Sean Gallagher assumed he had COVID-19 when he had trouble breathing, after a few nights with a cough, last May.

“I just didn’t feel good,” he says. “I couldn’t lay down without coughing.”

A former Epping, NH, police officer, who retired after 23 years on the force, and now works in a local credit union’s fraud unit, Gallagher, 49, admits his stubbornness kept him from getting checked right away.

But his wife insisted on driving him to a nearby Urgent Care, where she had to drop him off because of COVID-19 restrictions.

“They thought I was there for COVID testing like everyone else,” Gallagher says. “But once they listened to my heart and took my blood pressure, they wanted to take me by ambulance directly to the ER.”

Even after that news, Gallagher, who hadn’t had significant health problems before, figured it “was some kind of episode” that he’d be treated for and return home “in no time.”

“It started to get really serious for me when (Wentworth-Douglass Hospital’s Emergency Medicine physician) Dr. Lukas Kolm said, ‘You have a loud heart murmur.’ I had never been told that. I knew then this was going to be a longer haul,” says Gallagher.

An echocardiogram and emergency diagnostic cardiac catheterization in the catheterization lab showed a failed mitral valve in Gallagher’s heart.

Things had to move quickly.

Gallagher admits, “It was really a ‘wow’ moment for me,” when Dr. Ahmet Oktay, cardiologist with the Wentworth-Douglass Center for Heart Health, told him he would need open heart surgery. “It was very hard to have to tell my wife that news on the phone instead of in person,” Gallagher says.

After a “harrowing” cardiac emergency and rehab, Sean Gallagher discovered road biking as a way to stay active. Today he rides up to 20-mile routes in the Seacoast, including along the ocean in Rye.

Cardiac Symptoms You Should Never Ignore

- **Chest Pain**, including sharp pains and pressure (like someone sitting on your chest) should always be checked out. Women should also pay special attention to jaw pain and nausea, which are common heart attack symptoms in women.

- **Shortness of Breath** – Any change in your normal breathing, especially if you are getting winded more easily or having trouble taking deep breaths, can be a sign of heart conditions, such as heart failure or valve disease.

- **Palpitations** – Persistent palpitations (or the feeling of your heart pounding in your chest) that are not associated with exercise, can be a sign of atrial fibrillation or other arrhythmias. (Read more on page 14).

- **Dizziness/Loss of Consciousness** – These can be signs that your heart is not working efficiently. These symptoms should be evaluated for signs of heart rhythm disorders or heart valve conditions.

When it comes to matters of the heart, you need the highest quality care available - anywhere. At the Wentworth-Douglass Hospital Center for Heart Health, you’ll get just that: the finest care for all levels of cardiac needs. From general to complex cardiology services, as well as devices and testing, leading cardiac care is available right here on the Seacoast.

Learn more and take a brief cardiac risk assessment at tuneintoyourbeat.org.
Anne Torrez has never been one to shy away from challenges. When she decided to compete in her first triathlon on a whim in 2009, Torrez admits not only was she feeling unhealthy, she didn’t even know how to swim.

“It was kind of a not well-thought-out decision, but probably the best decision I ever made in my life,” Torrez says. “It literally changed the trajectory of my life.”

Not athletic as a kid, or even in her early 20s, Torrez decided she wanted to try a triathlon because her sister had competed in one. Since Torrez didn’t know how to swim, she enrolled in adult beginner swimming lessons – where she initially had to grab on to the side of the pool to make her way from one end to the other.

“Obviously it was a big learning curve,” Torrez says. “But I needed a major goal to really scare myself out of my rut. I realized I had never had something that required me to gain confidence in myself.”

After her first triathlon, Torrez was hooked. She continued to compete, becoming a certified triathlon coach in 2013, and now has her own multi-sport coaching business, Tri it Your Way.

Then, last July, July, Torrez, of Exeter, had to call on that same kind of grit, when she was struck by a car while on a training ride in a bike lane. “The car took a right-hand turn right into me,” says Torrez, 38, who was wearing a helmet. “I didn’t break any bones, but I landed on my face, as well as my right elbow and hip/glute.”

It was soon apparent that Torrez had a concussion, ocular damage, tendon injuries in her elbow, a hip contusion, and strained muscles and tendons in both her neck and back.

Months later, frustrated with her lack of progress for symptoms like motion sickness and eye tracking difficulties, Torrez was referred to the Wentworth-Douglass Center for Concussion Rehab Program.

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As part of the comprehensive Wentworth-Douglass Center for Orthopedics & Sports Medicine’s specialized Women’s Sports Medicine Program (WSMP), Torrez was quickly referred to Physical Therapy (PT), Occupational Therapy (OT), Speech Therapy, and Sports Psychology, says Dr. Jennifer Hopp, a board-certified sports medicine physician and program director for WSMP.

“When I started going to Dr. Hopp and her full team of specialists, that was a game changer,” Torrez says. “Up until then everyone had said, ‘Give it time you’ll feel better.’ It had been eight weeks.”

In addition to visits with Dr. Hopp, Torrez began twice-weekly therapy treatments with OT for her right eye and elbow, PT for her balance, neck and hip, and speech therapy.

“Theyir team understood every woman is different and every experience is different,” Torrez says. “Having them there for me, paying attention to what I said and my feedback on how I was doing, really made the difference.”

Torrez “was an amazing patient to work with, incredibly motivated because she wanted to get back to her sport and her life,” Dr. Hopp says. “Helping female athletes recover from their injury to get back to sports, training and working out, is a true privilege.”

Now Torrez has returned to coaching and training, while working with Sports Psychology to address her fear of returning to road biking, and the Marsh Brook Rehab Center for Athletes for continuing rehab of her ongoing muscular injuries. But she’s thankful to be on the road to full recovery and to spend time with her husband, Sean, and two daughters, Emmy, 7, and Clara, 3.

“There were a lot of tough moments,” she says. “But just the desire to get back to doing what I love made it not a question.”

A testament to her care team? “When Dr. Hopp cleared me of my concussion-related issues for return to normal activity, I told her, ‘I feel sad that I can’t come to see all of you anymore,’” Torrez says. “Because it was that much of a positive experience with everyone on the team.”

