcohol and other drug use. The program follows a Knowledge, Skills, Action model to achieve meaningful change. Dover Youth to Youth participants learn important skills in the areas of public speaking, media production, activism, writing, theatre and drama, and leadership that they carry with them to life after high school.

Dover Police Department Chief, William Breault says, "the collaboration between the Police Department and Wentworth-Douglass Hospital has allowed us to provide Dover and the region with comprehensive and innovative drug prevention initiatives that dovetail perfectly with the Department's emphasis on community problem solving."

Substance Use Disorder Program Manager, Peter Fifield, EdD, MLADC, LCMHC says, "We know that there are several local communities working hard to provide services for our shared patients, so The Doorway does its best to not only get patients into treatment but also to coordinate their complex care with other providers in the community."

The Doorway provides level of care assessment and referral/recovery connection services for patients with substance use disorders who live in Rockingham and Strafford Counties. This patient population is very complex and resource dependent often struggling to navigate resources or lacking access to resources. The Doorway's patients face additional recovery barriers including complex polysubstance use – or using at least three different substances (44%); co-occurring mental health disorders (80%), and even homelessness (42%).

Fifield adds, "Many people walk out of The Doorway and say 'you guys are awesome, I feel safe here,' and that's a huge deal. It's tough in this fragmented care system to get accurate assessments and care. Our goal is to be a place where patients can touch base and find interim support until their treatment begins. There's a saying, 'the opposite of addiction is connection' so if we can just be that for people then we're doing something."





A MESSAGE FROM FOUNDATION CHAIR JACQUELINE EASTWOOD



M. Jacqueline Eastwood, Chair of the  
Wentworth-Douglass Foundation  
Board of Directors

Wow! We are happy to share we raised \$1,574,000 thanks to you – our supporters, friends, family, business colleagues and community members. Thank you!

As supporters of our mission, you ensure that local non-profit community healthcare at Wentworth-Douglass is strong and viable. 2019 was a significant year for the Foundation, not only for funds raised, but for the initiatives we launched thanks to several individuals who were, and continue to be, instrumental in our success.

In July, Anna Grace and Paul Holloway donated \$150,000 in support of Pulmonary Medicine and challenged us to match their gift over three years. The Holloway Challenge has raised over \$117,000 to underwrite a COPD Patient Navigator, pulmonary rehabilitation equipment, and Phase 3 Rehabilitation for certain patients. Last fall, Dick and Jan Conley along with David and Karen Della Penta contributed \$120,000 to the Center for Heart Health to underwrite the cost of new equipment. Already \$125,000 has been raised for this Challenge.

The Foundation launched another Challenge last fall to raise \$600,000 from private foundations for the Breast Health Center to purchase an additional 3D mammography unit to screen for breast cancer. The Challenge has raised \$338,000 thus far.

Our signature events continue to grow exponentially and our Seacoast Cancer 5K gained over 1,000 new participants and raised a record-breaking \$380,000 – funds available for the Seacoast Cancer Center to support equipment, programs and activities for patients, families and caregivers. The Charity Classic also raised more funds than ever before – over \$182,000 for our Women & Children's Center. In addition, our third-party events, hosted by our community members, continue to grow in spirit and size!

Funds raised at Wentworth-Douglass also support important patient-centered initiatives. The Foundation was proud to award grants for a newborn hearing screener, sensory play items for our urgent care locations, clinical research in community healthcare practices, gift cards for patients with critical needs, and continuing education for our caregivers.

We are so proud of the work you enable us to do for our patients. If you are interested in becoming involved, please reach out to our Foundation Office to learn more about our new initiatives and outreach to the Seacoast communities.

On behalf of the Foundation Board, thank you for your support and continued loyalty. Your generosity is transformational – know that together we are accomplishing great things.



Thank You

Thank you to these  
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Wentworth-Douglass  
Hospital's life-saving  
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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 (603) 609-6654. We would like to welcome you to the 1906 Heritage Society.

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## Seacoast Cancer 5K Provides Support For Cancer Survivorship Services

Life beyond cancer – “survivorship” – is a field that is gaining more attention as medical advances in cancer treatment translate into higher survival rates and longer lives. Thanks to generous support from donors to the Wentworth-Douglass Foundation’s annual Seacoast Cancer 5K, a variety of services offered to cancer survivors is now consolidated and expanded into the Seacoast Cancer Center’s Survivorship and Wellness Program, a formally accredited program by the Commission on Cancer – American College of Surgeons.

“Philanthropic dollars have made it possible for us to be more efficient and effective in what we do well, while creating new and innovative programs that enhance well-being and resilience,” says Michael Meserve, newly appointed director of the Survivorship and Wellness Program. “This has always been my dream job, because we have a real impact on the lives of patients, their families, and their caregivers.”

Seacoast Cancer 5K participants and donors have provided \$350,000 to the Seacoast Cancer Center to fund the expansion of the Survivorship and Wellness Program – truly making a difference for the thousands of patients who receive treatment at the Seacoast Cancer Center each year.

Many people don’t realize that individuals are considered “survivors” from the time of a cancer diagnosis through the rest of their lives. Over the next decade, the number of people who have lived five or more years after their diagnosis is projected to increase by 33% to 15.1 million people. Making sure these patients, their caregivers, and their loved ones get the ongoing support needed to continue to navigate their healthcare journey is at the core of the Survivorship and Wellness Program.

“We help people set realistic goals and stay on track,” says Meserve: “I worked at Wentworth-Douglass Hospital for 18 years as a radiation therapist, so I’ve seen cancer treatment from the clinical care perspective. We would see patients every day, typically for 6 – 9 weeks, and then, one day, that treatment is over. We celebrate together by ringing the bell to mark the end of treatment, but then the patient wakes up the next day and thinks, ‘Okay, what now?’ All of a sudden, not only is that regimented, predictable treatment schedule gone, but so are the connections to staff and other cancer patients.”

Judith Geaghan, Community Outreach Coordinator for the Seacoast Cancer Center agrees: “Survivorship is a journey. We do an amazing job here at the Seacoast Cancer Center in delivering the highest quality clinical care available.”

Clinical social workers, including Geaghan, often sit in on the initial diagnosis meeting: “Patients are often overwhelmed and frightened with many concerns that go beyond the immediate medical issues. For example, many ask ‘How do I talk to my children about this?’ We offer guidance, assistance and ongoing support. And we serve as a conduit to community resources, whether it’s help with a transportation issue or a connection to appropriate retailers specializing in wigs, clothing, or healthy food.”

