



ALICE PECK DAY  
MEMORIAL HOSPITAL

# APD TODAY

Spring/Summer 2011

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## Renovating & Expanding Meeting the Community's Needs

APD is very pleased to announce that The New Hampshire Certificate of Need Board recently approved a Certificate of Need (CON) for the renovation of the main hospital facility and that the APD Board of Trustees voted unanimously to approve the project at their May 31st board meeting.

Estimated to cost \$16.8 million, this historic project to renovate and expand the main hospital building will improve the patient experience. Sixty percent of the current hospital will be impacted, including 31,030 square feet of renovation and 11,670 square feet of new space that will be added.

“This renovation comes at a critical stage in the life of the Hospital’s main building and will be the most transformative physical plant improvement project in more than 40 years,” said President and CEO Harry G. Dorman, III, FACHE. “We will be asking the members of the community to join APD in supporting this effort, which will further improve healthcare services for residents of the Upper Valley in the most cost-effective and efficient way possible.”

The new facility will incorporate a design that promotes energy efficiency and use of sustainable building practices including using natural daylight, improved water efficiency, non-toxic and locally sourced materials. Alice Peck Day Memorial Hospital will seek Leadership in Energy and Environmental Design, (LEED) Certification from the U.S. Green Building Council. APD aims to be one of the first hospitals in Northern New England to be LEED certified.

In 1932, APD opened as Lebanon’s first “cottage hospital,” thanks to the vision and bequest of Alice Peck Day. The current facility was opened in 1965. Over the years, APD has renovated sections of the building, most notably the operating rooms, Birthing Center, and emergency room. In 2005, the opening of the expanded and renovated Robert A. Mesropian Center for Community Care

helped meet the increased need for primary care. There have been other modest renovations to campus facilities, but the main building has not had a comprehensive upgrade since it opened its door.

In 2009, APD engaged Lavallee Brensinger Architects and began planning for a renova-



An architectural rendering shows the hospital’s planned main entrance.

tion in earnest. A recently completed five year strategic plan affirmed APD’s commitment to a renovation in order to “ensure that every APD patient receives the highest value care -- care that is affordable, safe, effective, patient-centered, timely, efficient, and equitable.” *(Based on the Institute of Medicine’s aims of improvement for health care.)*

*continued on page 2*

inside

This issue:

Hospital Expansion



2

Geriatrician Joins APD

4

Updates from APD

5

From Farm to Tray



# New Doctor in the House

## CARING FOR THE AGING: A BLEND OF MEDICINE & CONVERSATION

You may have thought home visits were a thing of the past, but Dr. Lisa Furmanski is caring for older patients in the Upper Valley in their homes as well as at APD.

Lisa Furmanski, MD recently joined the staff of the Robert A. Mesropian Center for Community Care (RAMCCC), a department of APD. Dr. Furmanski specializes in geriatric medicine, an area

treatment, which often acts differently in older patients.”

*“Our conversations often focus on how to balance their concerns with their medical needs . . .”*

Dr. Furmanski is board certified in both

Geriatric and Internal Medicine. She earned her BA degree from Harvard University in Cambridge, MA and her Doctor of Medicine degree at Columbia College of Physicians & Surgeons in New York. She served a residency in Primary Care at the University of California, San Francisco, and a fellowship in Geriatrics at the University of California.



Geriatrician Lisa Furmanski, MD examines her patient, Charlotte Witmer, at her home in Harvest Hill.

of medicine that focuses on the unique needs of older patients. “The nature of the home visit and the elder-friendly environment at APD makes it easier to both discern my patients’ goals and help find solutions for their care.”

This care requires lots and lots of conversation. “While the goal of a young patient is most likely to live as long as possible, the goal of a 90-year old is often more social than medical, such as not being a burden to their family, how they will care for their spouse or stay out of a nursing home,” adds Dr. Furmanski. “Our conversations often focus on how to balance their concerns with their medical needs and the benefits and risks of taking a particular medication or

During her residency Dr. Furmanski was assigned to an adult day program where people who would have normally been in nursing homes were in a care center during the day and home with their families in the evening.

“I fell in love with the population,” shares Dr. Furmanski, “as well as thinking outside the box of how to care for older people and their special health care needs. I enjoy making unique, individual care plans for each patient. Geriatrics is not about following a computer-generated guideline and making sure you have checked off all the right boxes. It is much more about

thinking through what people will benefit from, and what they will not.

“Not only am I a partner in my patients care, I am also their follow-up care,” states Dr. Furmanski. When caring for patients in their homes, which makes up half of her practice, there is continuity in both conversations and solutions. “I believe making a plan for each person’s individual care and circumstances is a more holistic and effective approach to caring for our aging community.”