To learn more about the Women’s Sports Medicine Program, call (603) 742-2007 or visit wdhospital.org/ortho.

Stacey Savage honored with 2020 President's Award

 Wentworth-Douglass Hospital’s Clinical Director of Emergency Nursing, Stacey Savage, MSN, RN, CPEN, CEN, TCPRN, was awarded the 2020 President’s Award. Wentworth-Douglass Hospital's highest honor. Part of the hospital’s PILLAR Awards program, the President’s Award honors an employee, volunteer, or medical staff member, who takes a step above the unexpected and whose actions large, or small, contribute to a quality experience at Wentworth-Douglass Hospital.

During Stacey’s 15-year tenure, her team has achieved the distinction of “Best Emergency Department” through the 2019 and 2020 Best of the Seacoast Awards. Stacey was also critical in establishing Respiratory Illness Clinics and COVID-19 drive-thru testing, which were crucial to serving patients at the height of the pandemic. Stacey is a dedicated wife, mother, and grandmother and volunteers her time in the community, including on the Board of Directors of the New Hampshire Chapter of the Emergency Nurses Association for 14 years, serving the past eight years as President. Congratulations, Stacey and thank you for everything you do to protect the community!

Learn more about our award-winning Emergency Department (a certified Level III Adult and Pediatric Trauma Center and Primary Stroke Center) at wdhospital.org/emergency.
Newborn Care Changes at Wentworth-Douglass Hospital

To better serve our growing obstetric and neonatal patient populations, the care of Wentworth-Douglass Hospital’s newborn patients is transitioning to a team of experienced Mass General for Children neonatal nurse practitioners effective June 2021.

Ashley Forester, NNP, Justin Manganaro, PNP, Keely Power, NNP, and Kristine Tingley, NNP/PNP, are advance practice providers with experience in level III and IV Neonatal Intensive Care Units (NICUs). They are trained in the care of high-risk infants and have extensive experience in all aspects of newborn care. Ashley, Justin, Keely, and Kristine will provide 24/7 coverage of deliveries and all neonatal care at the Wentworth-Douglass Women & Children’s Center.

MEET OUR NEONATAL NURSE PRACTITIONERS

ASHLEY FORESTER, NNP, has 12 years of NICU experience, including most recently in the Stanford Children’s Health level IV NICU and formerly in the NICUs at Barbara Bush Children’s Hospital, Brigham and Women’s Hospital, and Children’s Hospital of Philadelphia.

JUSTIN MANGANARO, PNP, has 14 years of nursing and nurse practitioner experience in pediatric and newborn care, including work in level I, II, and III nurseries and the NICUs at Women and Infants Hospital and Mass General.

KEELY POWER, NNP, has 12 years of combined nursing and neonatal nurse practitioner experience, including her work in the NICUs at Women and Infants Hospital and the University of Virginia Medical Center.

KRISTINE TINGLEY, NNP/PNP, has 24 years of combined RN/NP experience in NICU, newborn, and pediatric settings, including extensive experience in the level III NICU at UMass Memorial Hospital.

The Wentworth-Douglass Women & Children’s Center welcomed more than 1,300 babies last year and was named Best Place to Have a Baby in the 2020 Best of the Seacoast Awards. Learn more at SeacoastBabies.org.

MARGARET CROWDER, APRN
Psychiatry
Wentworth Health Partners
Great Bay Mental Health
(603) 742-5200

CHRISTINA M. CORRENTI, MD
Dermatology
Dermatology & Skin Health, PA
(603) 742-5556

EDWARD JACCMA, MD
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Northeast Corneal Consultants
(603) 430-5225

MICHAEL R. JORDAN, MD
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Wentworth Health Partners
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AMY C. MUELLER, MPH, MS, LCGC
Genetic Counseling
Seacoast Cancer Center
(603) 742-8787

CHRISTINE M. OLIVEIRA, APRN
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Wentworth Health Partners Cardiology
(603) 742-4265

NOREEN P. POST, APRN
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Dover Women’s Health
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Anesthesia Department
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PRIYANKA SHEKHAWAT, MD
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Dartmouth-Hitchcock Medical Center
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CHI-FU JEFFREY YANG, MD
Thoracic Surgery
Massachusetts General Hospital-Division of Thoracic Surgery
Wentworth Health Partners
Thoracic Surgery Specialists
(603) 609-6096

A NEW LEASE ON LIFE THROUGH WEIGHT LOSS SURGERY

Jeff L., 51, Retired Firefighter

“Two years ago, I made a radical decision that changed the course of my life in more ways than I can count. I went to an informational meeting at the Wentworth-Douglass Hospital Center for Weight Management and never looked back … I am 18 months out from my RNY Gastric Bypass surgery. I am holding at my goal weight of 185 pounds (which I haven’t seen since high school) and am feeling better than I have in 20 years. I truly feel that I have been given a new lease on life. I am no longer pre-diabetic, obese, nor suffer from sleep apnea … The road traveled to this point was long and hard but worth every second! For those contemplating what seems like a drastic and scary step to becoming healthy, think about the alternative. This decision has provided me with lasting benefits – and countless more benefits that I am sure I have yet to realize.”

Are you ready to live your best life? Sign up for a FREE Weight Loss Surgery Information Session at wdhospital.org/newme.
The past year has been one of the most challenging in the history of Wentworth-Douglass Hospital - and perhaps for you and your family too.

We at Wentworth-Douglass Hospital have been so uplifted by your incredible gestures of support. Your signs, letters, and generous gifts to our frontline staff members, served as a beacon of hope during the darkest times of the pandemic. On behalf of all our employees, please accept our sincere thanks.

While we still have much to endure, the good news is we have unquestionably turned a corner. Our COVID-19 positive cases have steadily declined, and I am proud to say the vast majority of our staff has been fully vaccinated.

Most importantly, I want to stress to you that it is safe to return to all of our Wentworth-Douglass Hospital facilities.

The Center for Disease Control and Prevention (CDC) estimates that 41% of U.S. adults have avoided medical care because of concern regarding COVID-19. It’s an understandable, but alarming statistic. For the safety of you and your family, please know we have taken extraordinary steps to make sure all our facilities are outfitted with CDC-compliant best practices and virtual appointments remain an option for many patients.