Says Meserve, “Survivorship is the patient’s new normal, and they need concrete next steps.” Often this entails education that is customized for cancer survivors. One such course offered, LIFE (Lifestyle Interventions for Everyone) is an eight-week wellness course built on “the pillars of wellness” (meaningful change, nutrition, environment, physical activity, and meditation) to help reduce cancer risk and recurrence. Course content includes tips on reducing exposure to toxins by implementing safe and easy steps for “greening” home and work environments.

Another example of the survivorship programs offered by the Seacoast Cancer Center is The Best New Me Program that promotes women’s self-care and well-being during and after cancer treatment, including skin care and hair care.

According to Geaghan, “The ripple effect throughout the larger community is felt through the outreach of our social workers, nutritionists, rehab specialists – who have been working diligently to make this program a reality. We are increasing the visibility of survivorship resources and impact, whether it’s outreach at health fairs in area schools, or at our new Seacoast Cancer Center location in Portsmouth. All share the common goal of improving quality of life while moving forward.”

To learn more about the impact of the Seacoast Cancer 5K, contact Emily Moore at [Emily.Moore@wdhospital.org](mailto:Emily.Moore@wdhospital.org) or visit [SeacoastCancer5K.org](http://SeacoastCancer5K.org).



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Jackie Eastwood and Paul Holloway speak in support of the Holloway Challenge, a philanthropic effort to raise \$300,000 for pulmonary medicine services at Wentworth-Douglass Hospital.

## HOLLOWAY CHALLENGE: Supporting Pulmonary Care on the Seacoast

Making connections and being a facilitator is what Jackie Eastwood of Durham loves. This includes sharing her medical experiences with friends and colleagues with candor and concern. Whenever there’s an opportunity to positively impact their health and well-being, she is there. Five years ago, Eastwood’s ability to be out and about, serving on various boards and traveling in support of multiple organizations, was severely curtailed by worsening pulmonary issues: “I couldn’t breathe. I couldn’t walk. I couldn’t leave the house. My fear factor – just not knowing what was wrong with me – was sky high.”

“I was often in respiratory arrest, and even after many visits to the ER and misdiagnoses, nobody could figure out what was wrong,” says Eastwood. She found the answers – and relief – at Wentworth Health Partners Seacoast Pulmonary Medicine at Wentworth-Douglass Hospital. Eastwood was suffering from Tracheal bronchial malacia – a rare condition that is often difficult to accurately diagnose. It occurs when the walls of the airway (specifically the trachea and bronchi) are weak. This can cause the airway to become narrow or collapse. Depending on the condition’s severity, treatment options may include surgical correction.

Says Eastwood: “Accurate diagnosis helped me immediately access the care I needed for successful treatment – in my case, tracheoplasty surgery to reinforce the deteriorated cartilage in the trachea.”

Eastwood has been so pleased, she shares her story at every opportunity with friends, such as Paul and Anna Grace Holloway of Rye. Paul Holloway also was dealing with breathing issues. “I told Paul about Seacoast Pulmonary,” says Eastwood “because I was so confident that he would get the same level of care I did. We both had the good fortune to get the right diagnosis and then the right treatment. Paul and I are now ‘rehab buddies.’ I also did what’s called ‘pre-hab’ before my surgery, which included breathing exercises to help strengthen my body for better results.”

After Paul’s successful treatment, the Holloways were inspired to fund the Holloway Challenge, a philanthropic initiative to help expand the Pulmonary Services Program by challenging the Wentworth-Douglass Foundation to raise \$150,000 in three years to match the couple’s gift of \$150,000. The total of \$300,000 will support advanced pulmonary care for patients throughout the Seacoast area.

Eastwood applauds this “generosity with a mission.” She says, “The Holloway Challenge is right in the wheelhouse of building awareness and support for a program that can benefit so many. Most everyone knows about cardiology, oncology, orthopedics and other specialties, while pulmonary medicine is perhaps underappreciated and underfunded. You often don’t even know about pulmonary medicine until you need it.”

“Another friend of mine, Beverly Bruce, is also supporting the Holloway Challenge. She saw the pulmonary team, and she, like me, says that from the very first visit, she had complete confidence because of the time they took and the way she was treated.”

The Holloway Challenge will elevate all aspects of the program to help educate and assist patients in taking control of the challenges and symptoms of pulmonary disease. The Holloway Challenge is – at its core – a concrete investment in supporting wellness and quality of life. Says Eastwood: “I want to help broaden the scope of people who are actively engaged with this wonderful program. My advice for anyone experiencing difficulty with breathing: ask for a referral to the pulmonary specialists at Seacoast Pulmonary. The entire staff is so good at what they do. They not only love healthcare, but they know how to deliver it with a personal, caring touch.”

Donors who contribute to The Holloway Challenge will make a big impact in two ways. Their dollars will be doubled by the Holloways’ generosity, and vulnerable patients will get the help they need to navigate complex pulmonary conditions.

We invite you to learn more by contacting Maryellen Burke, Major Gift Officer, at (603) 609-6654 or [Maryellen.Burke@wdhospital.org](mailto:Maryellen.Burke@wdhospital.org).



# 2019 Donors



Photo Credit: perrysmithphoto.com

A donation from the Lawson Family funded the creation of the Lawson Family Mobile EMS Simulation Center. Pictured at the ribbon cutting are Carol Bailey, Jackie Eastwood, Amy Lawson, Jim Lawson, Brian Nicholson, Stacey Savage, and Greg Walker.

## Mobile EMS SIM Center Takes First Responder Training "On the Road"

The correlation between simulation training and positive patient outcomes is well documented, and sound clinical decision-making and smooth teamwork are especially critical for emergency first responders. Now, thanks to the generosity of The Lawson Family of Durham, Wentworth-Douglass Hospital has the first Mobile Emergency Medical Services Simulation Center (EMS SIM Center) in the Seacoast, bringing state-of-the-art training to EMS responders in the field. This outreach to and partnership with emergency personnel provides access to ongoing, real-time training that is both cost-effective and community-based.

Wentworth-Douglass has a long track record of close collaboration between first responders and our team of educators who have extensive experience in simulation and competency assessment. The underlying principle is straightforward: the better we can replicate the actual patient care setting where the learners work, the easier it is to become immersed in the exercise and perform as they would in real-life circumstances. And the reality for EMS providers is that pre-hospital patient care often takes place in an ambulance.