### RENOVATING & EXPANDING continued from page 1



seek a minimum of \$4 million in support from Trustees, grateful patients and their families, area businesses, philanthropic friends of the hospital, foundations and area service clubs, as well as the medical staff and employees.

Construction could begin as early as the fall of 2011 and is estimated to be completed in 24 months. Since most of the work will take place in the existing footprint, it will be a phased project aimed at limiting the disruption.

“This is a major step forward,” adds Dorman. “We’ll be better able to respond to the growing and diverse needs of the more than 20 Vermont and New Hampshire communities we care for and to ensure that the care we provide is both cutting edge and compassionate.”

# Reinventing Cool

## REMAINING A QUITTER

At age 13 lighting up a cigarette with his cousin seemed ever so cool. A pack a day and 30 years later it was not so cool.

As a Registered Nurse, Dan Charland clearly understood the negative health effects of smoking a cigarette every 40 minutes. But it was a goal of acquiring something he really wanted, a motorcycle, that drove him to quit for good. He began saving the same amount of money that he spent every day on his smoking habit and in two short years he bought a motorcycle with that money. Dan is now proudly smoke free and the owner of a motorcycle . . . which is his new cool.



Dan Charland, RN, with his tobacco free ride.

“In 1992, at age 40, I was smoking outside a hospital holiday party and a colleague whom I respected very much simply approached me and asked if I wanted to give it up,” said Dan. “I did not hesitate. I would’ve tried anything and the next day I was on the patch, and thankfully it worked for me.”

For eight years, smoking was not part

of Dan’s life. Then, in 2000, he was lured back to the addiction and started smoking cigars. “I was smoking again, I weighed 300 pounds and I did not feel well. In my heart I knew I needed to make a change.”

Despite his family’s constant pleading with him to stop, it was once again a colleague he respected that influenced change in his life. “I was at a medical conference and ran into a colleague who said to me, ‘I should probably shake your hand because I can tell by looking at you that you’re not going to be around very long.’ I was instantly on the patch again, started Weight Watchers, saving for my motorcycle, and changed my life for good.”

“I tried to quit at least seven times. Like most smokers I know, I was not successful the first time I tried to quit,” shares Dan. “But I don’t believe smokers should look at their attempts to quit as failures. Quitting is not the hard part. Remaining a quitter is. It is not until you start experiencing the benefits of quitting, like being able to smell and taste food again, that you truly become committed to remaining a non-smoker. I am 150 pounds lighter, I can breathe, and I can run again.”

In addition to riding his motorcycle whenever he can, Dan has also recently participated in three 5K running events. “If I had only realized smoking was going to be a life-long habit that would restrict my activities, make me short of breath, affect my taste, and make my clothes smell, I would have never started.” And, his reply to “do you ever sneak a smoke?” Dan proudly and firmly states, “Never.”

# Matching our Mission

## APD’S TOBACCO FREE CAMPUS

APD will join the growing list of NH hospitals to adopt a smoke and tobacco free campus-wide policy, effective January 1, 2012. Over the next six months, APD is implementing an information campaign, “Choosing Health,” and has begun working with employees and patients who wish to break their habit of tobacco products use.



“As a healthcare organization, we have a responsibility to lead by example and encourage positive health behaviors for our employees, patients, physicians, volunteers and visitors,” states Harry G. Dorman, III, FACHE, APD’s President and CEO. “The tobacco-free initiative is a concrete way to demonstrate our ongoing commitment to healthy living.”

APD is offering cessation resource information to assist those who wish to break tobacco use between now and the implementation date.

# PEOPLE AND PROGRESS AT APD

## Employees of the Quarter

**Stacy Brown**, a Registered Nurse (RN) at the Robert A. Mesropian Center for Community Care (RAMCC), is a graduate of NH Community Technical College in Claremont, NH. Brown, who joined APD in July 2005, was recognized for balancing the management of patients in difficult circumstances with her willingness to take on extra assignments that assist with positive patient-centered outcomes.



“Stacy came here as a relatively new nurse, and I have watched her develop into a mature, highly skilled and valuable team member who shows equanimity and composure, great judgment, and compassion towards her patients and her co-workers,” states Margot Stephens, MD.

**Suzanne Rafus**, a Licensed Practical Nurse (LPN), recently joined the Women’s Care Center Midwifery Services and has quickly become the go-to person, managing the office and schedules, while maintaining a high standard of patient care. She has also been essential in lending her help and knowledge to the expectant parents in the Centering Pregnancy program.