Despite the challenges we have had this year, our level of service has not wavered. We were once again humbled to receive multiple “Best of the Seacoast” Awards. We at Wentworth-Douglass Hospital have been so proud of what separates Wentworth-Douglass from other healthcare organizations.

It is no secret the healthcare industry has struggled in the wake of the pandemic, but our financial outlook is strong. Activity across the organization is rebounding and patient volume is increasing. We believe all our financial goals are within reach this fiscal year. Our priorities of patient-centered care, innovation, growth, and being an employer of choice, continue to be the bedrock of our long-term strategic plan.

Finally, our affiliation with Mass General Brigham continues to allow us to grow to our patients’ benefit. Thanks to our strong partnership, we are continuing to bring more specialty and subspecialty clinical services to the Seacoast.

Please know we will always maintain an unwavering commitment to the needs of our patients and the residents of the greater Seacoast community. In good times and bad, Wentworth-Douglass Hospital will always be here for you, like you are here for us.

Thank you for your continued support and stay safe!

A MESSAGE FROM THE PRESIDENT
They were taped up all around Room 9. A slew of family photos and memories, staring back at a patient stricken with COVID-19. Loved ones couldn’t be present, so they asked nurses to tape messages of encouragement to the door.

“…But as I walked past…they were gone as quickly as they showed up,” said Wentworth-Douglass nurse Erin St. Gelais, BSN, RN, CPAN, RN-BC.

The incredible loss brought on by the pandemic has created challenging times for healthcare workers worldwide, including at Wentworth-Douglass. St. Gelais, is among those at Wentworth-Douglass who have seen the tragedy from the front lines.

“(This was) my personal COVID patient – it was a very personal experience,” she says.

St. Gelais has worked at Wentworth-Douglass for 16 years, joining the hospital directly out of school. When the COVID-19 crisis began, she was redeployed to care for the hospital's sickest patients in the Critical Care Unit. She knew it would be a personal and professional challenge.

“In critical care, the stakes are higher. Trust is huge. We want what's best for our patients,” she explains.

The patient was a normally healthy, active person, she recalls. But when they arrived at Wentworth-Douglass in the early days of the pandemic, they were quickly admitted. The patient was struggling to breathe and was clearly fearful. “I could tell (they were) nervous, anxious, and desperately needed some support,” St. Gelais says.

It was then that the Wentworth-Douglass “well-oiled machine” went to work. St. Gelais says, Medications were given, oxygen was administered, and the patient was intubated. “I was amazed about how well everyone worked together. There were no barriers. No turf wars. No soap boxes. It was bouncing ideas off each other, sharing experiences, and brainstorming. They worked so well together, I could see how they earned their nickname 'The Dream Team',' St. Gelais says.

She says the size of WDH’s staffing groups (there are just 10 in her unit), create tight-knit bonds that work well together in critical situations. "Their close relationships help expediate things. It comes full circle," she says.

While the medical team saved the patient’s life, a complication ultimately took it away. “I know we saved their life, but I have never felt so bad about doing so,” St. Gelais says. “The heart of nursing is learning about your patient...instead I had to learn about their life, and precious recollections, from their obituary.”

The following week, St. Gelais returned to the post-anesthesia care unit full-time. Still, she says, she’s grateful she could contribute during such trying times.

“The COVID pandemic has put every single nurse and healthcare professional in situations they never thought they could be in...But it also forced us to troubleshoot, create solutions, learn new skills, and be flexible,” St. Gelais adds.

And she believes the memory of the patient she lost, will make her “come out a better person on the other side.”

“Until the day I die, I will remember that patient’s name.”

Wentworth-Douglass Hospital salutes Erin, and all our frontline medical staff, for your incredible service and sacrifice during this pandemic.

**WENTWORTH-DOUGLASS HOSPITAL COVID STATISTICS**

<table>
<thead>
<tr>
<th><strong>Number of COVID-19 tests conducted</strong></th>
<th><strong>342</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Number of positive COVID-19 tests</strong></td>
<td><strong>2,750</strong></td>
</tr>
<tr>
<td><strong>Percentage of employees vaccinated</strong></td>
<td><strong>73%</strong></td>
</tr>
</tbody>
</table>

Numbers as of 3/16/21
In a year full of unexpected challenges, Wentworth-Douglass is more grateful than ever to be part of such an amazing community. With tireless support from our providers, staff, and community partners, Wentworth-Douglass has remained committed to keeping our Seacoast community healthy during a time that has required new solutions and partnerships to meet unpredictable and critical needs.

When the COVID-19 pandemic began in 2020, Wentworth-Douglass’s staff and healthcare providers immediately pivoted to address new, unprecedented challenges. Staff immediately explored ways to support our community beyond the programs and resources identified in our most recent Community Health Needs Assessment (CHNA). Wentworth-Douglass is honored to have worked closely with Mass General Brigham, public health experts and community partners and support agencies to meet community needs for COVID-19 testing and triage, while continuing to provide safe access to critical healthcare services.

Creative approaches were designed to meet new demands, such as the use of tents with special air flow for triaging and evaluating patients entering the hospital with COVID-19 symptoms, and the roll-out of drive-through services for COVID-19 testing. This testing site, which originally started with 30-40 tests per day, eventually grew to 400 tests per day, leading to a total of over 70,000 tests performed by Wentworth-Douglass over the course of the pandemic. A new Respiratory Infection Clinic (RIC) was also developed to safely evaluate patients with respiratory symptoms and direct patients to the site of care which would best meet their individual needs.

Across the system, innovative technology was leveraged to increase access to virtual care options, including telehealth visits for primary care and mental health services. Even support groups for those struggling with substance use disorders went virtual for the first time in 2020, giving those in recovery more options and more convenient access.

**TOTAL VALUE OF COMMUNITY BENEFITS IN 2020**

These figures cover October 1, 2019 – September 30, 2020*

$61,165,432

57%\

$34,683,994\

FINANCIAL ASSISTANCE TO ACCESS CARE

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

$26,481,438

43%\

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, 2021. 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 2020.