Accordingly, the Mobile EMS SIM Center is housed in an ambulance, and outfitted to replicate the real-life environment EMS personnel work in every day. It includes lifesaving equipment (cardiac defibrillator, suction, airway resuscitation equipment), as well as a life-like robot designed for field training and mobile technology that can simulate fluctuating vital signs.

The Lawson's gift of the Mobile EMS Simulation Center offers first responders the ability to mimic actual patient care with real-time, hi-tech monitoring and interactive, and immediate hands-on training, proving "a vital link to the community in honor of all EMS personnel," according to Jim Lawson, of the gift he is sharing throughout the Seacoast.

In 2016, through funding from the Wentworth-Douglass Hospital Foundation, Wentworth-Douglass opened its first Simulation Center at the hospital's main campus. At this center, Wentworth-Douglass has provided hundreds of hours of education to hospital staff, as well as local Police, Fire and Rescue squads. The impact is ongoing; for example, the team identified a gap between current best practices and the New Hampshire EMS protocol for administration of Oxytocin after childbirth. This collaboration improved care for mothers and newborns throughout the entire state.

Thanks to the generosity of The Lawson Family, the availability of the new Mobile EMS Simulation Center will further strengthen Wentworth-Douglass' position as the leader in improving the health outcomes of the communities we serve through the innovative use of mobile technology.

*For more information about making a transformational gift to support Wentworth-Douglass, contact Cristine More at [Cristine.More@wdhospital.org](mailto:Cristine.More@wdhospital.org) or (603) 609-6207.*



Somersworth Nissan raised \$28,000 for the Seacoast Cancer Center through its "Buy For A Cause" program last October.

## Somersworth Nissan Driven to Support Community Cancer Care

Brendan Forget is the Executive Manager of Somersworth Nissan, a family business that is supporting the work at the Seacoast Cancer Center at Wentworth-Douglass with its "Buy For A Cause" program.

The dealership donates \$200 for every vehicle sold during October – National Breast Cancer Awareness Month. In 2019, each sale was recorded – in bright pink – on a thermometer inside the dealership that grew to \$28,000 in donations.

For Ethan Clark, Vice President of Operations at Somersworth Nissan, the motivation is personal. His father received treatment at the Seacoast Cancer Center and he was looking for a meaningful way to honor his memory.

Throughout the month of October, Somersworth Nissan is decked out in pink and its large glass showroom area is transformed into a large tribute wall, where people can write messages to honor loved ones or simply sign their name. According to Forget, the wall is "littered with personal stories, and we've seen an incredible outpouring of support from all of our customers. So many lives have been touched by cancer, and the messages people have shared are inspiring."

"It's been an eye-opener for me personally, and the response has made all of us want to push the bar higher each year," says Forget. "New customers have heard about it, and everyone seems to appreciate the opportunity to give directly to their community hospital, especially the Seacoast Cancer Center. Car salespeople are a competitive bunch, and we are 100% committed to this program and supporting cancer care in our community for many years to come."

*To learn more about planning a fundraiser for Wentworth-Douglass Hospital, contact Emily Moore at [Emily.Moore@wdhospital.org](mailto:Emily.Moore@wdhospital.org) or (603) 740-3292.*







# 2019 Signature Events

## Inspiring Wellness, Celebrating Survivorship



Marc Varano, Alex Tomaszewski, Korene Mosher, and other members of the Hanger Clinic's team rallied in support of a young cancer survivor and amputee at the 2019 Seacoast Cancer 5K.

**D**r. Korene Mosher of Portsmouth, 2019 Seacoast Cancer 5K participant, knows that life after cancer can be beautiful and limitless but sometimes the journey isn't easy. After being diagnosed with osteosarcoma in 1990, Dr. Mosher underwent chemotherapy treatment, at just 12 years old. Eventually she received a femur transplant, underwent multiple limb salvage surgeries, and experienced multiple femur fractures. Finally, after 28 years of dealing with femur breaks and 17 reconstructive surgeries, Dr. Mosher had her leg amputated in 2017.

After her amputation, Dr. Mosher was referred to the Hanger Clinic, an organization that provides support to many bone cancer survivors and assists with prosthetics. No longer worried about her fragile left leg, Dr. Mosher moved on with her life as a new amputee. She was soon fitted with a running blade and embraced an active lifestyle. After participating in a triathlon, Dr. Mosher also joined The Hanger Clinic's Seacoast Cancer 5K team, which was formed to rally in support of young amputee and osteosarcoma survivor, Kenny Sanborn, age 13.

Dr. Mosher works with cancer patients and amputee patients as a naturopathic resident doctor on the Seacoast and recently joined the Seacoast Cancer 5K Committee. About the event, she says, "This event is about community and supporting each other. We are all here to celebrate survivorship, share the messages of hope, healing, strength, and courage."

### RALLY WITH US!

The 2020 Seacoast Cancer 5K is September 20.  
Registration opens in May. [SeacoastCancer5K.org](http://SeacoastCancer5K.org)



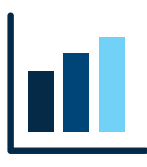
## 2019 5K FACTS & SUPPORTERS



**\$380,963**  
Funds Raised



**250+**  
Volunteers



**3,249**  
Registered  
(44% increase over 2018)

### 2019 TOP FUNDRAISING TEAMS (Including Corporate Sponsorships)

- First Place:** Patriot Pals, team captain Dave Dagenais  
**Second Place:** DF Richard Energizers, team captain Christine McCluskey  
**Third Place:** First Seacoast Bank, team captain Sarah Frase

### 2019 TOP FUNDRAISING TEAMS (Excluding Corporate Sponsorships)

- First Place:** In Memory of Ajay Vasudevan – Team Vasud, team captain Anu Vasudevan  
**Second Place:** EvoStrong, team captain Toni McKenna  
**Third Place:** Bad to the Bone, team captain Elizabeth Antaya

### 2019 TOP INDIVIDUAL FUNDRAISERS

- First Place:** Amir Rosenthal  
**Second Place:** Richard Berry  
**Third Place:** Rae Ann Chrane