“Suzanne hit the ground running in her new position and has done an outstanding job coordinating patient flow, directing other assistants, supporting our Centering Pregnancy program, and simplifying the work of the nurse midwives,” states Ellen McAndrew, CNM, MSN, ARNP. “She is always courteous and pleasant to our patients and staff and is a great pleasure to work with.”

## APD Auxiliary Scholarship Award Winners

### 2011 Professional Support Scholarships

The Alice Peck Day Memorial Hospital Auxiliary has granted scholarships to support APD health workers. The scholarships are awarded to employees who seek to enhance their professional knowledge or expertise or plan to seek additional certification or necessary clinical experience.

**Tami Hemond**, Women’s Care Center, will use the scholarship to take the Professional Coders exam and become a member of the American Academy for Professional Coders.

*“Receiving this scholarship during these tough economic times means that I am able to reach the career goals I set for myself that much quicker. I can’t thank the Auxiliary enough.”*

**Elizabeth Jameson**, Radiology, will use her scholarship to participate in an Obstetrics and Gynecology specialty seminar in Pittsburgh, PA, as a preliminary to becoming a registered diagnostic medical sonographer.

**Gretchen Lewis**, Pharmacy, is working on her bachelor’s degree in health care management at the University of Phoenix.

*“The support APD has given me in pursuit of this goal is heart-warming and encourages me to work even harder to make sure I am a positive asset to our workforce. I plan on graduating late fall next year and have every intention of using the degree right here at APD. Thank you so much for awarding me a scholarship!”*

**Linda Zoller-McKibbin**, Physical Therapy, plans to participate in a course on the treatment of cervical pain at The McKenzie Institute in Schenectady, NY.

# COMMUNITY calendar

## Alcoholics Anonymous (AA)

Sundays, 9:30 a.m.  
Mondays, 5:30 p.m.  
Saturdays, 8:00 a.m. & 8:00 p.m.  
Conference Room A, APD, Lebanon, NH  
Contact Laura 603-443-5105

## American Red Cross Blood Drive

Wednesdays, noon to 5:00 p.m.  
Dwinell Room at Harvest Hill  
APD Campus, Lebanon, NH  
Drop in

## Centering Pregnancy

A national program that gives patients more time with their providers and creates a supportive community that can last far beyond the duration of a pregnancy. *Centering Pregnancy is available as part of prenatal care at APD: Call 603-442-5677 to learn more.*

## Childbirth Education Classes

Six-week series, meeting once a week. Optional seventh week offers information on breastfeeding. Classes are held throughout the year.

## Family & Friends CPR Classes (American Heart Association)

This three-hour course teaches participants to perform CPR on infants, children, and adults. Classes are held throughout the year.

## Infant Massage Classes

This three-hour class teaches methods to relax your baby. Classes are held throughout the year.

For additional information about:

## Childbirth, CPR & Infant Massage Classes

call Patsy Sirois, RNC-OB, LMT, CCE  
603-448-7413

## Defensive Driving Class

NH Health & Safety Council  
Monthly, 2nd Saturdays, 8 a.m.  
Contact David 800-834-6472

## Over Eaters - 12 Step Meeting

Sundays, 8 a.m.  
Conference Room A, APD, Lebanon, NH  
Contact Karen 603-448-4360

## Savvy Seniors Exercise Class

Cardiovascular & weight conditioning  
ages 55+  
Tuesdays and Fridays, 8:00-9:00 a.m.  
CCBA, Lebanon  
Call Barbara 603-643-9048

## TOPS

Weight loss support  
Tuesdays, 4:30 p.m.  
Dwinell Room at Harvest Hill  
APD Campus, Lebanon, NH  
Contact Karen 603-643-3277

# From Farm to Tray

## CONNECTING A LOCAL GROWER TO PATIENT MEALS

Food Service Director Sam Fazio did not have to look far to find just-picked produce to help improve the quality, flavor and experience of patients' and residents' meals at APD. The 150-acres of Acorn Hill Farm in Lyme, NH, are ripe with organic vegetables in a range of color, taste and texture.

"The relationship with APD is important to a farm like ours because of course we want to sell our products," states Dr. Janine Weins, Owner & Manager, Acorn Hill Farm, "but more importantly I believe fresh food can make people feel better spiritually as well as improve their health."



Garden Manager Colemann Colburn tends to Acorn Farm's crop of tomatoes.

APD recently chose to participate in the *Healthy Food in Healthcare Pledge* with the Health Care Without Harm organization. "This initiative encourages us to build relationships with local farmers, question our vendors about their suppliers and educate our patients and community about our sustainable food practices," shares Sam.

"In my culinary career I have been focused on making food good and healthy," states Sam. "My focus has shifted to include understanding where the food comes from, how far it has traveled, how I can support local producers

and how the freshness can contribute to the taste."