<table>
<thead>
<tr>
<th>AFFORDABILITY OF CARE</th>
<th>ACCESS TO CARE</th>
<th>COMMUNITY HEALTH EDUCATION</th>
<th>TRANSPORTATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>15,433 Patients</td>
<td>3,298 VIRTUAL VISITS</td>
<td>Our Simulation Center quickly changed its focus from training to readiness for COVID-19. Planned education was put on hold and clinical educators led cross-training for more than 250 clinicians using the high-fidelity mannequins by simulating critical COVID-19 emergent intubation, prone positioning, and ventilator training.</td>
<td>15,605 Patient trips to healthcare appointments in our free Care-Van service.</td>
</tr>
<tr>
<td>received financial assistance to help access care.</td>
<td></td>
<td>1,653 Patients and community members attended educational sessions and health awareness events.</td>
<td>116,649 Miles traveled by our Care-Vans.</td>
</tr>
<tr>
<td>1,327 Patients received free or reduced-cost dental care at the Wentworth-Douglass Community Dental Center.</td>
<td><strong>1,327</strong></td>
<td><strong>1,653</strong></td>
<td><strong>15,605</strong></td>
</tr>
</tbody>
</table>
One of the rare silver linings of the COVID-19 pandemic has been the increased adoption of virtual health and telehealth technology, to include audio only and audio/video visits. Prior to the pandemic, few hospitals used telehealth options frequently, but in March 2020, as the public health emergency was declared, Wentworth-Douglass rapidly expanded virtual care options. This adoption of telehealth technology allowed Great Bay Mental Health to continue to meet the needs of patients at a time when practices were limiting physical access and temporarily closing.

“All of a sudden, we had an option that had not been available before,” says Kellie A. Mueller, Assistant Vice President of Behavioral Health. All patient visits could now be done virtually.

“We kept saying behavioral health is perfect for telehealth,” Mueller says. “The fact that we have it (telehealth) as an option is fantastic. Even several months after in-person visits were resumed, over 50 percent of our behavioral health visits remained virtual.”

At The Doorway, a program offering assistance to those struggling with substance use disorders, Peter Fifield, Substance Use Disorder Program Manager, says the staff continued to see patients in-person, since a significant portion of patients didn’t have access to a computer or a smartphone. But even with maintained in-person visits and new options for behavioral health virtual visits, both Fifield and Mueller saw concerning trends during 2020.

In the Emergency Department, the numbers of patients seeking mental health assistance dropped significantly at the beginning of the pandemic which was a “huge concern,” Mueller says. “We knew people weren’t having fewer crises. They just weren’t getting the treatment they needed.” In the fall and winter, that proved true. Numbers of those in crisis visiting the ED increased dramatically. “It’s really high in a concerning way,” Mueller says.

At The Doorway, almost the inverse was true. Fewer sought to begin treatment for substance abuse disorders. “Taking the first step to recovery is hard,” Fifield says. “With so much going on, so many other struggles, it is understandable why some may not choose recovery right now. But we want people to know help is here.”

### Need assistance?
Walk-ins are welcome Monday – Friday, 8am – 5pm at 798 Central Avenue, across the street from Wentworth-Douglass Hospital. Or, call 2-1-1.

**S**tacey Savage, Clinical Director, Emergency Nursing, has been working in emergency medicine for more than 20 years. “We had always planned for the worst-case scenario,” she says. “In 2020 we proved we can step up to the challenge.” In what she described as an “all-hands-on-deck” spirit, Savage says, right from the start of the COVID-19 pandemic, staff volunteered to help.

“Everything was fast and furious at first,” says Brian Nicholson, Emergency Services Coordinator. “We were helping EMS (Emergency Medical Services), fire chiefs, fire services, and getting their questions answered. They wanted to know what to do about exposures, quarantining, and testing. We kept the dialogue open.”

WDH was honored to work with care partners across our community, providing support to expand testing access and offering training opportunities, such as a week-long virtual Paramedic Refresher course. Healthcare providers from across the organization volunteered their time to teach different sections. Savage says, “It was a true community effort.” Early in the pandemic, there were challenges ensuring all hospitals and healthcare providers had adequate supplies of personal protective equipment and testing supplies. “As soon as that was recognized, people and companies from the community came out of the woodwork making shields for us and supplying them,” Savage says. She even met an engineer at the hospital early one Saturday, who had stayed up all night making shields on 3D printers.

“We have always been there for the community,” Savage says. “2020 was really a year of the community reaching back out to us and giving back too.”

### 2020 Community Benefits

**Meeting the Challenges of a Pandemic**

**Keeping Up with Increasing Number of Behavioral Health Cases**
2020 Donors

A MESSAGE FROM FOUNDATION CHAIR M. JACQUELINE EASTWOOD

Dear Friends,

We made it through 2020! It was an incredible year filled with fear and sadness, but also with courage, strength, determination, and fortitude. We are so proud to partner with Wentworth-Bank and their leadership to support our Women & Children’s Center.

Last spring when the Emergency Response Fund was created by the Foundation, you rallied to support the work of our frontline heroes. Like the way the hospital rallied to create the COVID-19 response program, we had to think outside the box to address the critical needs of the hospital and staff.

We are proud to say we raised $96,000 for the Emergency Response Fund to purchase medical equipment and PPE (personal protective equipment) to protect our staff and disburse financial support to staff whose families experienced financial difficulty. We also purchased essential tools and launched mental health support programs to keep our care team healthy.

What an impact! We thank you, the community, for the many ways you supported our Emergency Response Fund. As one staff member stated, “It wasn’t the donated goods that mattered, it was simply knowing that the community was there, supporting us, and that meant the world.”

We raised over $1,425,000 to support the important work of the hospital, successfully completed a Center for Heart Health fundraising challenge and are in the final year of the three-year challenge for Pulmonary Medicine from Anna Grace and Paul Holloway, with only $41,000 left to raise of a $300,000 challenge. It is because of you that we are successful.

The Foundation supports patient-centered initiatives at Wentworth-Douglass and was proud to award grants to purchase equipment for the Women & Children’s Center, Wound Healing Department, Rehabilitative Department, and Sleep Therapy. In addition, the Foundation supported programs like our Social Services We Care Program and continuing education for our caregivers and emerging leaders.