### 2019/2020 SEACOAST CANCER 5K COMMITTEE

- Kate Collopy, PhD – Wentworth-Douglass Hospital, 2019 & 2020 Committee Co-Chair  
David Coppola, MD – Wentworth-Douglass Hospital, 2019 Physician Chair  
Paul Fennessy – 2019 & 2020 Committee Co-Chair  
Arul Mahadevan, MD – Wentworth-Douglass Hospital, 2020 Physician Chair  
Melisa Bartlett – Wentworth-Douglass Hospital  
Jessica Beebe – Wentworth-Douglass Hospital  
Richard Berry  
Noreen Biehl – Rotary Club of Dover\*  
Cheryl Bougie, RN – Wentworth-Douglass Hospital\*  
Jonathan Bowman  
Beth Brownell\*  
Rae Ann Chrane – Amwins  
Caitlin Couture – Wentworth-Douglass Hospital\*  
Dave Dagenais – Wentworth-Douglass Hospital  
Lisa Dagenais – Wentworth-Douglass Hospital  
Patricia Endsley – Wells High School\*  
Candace Fennessy – Wentworth-Douglass Hospital  
Dawn Fernald – Wentworth-Douglass Hospital  
Zachary Field – iHeart Media\*  
Sally Fletcher – Lincoln Financial

- Elizabeth Flowers – Wentworth-Douglass Hospital  
Sheridan Folger – John Hancock\*  
Susan Gallagher – Wentworth-Douglass Hospital  
Elita Galvin – Wentworth-Douglass Hospital  
Millissa Gass – Wentworth-Douglass Hospital  
Chris Griffin – Saltwater Creative Agency  
William Harbron, Ed.D – Dover School District\*  
Jennifer Harris – Wentworth-Douglass Hospital  
Paul Jenkins – Hanger Clinic\*  
Margaret Joyce – Dover Chamber of Commerce\*  
Sarah Kuhl – Wentworth-Douglass Foundation  
Thomas Levasseur, CLU, MS, Ed – The Beacon Retirement Group  
Heather Lynch, RN – Wentworth-Douglass Hospital  
Christine McCluskey – DF Richard Energy  
Toni McKenna – Investigative Services LLC\*  
Tiffany Melanson – First Seacoast Bank\*  
Michael Meserve – Wentworth-Douglass Hospital\*  
Crystal Mockler – Wentworth-Douglass Hospital\*  
Emily Moore – Wentworth-Douglass Foundation  
Cristine More, CFRE – Wentworth-Douglass Foundation  
Korene Mosher, ND, BSN, RN – Human Nature Natural Health\*  
Jennifer Niles – Wentworth-Douglass Hospital\*  
Erin Perry – Wentworth-Douglass Hospital  
Carlynn Pouliot – Holy Rosary Credit Union  
Jen Rhode – Lofware  
Jamie Ruel – Wentworth-Douglass Hospital  
Todd Sigmon – Wentworth-Douglass Hospital  
Jamie Simchik – Simchik Planning & Development  
Kevin Sprague – Wentworth-Douglass Hospital  
Joellen Stackpole – Wentworth-Douglass Hospital  
Robert Stedman – Wentworth-Douglass Hospital  
Jane Vanni – Martha's Vineyard Hospital  
Liz Victor – Wentworth-Douglass Foundation  
(\*new committee members in 2020)

### 2019 SPONSORS

- A.P. Dailey Custom Laminating Corp.  
Alliance Funding Group  
AMPM Facility Services  
AquaFax, Inc.  
AstraZeneca Oncology  
Blue Dolphin Screen Print & Embroidery, Inc.  
Budel Construction Corp.  
Cameron's Landscaping  
D.F. Richard Energy

- David J. Murray, ClearEyePhoto.com  
Dermatology & Skin Health  
E4H Environments for Health Architecture  
First Seacoast Bank  
The Flower Room  
The Generator Connection, Inc.  
GZA GeoEnvironmental, Inc.  
Hampton Technical Services, Inc.  
Harvey Construction  
High Liner Foods  
Holy Rosary Credit Union  
iHeart Media  
Knights Construction, LLC  
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Longchamps Electric  
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M. Saunders  
M2 Service Group  
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Market Basket  
Massachusetts General Hospital  
MG Print & Promotions  
Miranda Quality Maintenance, Inc.  
Northeast Rehabilitation Hospital Network  
Outdoor Pride Landscaping, Inc.  
Pepsi  
Performance Food Group  
Piscataqua Landscaping & Tree Service  
Radiation Oncology Associates, P.A.  
Red Thread  
Runner's Alley  
Saltwater Collective Agency  
Seacoast Dermatology PLLC  
Seacoast Emergency Physicians  
Shaheen & Gordon, P.A.  
Siemens Industry, Inc.  
Snack Aisle  
Specialized Roofing Co., Inc.  
Sprague Floor Covering  
Stormwater Compliance, LLC  
Sulloway & Hollis, PLLC  
Summit Land Development  
WDH Medical Oncology & Hematology  
Wentworth Greenhouses  
Women's Life Imaging Center





# 2019 Signature Events



## Charity Classic's Lasting Impact: Helping Support Healthy Babies & Families in the Community

The 2019 Wentworth-Douglass Charity Classic was a record-setting success, building on its mission to provide funding that enhances quality care for growing Seacoast families. The sold-out golf tournament raised a record \$182,000 – funds specifically earmarked for the Women & Children’s Center to ensure that newborns, children, and families are receiving the highest quality care right here in our community.

“So much of our ability to care for the whole family is due to the generosity of Wentworth-Douglass donors,” says Karen MacDonald, Assistant Vice President of Women and Children’s Services. “Funding from the Charity Classic allows us to go well beyond the walls of this hospital – and beyond our immediate medical goal of delivering healthy babies – and into the community in meaningful and vital ways.”

One example is our Neonatal Transport Isolette. The Fund-A-Need, held during the Charity Classic’s Dinner & Awards Ceremony, raised \$14,000 to purchase the neonatal transporter, which can be mobilized to move premature and sick infants within the hospital.

Funds made possible by the Charity Classic are often directed to programs that are not covered by insurance. Philanthropy has helped propel several initiatives that earn high marks from medical professionals and patients alike, including infant CPR, safe sleep, car seat safety, and user-friendly access to pregnancy and post-partum information through a free digital app launched in 2019.

Our Nursery Essentials program provides new parents with tools for safer sleep practices, including safe sleep sacks for every baby born here, swaddling devices for babies with jaundice, and special pillows and bumpers for premature babies. Along with the devices themselves, families are educated on safe use and provided with resources for continued support after discharge.