Sam and his staff have also added fresh, colorful organic local vegetables to meals at Harvest Hill, an independent and assisted-living retirement community on the campus of APD. "Food is one of the most important things that we all enjoy every day," says Janine. "When people grow old they may no longer be able walk in the woods, listen to the mourning doves or read a book, but they still eat. If you give them something colorful and full of taste it is far more memorable."

When she spent time with her mother at Harvest Hill, Janine experienced how a simple grilled cheese sandwich with tomato became very important to her. "My mother always said that 'life is too short to waste it on a bad meal,' and when she passed away in 2002 it became my passion to give chefs and cooks, whom I consider artists, the ingredients for their palette to make a plate their work of art."

Acorn Hill Farm is a certified organic producer that holds an organic certificate, which indicates that the local federal government agent randomly inspects the farm, examines records and assures they adhere to the standards.

"Organic is not simply a label but instead a definition of all the processes it takes to grow food," adds Colemann Colburn, Garden Manager at Acorn Hill Farm. "Organic includes the care and attention put into the soil, without synthetic chemicals, fertilizers or additives, but it also includes how we care for our employees who grow the food and the attention to keeping deliveries local. We have made the pledge to truly be sustainable and organic and we have the rigorous organic certification process to back up our word."

The experience of Acorn Farm and APD is full circle. Vegetable scraps from APD are returned to the farm. The scraps are composted with grass clippings, hay mulch and leaves to balance nitrogen and carbon content, and the compost is then added back to the soil providing

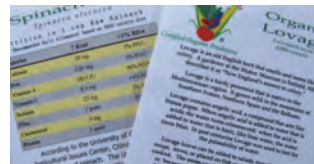
beneficial bacteria needed to grow the vegetables.

Gilfeather turnips, lovage, orange beets, striped carrots, 12 types of tomatoes, and 16 kinds of garlic are just some of the vegetables being served at APD this summer. Information cards describing the vegetables are placed on the tables at Harvest Hill and on the patients' food trays in the hospital. The card contains

the life history of each vegetable as well as the nutritional benefits and calories.

"I believe these cards can also serve as a cue card for a change in conversation," adds Janine. "The change in conversation can make the experience of a meal more about the food, or a memory, rather than someone's health problems."

"People have a connection to food and if it is prepared well it can stimulate all the senses," shares Janine. "It is a gift that nourishes the mind and the soul."



**Dr. Janine Weins** is an engineer who grew up in Lyme, New Hampshire and graduated from Hanover High School. She holds engineering degrees from The University of Michigan, Rensselaer Polytechnic Institute and Massachusetts Institute of Technology. Before returning to her family's Upper Valley farm, Dr. Weins worked for Pratt & Whitney Aircraft, Polaroid Corporation, Argonne National Laboratories and was a consultant to law firms in New York City and Washington, D.C. She is also a Registered Patent Agent and a long-time host of talk radio's *Twin State Journal* on WNTK.



Alice Peck Day  
Memorial Hospital  
603-448-3121

- Birthing Center: 603-448-7411
- Emergency: 448-7448
- Family Practice (RAMCCC): 448-3122
- General Surgery: 443-9572
- Giving/Philanthropy: 448-7429
- Laboratory: 448-7461
- Massage Therapy: 448-7413
- Midwifery: 442-5677
- Occupational Health: 448-7459
- Orthopaedics: 448-6344
- Pain Management: 443-9508
- Palliative Care: 448-3122
- Rehabilitation Services: 443-9588
- Sleep Health Center: 448-7436
- Social Services: 448-7420
- Volunteer: 448-7456
- Women's Care: 448-3996

[www.alicepeckday.org](http://www.alicepeckday.org)



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APD's redesigned website will help you easily navigate through all the health care services we offer.

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<b>SPECIALTIES</b>	Emergency Medicine	Massage Therapy	Occupational Medicine	ment	Services
Birthing Center	Family Practice	Midwifery	Ophthalmology	Palliative Care	Sleep Health
Community Health	Gastroenterology	Neurology	Oral & Maxillofacial Surgery	Plastic Surgery	Social Services
Dermatology	General Surgery	Neurosurgery	Orthopaedics	Podiatry	Surgical Services
Ear, Nose & Throat	Internal Medicine	Obstetrics & Gynecology	Pain Manage-	Radiology	Urology
			ment	Rehabilitation	

*It is the mission of Alice Peck Day Memorial Hospital to provide patient-focused health care services that are responsive to community needs, promote wellness, and continually improve the quality of health care services in the community.*

APDTODAY is a quarterly publication of Alice Peck Day Memorial Hospital 125 Mascoma Street #10, Lebanon, New Hampshire 03766 603-448-3121



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