I hope you enjoy reading the wonderful stories of the philanthropic impact on the lives of our patients, community, and staff.

I am so proud of this community hospital, the Foundation and the community for pulling together to make this year very spectacular. I thank you from the bottom of my heart, we deeply appreciate it.

Thank You

Thank you to these generous donors who made contributions in support of Wentworth-Douglass Hospital’s life-saving mission between October 1, 2019 and December 31, 2020.

ARIOCH WENTWORTH SOCIETY $25,000 AND GREATER

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Ms. David and Mrs. Karen Della Penta
DeStefano Family Foundation
Mr. Michael McClurken and Ms. M. Jacqueline Eastwood

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Mr. Richard and Mrs. Emily Hart
Mr. Paul and Mrs. Anna Grace Holloway
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New Hampshire Charitable Foundation
Newburyport Bank
Somersworth Nissan
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American Online Giving Foundation
Bill Dubé Ford Toyota**
Mr. Jeffrey Hughes, MPH, FACHE.
Dermatology & Skin Health Foundation
First Seacoast Bank***
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Ms. Luci Gardiner*
Mr. Charles and Mrs. Emily Hart
Mr. Paul and Mrs. Anna Grace Holloway
Newseum Foundation
Somersworth Nissan
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Anonymous Donor
American Online Giving Foundation
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Mr. Jeffrey Hughes, MPH, FACHE.
We invite you to learn more by contacting Cristine More, CFRE, Chief Philanthropy Officer at Cristine.More@whospital.org or (603) 643-6207.

Luci Gardner and Jackie Eastwood learn about the benefits of the Upright/Recumbent Bike purchased with the help of donors to The Holloway Family Challenge. This equipment is just one of the many ways The Holloway Family Fund, established by Anne Grace and Paul Holloway in 2009, is making a difference in Pulmonary Services. With one year and $41,000 remaining to close out the $500,000 challenge, there is much excitement coming in the year ahead.

We invite you to learn more by contacting Cristine More, CFRE, Chief Philanthropy Officer at Cristine.More@whospital.org or (603) 643-6207.

Dick (pictured 3rd from R) and Jan Conley and David (pictured 3rd from L) and Karen Dela Penta partnered with Michael Mazziot, MD (pictured and R) and the Wentworth-Douglass Foundation to create the 2020 Center for Heart Health Challenge. With their leadership and the help of our donor family, this challenge was successfully completed raising $130,000 to purchase the Philips EPIQ 7C Ultrasound Machine.

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The Generator Connection, Inc.
Mr. James Tegeder
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2020 Donors

$1,424,904
$250,000
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8 Gifts
8 Donors
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A full list of our generous donors, including tribute gifts and in-kind donations, is available at whospital.org/foundation.

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FY20 Largest single gift

KEY:
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** Deceased
† 5+ Consecutive Years of Giving
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Patricia ‘Pat’ Adams, MD and Robert ‘Charlie’ Adams were married for 47 years, two people bound together by a shared dedication to children, belief in the impact of science and medicine, and trust in the power of philanthropy.

Pat, who died in 2015, created the Patricia C. Adams, MD Endowment Fund for Children’s Care to ‘support programs and participation in programs that enhance the quality of life of children, particularly those with special needs.’ Her bequest to Wentworth-Douglass Hospital totaled over $1,1 million.

Charlie, who died last October, left a matching gift of an additional $500,000, for a combined total of over $1.1 million – one of the largest ever received by the Wentworth-Douglass Foundation.

According to Cristine More, CFRE, Chief Philanthropy Officer, the combined Fund will generate over $64,000 in interest each year, earmarked for children’s well-being and health care.

Pediatricians are the eyes and ears on the ground for children’s welfare and ability to thrive, and Pat, who died of Early-Onset Alzheimer’s Disease, was a gifted and admired pediatrician. In 1971, she joined the pediatric practice of Robert Wilson, MD and Sol Rockenmacher, MD that later became Dover Pediatrics. Her service to Wentworth-Douglass took many forms – participating in and chairing several committees, presenting educational programs for nurses and physicians, and serving as President of the Medical Staff, as Chair of the Executive Medical Committee and as a Trustee. “Her leadership had a remarkable impact in advancing medical excellence, acquiring cutting edge technology and implementing new clinical programs,” says colleague Babu Ramdev, MD.

Charlie was a beloved presence at the University of New Hampshire, joining the Geography Department in 1967, where, for the next 27 years, he taught a variety of courses mainly focused on meteorology and climatology. He also served as the NH State Climatologist for many years.

Babu Ramdev, MD.

Dr. Sol Rockenmacher, who worked with Pat for many years at Dover Pediatrics, remembers her as “a truly special person, an excellent clinician, and someone who was absolutely adored by her patients – three of whom were my own daughters. She cared for and cared deeply about children.”

“Beyond being a brilliant physician, Pat always had a smile on her face,” adds Dr. Ramdev, who worked side-by-side with her on hospital committees and often in the Emergency Department when she was on call: “Pat always brought such a sense of relief and comfort to everyone in the ER.” Dr. Ramdev, who serves as an Emeritus Member of the WD Foundation Board, says that Charlie was committed to establishing an Endowment Fund to advance Pat’s vision and values.

Now the Patricia C. Adams, MD Endowment Fund for Children’s Care is benefitting children within the hospital and beyond. Most recently, the Fund supported a portion of our TeleNewborn Consult Program, which provides neonatal expertise for pediatricians and staff caring for sick or unstable newborns who require a higher level of care. Neonatology is now a very specialized service, and our TeleNewborn Consult Program partners our Dover team with experts at Massachusetts General Hospital for Children by utilizing video-conferencing technology for real-time consultation.

This collaboration,” says Lyndi Sargent, Maternal/Child Resource Coordinator, “can result in the baby staying with us and avoiding transfer to another facility. The family is where they want to be, and this provides tremendous peace of mind.”

The impact of the Patricia C. Adams, MD Endowment Fund for Children’s Care extends beyond clinical treatment to encompass quality of life opportunities in the larger community. Examples include supporting participation in Camp Lance-a-Lot for children with diabetes, Camp Meridian for children with congenital heart conditions, therapeutic horseback riding, music therapy, and camp scholarships at the Works Health & Fitness Center in Somersworth.