The Center also provides a car seat program, a popular resource for parents, grandparents, and care providers. The program offers free monthly checks and in-patient checks, as well as education on the safety benefits of properly installed child restraint systems. With the financial support of the Charity Classic, every newborn at Wentworth-Douglass has access to this life-saving equipment.

These are just a few examples of the enhanced services that distinguish the Women and Children’s Center as the most robust, highly regarded center in the area, with over 1,300 births in 2019.

According to MacDonald, “At Wentworth-Douglass, we’re working hard to make sure every family goes home with practical tools to help their baby thrive. We are so grateful that we can go above and beyond and provide services that have an ongoing, positive impact for our families. The Charity Classic broadens the scope of what we are able to do – ensuring safety, skills, and peace of mind.”

The Charity Classic was created in 1994 to honor the memory of Pete Gabarro, who lost his battle with cancer. Today, 26 years later, the annual event has raised more than \$1.5 million dollars and touched the lives of thousands of babies, children and families.

### 2019 CHARITY CLASSIC FACTS & SUPPORTERS



Over  
**\$1.5M**  
raised over the  
last 26 years

**26 years**  
of the Charity Classic





**\$90,554**  
in sponsorships in  
2019

- COMMITTEE:**  
Mike Carella, Committee Chair  
Kimberly Alexander  
Benjamin Bradley  
John Burcke\*  
Paul Cass, DO  
Andrew Chernoff  
Richard Conley  
Tim Dargan  
Dawn Fernald  
Janet Ford  
Jon Houston  
Jeffrey Johnson, MD  
Sarah Kuhl  
Tim Loch  
Karen MacDonald, RN  
Vasu Maganti  
Samantha Merchant  
Barbara Miller  
Emily Moore  
Cristine More  
Kathi Mullins  
Geoffrey Ness  
Jeff Pollock  
John Polychronis\*  
Babu Ramdev, MD  
Samuel Rose  
Lyndi Sargent  
Todd Sigmon  
Matt Sylvia\*  
Dave Verno  
Liz Victor  
Michael Whitman\*  
Matt Williams\*  
*(\*new committee members in 2020)*

- 2019 SPONSORS:**  
Alie Jewelers  
ALPCO Diagnostics  
Aurora Diagnostics Seacoast Pathology, Inc.  
Bangor Savings Bank  
The Beacon Retirement Group  
Belknap Dental Associates  
Bill Dube Ford Toyota  
Cadwell Industries, Inc.  
Cross Insurance  
Dell Technologies  
Dermatology & Skin Health  
Dupont’s Service Center  
Eastern Bank Charitable Foundation  
Environments for Health Architecture  
The F.A. Bartlett Tree Expert Co.  
First Seacoast Bank  
Flagship Press, Inc.  
Home Care Specialists  
Knights Construction  
Market Basket  
Nessit  
Newburyport Bank  
Nomith T. Ramdev, DMD, MSD  
Northeast Credit Union  
Northeast Rehabilitation Hospital Network  
Ocean Properties, Ltd. & Affiliates  
Optima Bank & Trust  
Piscataqua Savings Bank  
Plantscapes Management, LLC  
Port City Pretzels  
Prime Buchholz  
Raiche & Company, CPA, PA  
Rand-Whitney Container  
RoundTower Technologies, Inc.  
Saltwater Collective Agency  
Seacoast Emergency Physicians  
Service Credit Union  
Sodexo  
Summit Land Development  
Tufts Health Freedom Plan  
Urseal, Inc.  
Wentworth-Douglass Hospital Medical Staff

*This year's Charity Classic will be held on June 22, 2020, at Cochecho Country Club in Dover.  
Visit [wdhcharityclassic.org](http://wdhcharityclassic.org) to learn more about sponsorships or registering a team.*



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](http://wdhospital.org/whp).

PRIMARY CARE

- Adult & Children’s Medicine of Dover**  
10 Members Way, Suite 201  
Dover, NH 03820  
(603) 742-2263 | [adultandchildrens.org](http://adultandchildrens.org)
- Barrington Health Center**  
8 Century Pines Drive, Suite 2  
P.O. Box 430  
Barrington, NH 03825  
(603) 664-2135 | [barringtonhealthcenter.org](http://barringtonhealthcenter.org)
- Bellamy Health Center**  
15 Old Rollinsford Road., Suite 204  
Dover, NH 03820  
(603) 742-7338 | [bellamyhealthcenter.org](http://bellamyhealthcenter.org)
- Center for Women's Health & Wellness\***  
Portsmouth Outpatient Center – Building A  
67 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8079 | [womenshealthportsmouth.org](http://womenshealthportsmouth.org)
- Dover Family Practice**  
10 Members Way, Suite 203  
Dover, NH 03820  
(603) 742-3174 | [doverfamilypracticenh.org](http://doverfamilypracticenh.org)
- Durham Health Center**  
36 Madbury Road  
Durham, NH 03824  
(603) 868-5080 | [durhamhealthcenter.org](http://durhamhealthcenter.org)
- Great Bay Family Practice**  
60 Exeter Road, Suite 300  
Newmarket, NH 03857  
(603) 659-0901 | [greatbayfamilypractice.org](http://greatbayfamilypractice.org)
- Hilltop Family Practice**  
Somersworth Plaza  
85 Main Street  
Somersworth, NH 03878  
(603) 692-6676 | [hilltopfamilypractice.org](http://hilltopfamilypractice.org)
- Lee Family Practice**  
65 Calef Highway, Suite 200  
Lee, NH 03861  
(603) 868-3300 | [leefamilypracticenh.org](http://leefamilypracticenh.org)
- Primary Care at Pease**  
Portsmouth Outpatient Center - Building A  
67 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8050 | [peaseprimarycare.org](http://peaseprimarycare.org)
- South Berwick Family Practice**  
31 Colcord Street  
South Berwick, ME 03908  
(207) 384-4949 | [southberwickfamilypractice.org](http://southberwickfamilypractice.org)
- WHP Internal Medicine**  
10 Members Way, Suite 500  
Dover, NH 03820  
(603) 609-6800 | [whpinternalmedicine.org](http://whpinternalmedicine.org)
- SPECIALTY CARE**
- Cardiology at Pease**  
Portsmouth Outpatient Center - Building A  
67 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8070 | [peasecardiology.org](http://peasecardiology.org)
- Cardiovascular Group**  
DOVER  
19 Old Rollinsford Road  
Dover, NH 03820  
(603) 516-4265  
PORTSMOUTH (VASCULAR SURGERY)  
Portsmouth Outpatient Center - Building C  
121 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8055 | [whpcardiovasculargroup.org](http://whpcardiovasculargroup.org)
- The Center for Medical Genetics**  
10 Members Way, Suite 401  
Dover, NH 03820  
(603) 516-0092 | [centerforgenetics.org](http://centerforgenetics.org)