Therapeutic horseback riding was especially near and dear to both Pat and Charlie, according to Sargent. “He was so passionate about providing opportunities for kids to be active and outdoors and share their love of horses.”

This level of community engagement was typical of Charlie, says Dr. Rockenmacher: “Charlie was an amazing person – a rare gem – and their love story is one for the ages. He visited Pat in the nursing home twice a day, every day, to feed her and just talk. Their incredible love story will now continue to benefit children and support families throughout our area. This gift of generosity and foresight radiates outward, and perpetuates the essence of who this couple was.”

Cristine More agrees, adding that Charlie was “a very humble man who wasn’t looking for accolades, recognition, or fanfare. He simply wanted to make a difference in the world. He was a big hugger who literally provided opportunities for kids to be active and outdoors and share their love of horses.”

Pat and Charlie Adams have amplified their shared mission of the Patricia C. Adams, MD Endowment Fund for Children’s Care honors this enduring love story by carrying their values forward. According to his brother-in-law, Mark Cronin, “Charlie and Pat were like magnets – they loved to laugh, treasured their friendships and were passionate explorers who traveled the world.”

Dr. Ramdev, an obstetrician-gynecologist, later became a Professor of Obstetrics and Gynecology at Dartmouth-Hitchcock Medical Center.

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Foundation Launches New Leadership Giving Circle!

Recognizing the philanthropic support from Seacoast Cancer Center (SCC) friends, the Wentworth-Douglass Foundation launched the Seacoast Cancer Center Leadership Giving Circle, a group of dedicated and loyal supporters of the SCC who give $1,000 or more in a calendar year. Gifts directly impact patients as well as programs and services provided by the Seacoast Cancer Center. These include:

- Supportive and wellness programs such as acupuncture and massage, visits with a nutritionist, or exercise classes to boost energy and strength.
- Investments in technology such as the latest in targeted radiation treatment or diagnostic equipment to support clinical outcomes.
- Advanced education and training for our dedicated clinical team.
- Specialized nurse navigator positions to help patients progress through the healthcare system from diagnosis through survivorship.

To learn more about how to become a member of the Seacoast Cancer Center Leadership Giving Circle, contact the Wentworth-Douglass Foundation at (603) 740-2687 or foundation@wdhospital.org.

Lawson Family Mobile EMS SIM Center

Meet Sheldon, a simulation mannequin purchased through the generosity of the Lawson Family. The Lawson Family Mobile EMS Simulation Center was created to allow WDH staff and the EMS community to gain experience and training around new protocol through life-like simulations. Sheldon was used in the Critical Care Unit for training to properly reposition COVID-19 patients into a facedown position, or proning, while maintaining the placement of high-tech equipment such as breathing tubes, ventilators and IV lines. To be successful, the team must work together, and this mannequin allowed them to repeatedly practice this skill providing the gift of confidence and preparedness to save many lives in our community throughout the pandemic.

Annual Fund Gifts at Work

The Wentworth-Douglass Foundation Board Funds Disbursement Committee convenes frequently for meaningful reflection and discussion to review employee requests for funding that fulfill the mission of Wentworth-Douglass Hospital. The projects below were funded through Annual Fund donations and strengthen our programs and services to keep pace with the needs of our community, allowing us to continue to provide outstanding care to patients across the Seacoast.

**ELECTROCARDIOGRAM (EKG) MACHINE**

This technology assesses heart health and any irregularities in heart rhythms. Without this machine, patients of the Women’s Center for Health and Wellness would have to go to their primary care physician for the EKG scan and then return to the Women’s Center for further discussion, prolonging the diagnosis and treatment time.

**MGH INSTITUTE OF HEALTH PROFESSIONALS NURSING LEADERSHIP PROGRAM**

The Wentworth-Douglass Foundation granted four emerging nurse leaders the tuition to attend the Nursing Leadership Program at the MGH Institute of Health Professions. This program helps these individuals identify vision based on values, understand their present leadership model, how to be influential and motivate teams, and how to be authentic leaders. This program is designed to help emerging leaders grow their leadership practice for an even greater impact on patients, individuals, teams, and organizations.

**ZEN DEN MASSAGE CHAIRS**

A Zen Den was created for WDH staff during the pandemic to provide respite for everyone needing time away from their work. The room was originally equipped with two massage chairs, an exercise ball, yoga mats, puzzles and kinetic sand. Two additional chairs with enhanced features for leg massages were purchased to support a culture of well-being and resiliency within WDH.

**SCHWARTZ CENTER ROUNDS**

Held throughout the year, the Schwartz Center Rounds allow doctors, nurses, and other caregivers to come together virtually to discuss the most challenging emotional and social issues they face in caring for patients and families. Regular participation promotes compassionate care, improves teamwork, and reduces caregiver stress and isolation.

**MOLECULIGHT DEVICE**

This device was purchased to support the work of the WDH Wound Healing Center. This allows providers to view the bacterial load within the wound bed so the correct plan of care can be determined in a timely manner.
2020 Charity Classic Sponsors

**$2,000 - $2,500**
- Dermatology & Skin Health
- Eastern Bank
- Northeast Rehabilitation Hospital
- Seacoast Emergency Physicians
- Sprague Floor Covering
- Stonewall Kitchen
- WDH Medical Staff

**$750 - $1,999**
- Binnie Media
- Cross Insurance
- D.F. Richard Energy
- NH Business Review
- Northeast Planning Associations
- People’s United Bank
- Polychronis Financial Services
- Prime Buchholz LLC
- Somersworth Nissan
- Sprague Operating Resources LLC
- The Beacon Retirement Group
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**$600 - $749**
- Belknap Dental Associates
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- Fox Hill Landscapes
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- Piscataqua Savings Bank
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- TriNet Healthcare Consultants, Inc.