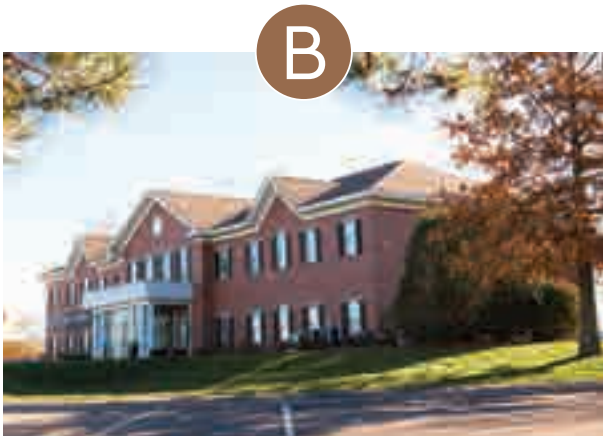
- Chest Clinic**  
801 Central Avenue, Level 1  
Dover, NH 03820  
(603) 740-2212 | [wdhospital.org/chestclinic](http://wdhospital.org/chestclinic)
- Coastal Neurology Services**  
DOVER  
10 Members Way, Suite 300  
Dover, NH 03820  
PORTSMOUTH  
Portsmouth Outpatient Center - Building C  
121 Corporate Drive  
Portsmouth, NH 03801  
(603) 749-0913 | [coastalneurologyservices.org](http://coastalneurologyservices.org)
- Dover Women's Health**  
DOVER  
700 Central Avenue  
Dover, NH 03820  
PORTSMOUTH  
Portsmouth Outpatient Center – Building C  
121 Corporate Drive  
Portsmouth, NH 03801  
(603) 742-2424 | [doverwomenshealth.org](http://doverwomenshealth.org)
- Endocrinology & Diabetes**  
10 Members Way, Suite 400  
Dover, NH 03820  
(603) 742-1143 | [endoanddiabetesconsultants.org](http://endoanddiabetesconsultants.org)
- Great Bay Mental Health**  
15 Old Rollinsford Road, Suite 302  
Dover, NH 03820  
(603) 742-9200 | [greatbaymentalhealth.org](http://greatbaymentalhealth.org)
- Head & Neck Specialty Group of NH**  
361 High Street  
Somersworth, NH 03878  
(603) 692-4500 | [headandnecknh.org](http://headandnecknh.org)
- Integrative Therapy**  
15 Old Rollinsford Road, Suite 204  
Dover, NH 03820  
(603) 740-2130 | [wdhospital.org/integrativetherapy](http://wdhospital.org/integrativetherapy)
- International Travel Clinic**  
Portsmouth Outpatient Center - Building B  
73 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8065 | [wdhospital.org/travelclinic](http://wdhospital.org/travelclinic)
- OB/GYN & Infertility**  
15 Old Rollinsford Road, Suite 102  
Dover, NH 03820  
(603) 749-4963 | [obgynandinfertility.org](http://obgynandinfertility.org)
- Plastic Surgery Specialists**  
DOVER  
10 Members Way, Suite 303  
Dover, NH 03820  
(603) 516-4268  
PORTSMOUTH  
Portsmouth Outpatient Center – Building C  
121 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8067 | [wentworthplasticsurgery.org](http://wentworthplasticsurgery.org)
- Seacoast Arthritis & Osteoporosis Center**  
DOVER  
10 Members Way, Suite 403  
Dover, NH 03820  
(603) 742-6664  
PORTSMOUTH  
Portsmouth Outpatient Center – Building A  
67 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8053 | [seacoastarthritis.org](http://seacoastarthritis.org)
- Seacoast Orthopedics & Sports Medicine**  
SOMERSWORTH  
7 Marsh Brook Drive  
Somersworth, NH 03878  
PORTSMOUTH  
Portsmouth Outpatient Center – Building A  
Center for Orthopedics & Sports Medicine  
67 Corporate Drive  
Portsmouth, NH 03801

- Seacoast Orthopedics & Sports Medicine (continued)**  
LEE  
65 Calef Highway  
Lee, NH 03861  
(603) 742-2007 | [SOSmed.org](http://SOSmed.org)
- Seacoast Pulmonary (Intensivists)**  
DOVER  
801 Central Avenue, Level 1  
Dover, NH 03820  
(603) 740-9713  
PORTSMOUTH  
Portsmouth Outpatient Center – Building C  
121 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8052 | [seacoastpulmonary.org](http://seacoastpulmonary.org)
- Summit Infectious Disease**  
801 Central Ave.  
Dover, NH 03820  
(603) 742-7025 | [summitinfectiousdisease.org](http://summitinfectiousdisease.org)
- Supportive & Palliative Care**  
789 Central Avenue  
Dover, NH 03820  
(603) 740-3330 | [wdhospital.org/PalliativeCare](http://wdhospital.org/PalliativeCare)
- Surgical Optimization Center**  
789 Central Avenue  
Dover, NH 03820  
(603) 609-6250
- Thoracic Surgery Specialists**  
789 Central Avenue  
Dover, NH 03820  
(603) 609-6096 | [wdhospital.org/thoracicsurgery](http://wdhospital.org/thoracicsurgery)
- Wentworth-Douglass Center for Orthopedics & Joint Replacement**  
789 Central Avenue, Level 1  
Dover, NH 03820  
(603) 609-6260 | [wdhortho.org](http://wdhortho.org)
- Wentworth-Douglass Center for Pain Management**  
789 Central Avenue  
Level 2 (office visits) and Level 3 (procedures)  
(603) 609-6819 | [wdhospital.org/pain](http://wdhospital.org/pain)
- Wentworth-Douglass Center for Weight Management & Bariatric Surgery**  
789 Central Avenue  
Dover, NH 03820  
(833) 936-3963 | [wdhospital.org/newme](http://wdhospital.org/newme)
- Wentworth-Douglass Community Dental Center**  
668 Central Avenue  
Dover, NH 03820  
(603) 749-3013 | [wentworthcommunitydental.org](http://wentworthcommunitydental.org)
- WHP General Surgery**  
DOVER  
789 Central Avenue  
Dover, NH 03820  
(603) 610-8095 | [whpgeneralsurgery.org](http://whpgeneralsurgery.org)  
PORTSMOUTH  
Portsmouth Outpatient Center – Building C  
121 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8092 | [whpgeneralsurgery.org](http://whpgeneralsurgery.org)
- Wound Healing Institute & Hyperbaric Oxygen Center**  
789 Central Avenue  
Dover, NH 03820  
(603) 740-2832 | [wdhospital.org](http://wdhospital.org)
- WALK-IN PRIMARY CARE**
- Prompt Care - Dover\*\***  
10 Members Way, Suite 200  
Dover, NH 03820  
(603) 609-6930  
[wentworthhealthpartners.org/promptcare](http://wentworthhealthpartners.org/promptcare)
- Prompt Care - Portsmouth**  
Portsmouth Outpatient Center - Building B  
73 Corporate Drive  
Portsmouth, NH 03801  
(603) 610-8051  
[wentworthhealthpartners.org/promptcare](http://wentworthhealthpartners.org/promptcare)



# Experience better.

## Experience Wentworth-Douglass.



### NEW & EXPANDED SERVICES

## Portsmouth Outpatient Center

At Wentworth-Douglass Hospital, community is at the heart of everything we do — providing better care so that you, your friends, and family can live healthier, happier lives. Our Portsmouth Outpatient Center continues this mission by bringing to Portsmouth innovative treatments, top doctors and nurses, access to Massachusetts General Hospital specialists, and expanded specialty care services.

If you would like to learn more about our Portsmouth Outpatient Center, please call **(844) 937-3273**.

To learn more about our full range of services, visit: **[WDHospital.org/Portsmouth](http://WDHospital.org/Portsmouth)**.

**Building A** : Newly Opened! 67 Corporate Drive  
Portsmouth, NH 03801

**Building B** : 73 Corporate Drive, Portsmouth, NH 03801



**PRIMARY CARE**  
You and your family deserve quality primary care and Wentworth Health Partners Primary Care at Pease is ready to provide it. Our board-certified physicians and advanced practitioners will provide the comprehensive care you need.



**DIAGNOSTICS & TESTING**  
Our Lab and Imaging suites, equipped to handle everything from X-rays and CT scans to MRIs and ultrasounds, are open to everyone – even if you aren't a patient of Wentworth-Douglass.



**CENTER FOR WOMEN'S HEALTH & WELLNESS**  
Our team of primary care and OB/GYN physicians, midwives and dedicated nurse navigators at the Center for Women's Health & Wellness are ready to provide expert care for all stages of a woman's life.



**BREAST HEALTH CENTER**  
Our specialists are ready to provide guidance, diagnostics, and screenings for your breast health, including mammograms, breast ultrasounds, and more.



**CENTER FOR HEART HEALTH**  
Board-certified cardiologists provide the expert diagnosis and treatment you need to maintain a healthy heart. Specialty areas include heart failure, hypertension, women's heart health, valve disease, state-of-the-art diagnostics, and more, with access to Massachusetts General Hospital electrophysiology specialists.



**CENTER FOR ORTHOPEDICS & SPORTS MEDICINE**  
At the new Center for Orthopedics & Sports Medicine, top doctors and clinicians provide the latest in bone and joint care as well as treatment for sports injuries and degenerative conditions.



**WALK-IN PROMPT CARE**  
Walk-in Prompt Care is designed to be a convenient alternative to your usual primary care provider when you need to see a doctor fast. Perfect for moderate, but immediate, health needs, this service is open to everyone.  
**Open Monday-Friday, 7am-7pm.**



**TRAVEL MEDICINE**  
We provide a customized treatment and prevention plan to keep you healthy on your travels. We also offer prescriptions and vaccinations for many travel-related illnesses.

**Building C** : 121 Corporate Drive, Portsmouth, NH 03801



**CANCER CARE**  
Our highly specialized team provides comprehensive cancer care, with leading-edge technology and innovative treatments.



**DOVER WOMEN'S HEALTH**  
Obstetricians, gynecologists, midwives and nurse practitioners dedicated to providing holistic care to women.



**GENERAL SURGERY**  
Experienced, board-certified surgeons use the latest innovations in surgical care, including minimally invasive and robotic procedures, for general and bariatric surgeries.



**NEUROLOGY**  
Our physicians offer expertise in all areas of neurology, including migraines, epilepsy, multiple sclerosis, Alzheimer's disease, Parkinson's disease, stroke, neuromuscular disease, sleep disorders and more.



**PLASTIC SURGERY**  
Specializing in both reconstructive and cosmetic procedures, our board-certified plastic surgeon can help you feel your best.



**PULMONARY MEDICINE**  
Board-certified pulmonologists provide care to patients who have lung disease, lung cancer, respiratory failure and more.



**VASCULAR SURGERY**  
Trust our expert vascular surgeons for the prevention, diagnosis, and treatment of conditions affecting vascular health.