**$250 - $599**
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- Stitches NH, Inc.

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**2020 Charity Classic Committee**

- Mike Carella — Saltwater Creative Agency, 2020 Committee Chair
- Kimberly Alexander — Wentworth-Douglass Hospital
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- John Burcke — Newburyport Bank
- Paul Cass, DO — Wentworth-Douglass Hospital
- Dick Conley — WDH Foundation Board
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- John Polychronis — Polychronis Financial Services
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- Lynell Sargent — Wentworth-Douglass Hospital
- Matt Sylvia — Eastern Bank
- Liz Victor — Wentworth-Douglass Foundation
- Michael Whitman — Bangor Savings Bank
- Matt Williams — Cross Agency Insurance

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**Making A Difference For Children In The Seacoast**

Visit wdhcharityclassic.org to learn more.
When 5K Team Captain and two-time cancer survivor Rae Ann Chrane of Coach Chrane & Friends starts her fundraising team, she finds inspiration from survivors in her community. “The stories we learn about teams, participants, and survivors are so moving,” says Chrane, who was inspired to raise more than $11,000 over the past five years! Chrane knows firsthand of the Seacoast Cancer Center, having undergone her own treatment in 2012 for uterine cancer and in 2018 for skin cancer. Her gratitude for the top-notch care she received motivates her to return each year and make a difference.

“It isn’t hard to reach out about the Seacoast Cancer Center and 5K. So many people have a connection, and it makes asking for donations an easy task.”

“Normally it’s a big party at WDH and I thrive on that energy,” she says, “but the pandemic caused us to go virtual. 2020 was two weeks of walking and team posts from all over the world, which was equally inspiring! The teams showed a lot of creativity.” She was particularly encouraged by the race’s key message that cancer doesn’t stop and neither do we!

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AFib at Heart of Electrophysiology Service

Atrial fibrillation, often called AFib, is one of the most common heart disorders. In fact, it’s estimated that by 2030, 12.1 million people in the U.S. will have AFib, a heart arrhythmia in which the heart either beats too slowly, too fast, or in an irregular way.

That’s why comprehensive preventative care has never been more important, says Dr. Michael Mazzini, full-time faculty at Massachusetts General Hospital and medical director of the Wentworth-Douglass Hospital Center for Heart Health, with locations in Dover and Portsmouth.

“We now offer more comprehensive care for AFib than many other healthcare organizations,” says Mazzini, a board-certified cardiologist and electrophysiologist. “We have a full-spectrum of testing and treatment options here in the Seacoast.”

In fact, since opening in January 2020, the Wentworth-Douglass Clinical Cardiac Electrophysiology Service is one of only two freestanding full-time electrophysiology programs in metro Boston, with a steady, significant increase in patient volume and referrals, he says.

Considered the ‘electricians’ of the heart, electrophysiologists (EPs) diagnose and treat heart rhythm disorders caused by abnormalities in the heart’s electrical activity. These can occur in people with otherwise normal hearts, or with those with heart problems like cardiomyopathy, congenital heart disease, heart failure, or hereditary conditions.

“Now that we have full-time electrophysiologists, we have cases coming in that before would have gone elsewhere,” Mazzini says. “We can do specialized testing and therapies patients used to have to leave the area for.”

An AFib diagnosis can be elusive, Mazzini says. Some have no symptoms. Others may have symptoms including irregular heartbeat, heart palpitations, lightheadedness, extreme fatigue, shortness of breath, and chest pain.

‘AFib can present in a variety of different ways,’ Mazzini says. “Someone can be completely asymptomatic and it’s found in a routine exam or they can be highly symptomatic prompting them to go to the ER.’

The most common chief complaint for someone referred to the EP Service is heart palpitations or ‘an uncomfortable awareness of their heart beating rapidly or in an irregular way’.

‘People can be experiencing anxiety, a shortness of breath, their heart flipflopping in their chest,’ Mazzini says. “Those are the things that usually lead to people coming to see me.”

The bottom line, he says, “If you feel an uncomfortable sensation in your chest, you should seek medical attention.”

Although those with AFib usually are in their 50s or older, Mazzini has treated patients as young as 18. High blood pressure accounts for about one in five cases. Other risk factors include obesity, high cholesterol, European ancestry, diabetes, heart failure, prolonged usage of alcohol, undiagnosed sleep apnea, smoking, and a sedentary lifestyle. A person with a first-degree relative with AFib also may be at higher risk.

Although men and women are equally at risk for AFib, it’s more common in women, because of their longer life expectancy. In addition, “women with AFib have strokes that tend to be worse and their morbidity and mortality attributed to AFib is higher,” he says.

It’s critical to determine, as early as possible, whether someone has AFib because it is linked to the cause of about one in seven strokes.

Wentworth-Douglass Hospital’s EP Service’s testing includes “the latest and greatest 3D mapping system” of the heart, Mazzini says, as well as electrocardiograms (EKG), echocardiography (echo), transesophageal echos (TEE), heart stress tests, Holter event monitoring, loop recorders, tilt table testing and electrophysiology studies (EPS).

Once diagnosed, the EP team, led by renowned MGHP EPs, offers extensive non-invasive and invasive treatments. Treatment options include Cardiac Resynchronization Therapy (CRT), using a special cardiac pacemaker to synchronize the heart’s ventricles; Implantable Cardioverter Defibrillators (ICDs); pacemakers and catheter ablations.

The Wentworth-Douglass clinical team is also able to seamlessly partner with Mass General’s team of electrophysiologists and cardiologists.

In addition, Wentworth-Douglass has device clinics in both Dover and Portsmouth for patients with pacemakers, ICDs, biventricular pacemakers/defibrillators (CRT-Ps and CRT-Ds) and implantable loop recorders (ILLRs).

“We’re really proud of the work we do,” Mazzini says. “Our Center is a great resource for heart patients in the Seacoast.”

For more information, about the Center for Heart Health contact:

Wentworth Health Partners Cardiology (DOVER)
(603) 516-4265 | whpcardiology.org

Cardiology at Pease (PORTSMOUTH)
(603) 610-8070 | peasecardiology.org

Taking Action – Continued from Page 1

Gallagher, who was COVID-19 negative, had to be transported immediately to Massachusetts General Hospital, which, thanks to Wentworth-Douglass being a Mass General Community Hospital, was a particularly smooth transition since both clinical teams work collaboratively.