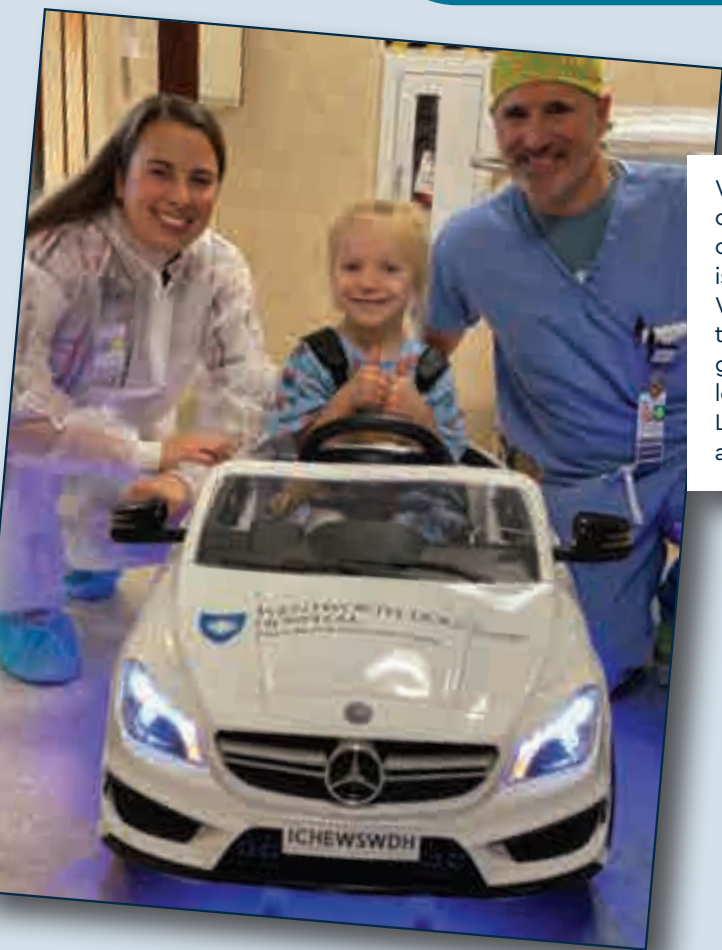


# UPCOMING CLASSES, PROGRAMS & EVENTS

As the coronavirus (COVID-19) situation evolves in our community, Wentworth-Douglass Hospital's calendar of events and programs may change. For a complete list of current offerings, please visit [wdhospital.org/events](http://wdhospital.org/events).

*For updates on Coronavirus, visit [wdhospital.org/covid19](http://wdhospital.org/covid19).*

## Wentworth-Douglass Hospital IN THE COMMUNITY

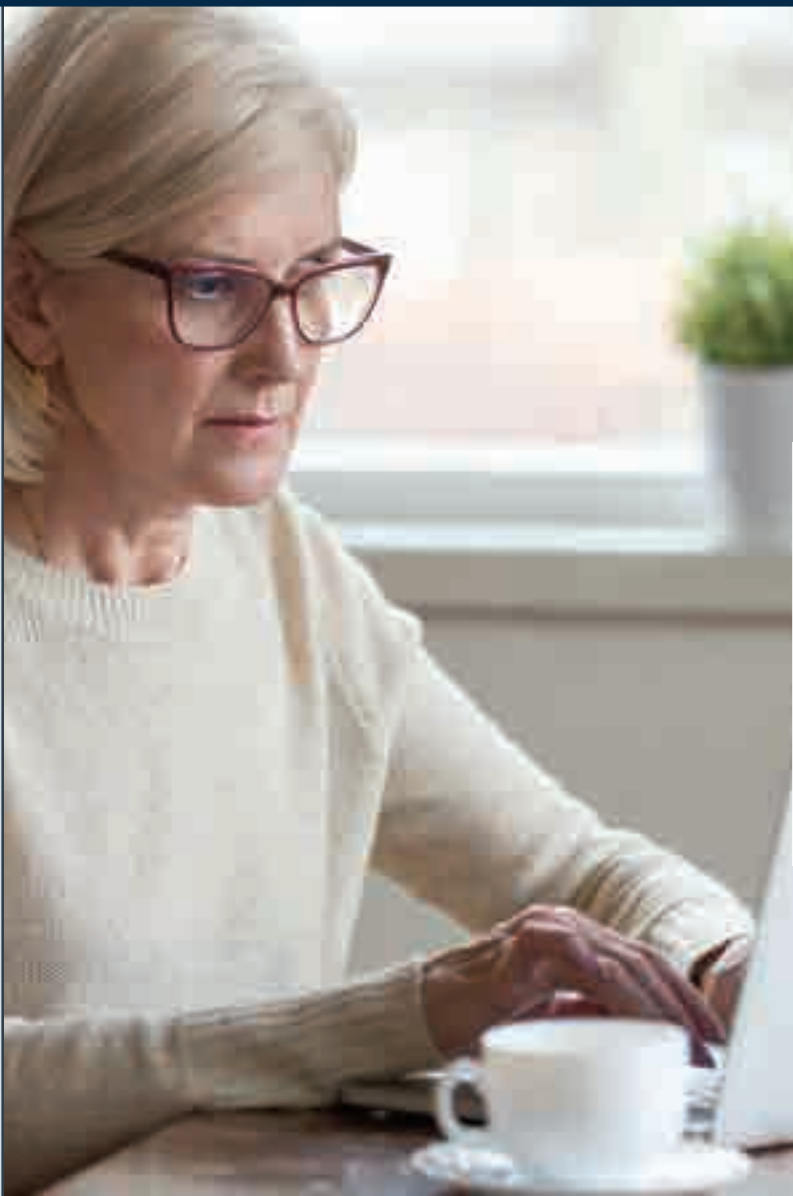


Wentworth-Douglass Hospital's young patients can drive themselves from the waiting room to the operating room in a stylish car. This new addition is offered to patients on a case-by-case basis by Wentworth-Douglass Hospital's Child Life Specialist team. Special thanks to Dr. David Coppola for his generosity in making this car possible! Pictured from left to right: Alison Zirpolo, CCLS, CTRS, CPST, Child Life Clinical Practice Leader; Layney Stone, 4; and Dr. David Coppola of Seacoast General Surgery.



Wentworth-Douglass Hospital and Massachusetts General Hospital hosted "In Her Shoes" events in February to celebrate women's heart health month. These events featured the stories of real heart health patients and helped increase awareness about the unique cardiovascular symptoms and heart conditions women experience. Pictured from left to right: Dr. Whitney Coppolino of Wentworth Health Partners Cardiology at Pease; heart health patients, Sara and Joanne; and Dr. Nandita Scott of the Massachusetts General Hospital Corrigan Minehan Women's Heart Health Center.

## PARTNERS PATIENT GATEWAY



### Managing Your Health Care Information Just Got Easier

Partners Patient Gateway is a convenient and secure way to manage your health care information and connect with your providers online – at Wentworth-Douglass Hospital and across the Partners HealthCare system.

**The Partners Patient Gateway website and mobile app provide a fast, convenient, free way to:**

- View test results
- Manage your appointments
- Send a message to your provider
- Review visit summaries
- Renew your prescriptions

**There Are Two Ways to Enroll:**

1. Visit [patientgateway.org](http://patientgateway.org) and select the "Enroll Now" button. You do not need an activation code to complete the enrollment process. Just select "Enroll Now" again at the bottom of the page.
2. Your provider's office can give you an activation code and help you complete your enrollment in the office.

**ENROLL NOW!**



**WENTWORTH-DOUGLASS  
HOSPITAL**  
A Mass General Community Hospital