Still, before being transported, Gallagher insisted he be able to see his wife, Brenda and daughters Ryen, 22, Molly, 18, and Kacey, 10, and stepdaughter Shannon, 32. Gallagher’s aunt, Susan Gallagher, who is the assistant vice president of the Wentworth-Douglass Seacoast Cancer Center, helped arrange for the family to all mask and socially distance, to be outside for a send-off in the ambulance.

Dr. Serguei Melnitchouk, a cardiac surgeon at Mass General, repaired Gallagher’s valve by replacing multiple broken chords with new artificial chords, as well as placing a semirigid ring around the mitral valve to make it function well again. Although the surgery was successful, Gallagher developed congestive heart failure preoperatively, requiring five days in the Intensive Care Unit following surgery.

“His course was not easy, given arrhythmias, congestive heart failure, etcetera,” Dr. Melnitchouk says. “Acute severe mitral regurgitation can be fatal and difficult to manage. He was lucky he got through.”

Gallagher agreed. “It was a very harrowing experience when you’ve never been through something like this before,” he says. “Having it happen during the pandemic made it even worse, because I was all on my own. Thankfully. I did have the support of the staff at both hospitals.”

As soon as he could though, Gallagher wanted to get moving again. “I’m a pretty determined guy, so I did what they wanted me to,” he says. “I was up walking and doing physical therapy at the hospital and when I got home, I walked more every day.”

As that got “boring” he added a stationary bike. Not long after, Gallagher transitioned to a road bike – something he had never done before, which he now rides 20 miles a day.

“I probably feel better than I have in 20 some odd years,” Gallagher says. “I don’t think I realized I was that sick because I’m stubborn, and I think everyone wants to dismiss some of the signs that something is wrong.”

Gallagher says he has learned to pay attention to his health and the advice of health professionals.

“I’m a retired police officer,” he says. “That leads you to think you’re the strongest guy around sometimes. But then, when they repaired my heart, I became the most grateful man in the room.”
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Experience Wentworth-Douglass.

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At Wentworth-Douglass Hospital, community is at the heart of everything we do — providing better care so you, your friends, and family can live healthier, happier lives.

Experience the Wentworth-Douglass difference at our Portsmouth Outpatient Center – where innovative diagnostics and treatments, expert clinical staff, expanded specialty care services, and access to Massachusetts General Hospital specialists are available at our convenient campus on the Pease Tradeport.

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.

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Building C: 121 Corporate Drive, Portsmouth, NH 03801

- **BREAST HEALTH CENTER**
  Our specialists are ready to provide guidance, screenings, and diagnostics for your breast health, including 3D mammograms.

- **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 Mass General electrophysiologists and cardiovascular surgeons.

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

- **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.

- **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.

- **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.

- **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.

- **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, 8am-5pm.
UPCOMING CLASSES, PROGRAMS & EVENTS

16
| THURSDAY MAY 20, 2021 6:00PM | WEDNESDAY JUNE 2, 2021 6:00PM | THURSDAY JUNE 17, 2021 1:00PM | WEDNESDAY JULY 7, 2021 1:00PM | THURSDAY JULY 15, 2021 6:00PM | WEDNESDAY AUG. 4, 2021 6:00PM | THURSDAY AUG. 19, 2021 1:00PM | WEDNESDAY SEPT. 1, 2021 1:00PM

Bariatric Surgery Information Sessions
Thinking about weight loss surgery? Join the Wentworth-Douglass Center for Weight Management and Bariatric Surgery for a free (virtual) informational session to learn more about how weight loss surgery is helping men and women from all over the Seacoast conquer obesity.

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WEDNESDAY SEPT. 1, 2021 1:00PM

REGISTER: wdhospital.org/newme or call 833-WD-NEWME

Demystifying Plant-Based Eating
What’s the buzz about plant-based eating? And why do health care professionals recommend it to help prevent cancer and other chronic diseases? Learn the basics of eating healthy by adding more plants to your meals. This webinar will include a live food demonstration.

REGISTER: wdhospital.org/events

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wdhospital.org/events

Center for Orthopedics & Sports Medicine Talks
The Center for Orthopedics & Sports Medicine is presenting a monthly Free community education series. Some topics we are working on for the summer - Incontinence & the Female Athlete, Concussion & Football, Tendon Problems & PRP (Protein-Rich Plasma Injections), and Total Joint Arthroplasty. Check our website and social media pages for more information about upcoming community talks offered by our Orthopedics & Sports Medicine experts.

SUPPORT GROUPS

Chronic Pain Support Group
Brought to you by the Patient & Family Learning Center. Join us on the second Tuesday of every month from 6:00 – 5:00pm in a Free Virtual Meeting. To sign up, please call the Patient & Family Learning Center at (603) 609-6027 or email pflc@wdhospital.org.

Healthy Habits for a Happier You
Brought to you by the Patient & Family Learning Center. This Free info session helps you make healthy lifestyle changes, like reducing your risk of developing Type 2 Diabetes by half, and many other benefits. Our next info session will take place in the Fall of 2021. If you are interested in learning more, please call the Patient & Family Learning Center at (603) 609-6027 or email pflc@wdhospital.org.

Pregnancy Group
Brought to you by Wentworth-Douglass Hospital Childbirth Education. This is a space for expecting parents to connect, share, and ask questions. This group meets every Thursday from 7:00 – 8:00pm. REGISTER: eventbrite.com/e/pregnancy-group-tickets-139455474077

New Parent Support Group
Brought to you by Wentworth-Douglass Hospital Childbirth Education. If you want to connect with other new parents or have questions about feeding or sleeping, this group is for you. This group meets every other Wednesday from 2:30 -3:30pm virtually. REGISTER: eventbrite.com/e/new-parent-support-group-tickets-116488192319

Wentworth-Douglass Hospital
Awards & Recognitions

Mass General Brigham Patient Gateway

Managing Your Health Care Information Just Got Easier

The Mass General Brigham patient gateway is a secure way to manage your health care information and connect with your providers online—at Wentworth-Douglass Hospital and across the Mass General Brigham system.

The 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 and select the “Enroll Now” button. You do not need an activation code, select “Enroll Now” again at the bottom of the page to begin the enrollment process without one.
2. Your provider’s office can give you an activation code and help you complete your enrollment in the office.

 unn Today!

WENTWORTH-DOUGLASS HOSPITAL
A Mass General Community Hospital