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WELCOME TO ALICE PECK DAY MEMORIAL HOSPITAL
Alice Peck Day Memorial Hospital’s mission is to improve
the health and wellbeing of our community.
Welcome to Alice Peck Day Memorial Hospital!

Since 1932, we’ve been committed to delivering high-quality health care in a friendly environment where patients come first. We’ve been through many changes since then, but our commitment remains the same: we take your health personally.

I hope you see that we are embracing the future with campus and infrastructure improvements, technology advancements, and resource sharing to improve the quality of your experience at APD.

In 2017, we opened the Multi-Specialty Clinic (MSC) which has truly changed the way we deliver outpatient care. The MSC is a welcoming and efficient place for your clinic visits, labs, diagnostic images, and therapies to occur in one building designed around your convenience and wellbeing.

We’ve invested in our infrastructure and technology to provide outstanding care. We now offer advanced MRI at the Hospital and 3-D mammography in the MSC. This new equipment improves patient comfort and provider confidence through truly advanced capabilities. Most notably, we are now integrated with eD-H, giving you a unified electronic health record and secure access to health management tools.

Our membership in the Dartmouth-Hitchcock Health (D-HH) system provides a strong foundation for APD’s future and allows us to continue our commitment to you. As a member, we share resources in the system. This year, we’ve welcomed orthopaedic surgeons from Dartmouth-Hitchcock Medical Center to our operating room. Our emergency department and hospitalist program will be staffed by physicians through a D-HH partnership. Collaborations like these aim to offer increased access to the services you need and to provide the proper care at the right location, no matter the time of day or night.

We’re also dedicated to providing care off campus, out in our community. Our volunteers support seniors aging-in-place and school children in need of dental care and free summer lunches. We’re helping patients improve their fitness through FitScripts, which offers free access to local gyms like the Upper Valley Aquatic Center. We remain committed to the Mascoma River Greenway and many other efforts that offer healthy activities in the Upper Valley. We also support the local arts, including as the season underwriter at Northern Stage in White River Junction, VT.

I’ve been honored to be a part of the APD family for more than 18 years. This is a special place, with special people, and I hope you always feel welcome here.

Sincerely,

Susan E. Mooney, MD, MS, FACOG
President and CEO

Accommodations
Each patient room has a telephone, TV, restroom, and individually controlled heat and air conditioning. We are happy to provide items such as a toothbrush, mouthwash, comb, shampoo, soap, hand lotion, and tissues upon request.

Advance Directives
You have the right to participate in and plan for your care, including the right to accept or refuse medical care. You can let others know your wishes in advance through a living will and/or a power of attorney. A living will outlines your wishes at the end of your life and a power of attorney gives another person the right to make decisions for you when you are unable to make them for yourself. Please call (603) 448-7420 for assistance.

APD Lifecare: Harvest Hill and The Woodlands
APD Lifecare communities offer four levels of care: independent, assisted, supported, and memory care.

Harvest Hill is a unique place where adults 62 and older enjoy a thriving environment in peaceful surroundings. There are many opportunities to socialize, yet privacy is valued. Independence is encouraged at Harvest Hill, but assistance is always available.

The Woodlands offers luxurious apartments with assistance by a friendly staff dedicated to providing the highest quality of service. Their goal is to give you the peace of mind and greatest level of flexibility possible to continue your independent lifestyle. The facility affords the finest of amenities including an indoor swimming pool and spa, underground parking, fine dining, a fitness center, art and theatre rooms, and walking trails. Please visit either community or call (603) 443-9575.

ALICE PECK DAY LIFE CARE
Dartmouth-Hitchcock Health
ATM
An ATM machine is located outside the coffee shop on the main level of the Hospital for your use. We do recommend that you keep only a small amount of money on hand.

Billing
We will submit a claim(s) for your care to your insurance(s) prior to billing you for any co-insurance or deductible balances remaining on your account. It is essential that APD has your current and accurate insurance and billing information to assist with meeting requirements for your care. Failure to provide accurate or timely information may result with you being responsible for the cost of your care. If you need financial assistance, please call (603) 443-9579. For billing questions, please call (844) 808-0730.
Current billing statements may be viewed and paid online at myD-H.org.

Care Management
A Care Management team is available to you and your family upon admission and throughout your stay. They assist in developing a safe discharge plan that is right for you. The team consists of Registered Nurse Care Managers, a Social Worker, and a Care Management Coordinator who serve as your resource to help coordinate your care while you are in the Hospital and plan for the next stages of your recovery with your medical team. This may include communicating with your health insurance company, referrals to community resources such as home care or at other facilities, and arranging for medical equipment or supplies you may need. For more information, please reach out to a team member.

- **Kate Pawlowski, BSN, RN-BC**  
  Manager of Care Management  
  (603) 443-9567, pawlowskik@apdmh.org

- **Jim Winny, BA**  
  Social Work Care Manager  
  (603) 448-7420, winnyj@apdmh.org

- **Emily Tyler, BSN, RN**  
  Nurse Care Manager  
  (603) 448-7415, tylere@apdmh.org

- **Stephanie Williams, LNA**  
  Care Management Coordinator  
  (603) 442-5956, williamsst@apdmh.org

Mrs. Alice Peck Day was a fifth generation resident of Lebanon, NH. Upon her death in 1927, she bequeathed her family home to found a cottage hospital. Dr. Arthur Burnham, one of the area’s leading physicians at the time, helped lead the drive for incorporation, and APD opened its doors on February 1, 1932.

**RECENT HISTORICAL HIGHLIGHTS**

**1996 APD LIFECARE:** APD opened Harvest Hill, a 72-bed assisted living facility followed by the addition of The Woodlands, a 66-unit independent living facility four years later. Lifecare represents APD’s commitment to serving the elderly in our community.

**2012 INPATIENT WING:** Community support made possible a major renovation to the Donald Faulkner Dickey Medical-Surgical Inpatient Wing of APD. The wing features 17 comfortable and spacious inpatient rooms.

**2016 DH-H:** APD affirmed its commitment to creating a sustainable health care system by affiliating with Dartmouth-Hitchcock Health (D-HH).

**2017 MULTI-SPECIALTY CLINIC (MSC):** Outpatient services from the Robert A. Mesropian Center for Community Care, the Women’s Care Center, the Homestead Building, and the Medical Office Building began welcoming patients in the new 44,000 square-foot clinic MSC.

**2019 TECH INTEGRATION:** APD completed a technological upgrade and integrated back office functions with D-HH. eD-H was adopted, delivering a unified electronic health record across the system.
Cough Etiquette and Hand Hygiene

For everyone’s protection, all patients, visitors, and health care workers with signs of cold or flu symptoms such as a cough, sneeze, respiratory congestion, runny nose, or increased production of respiratory secretions are expected to practice appropriate respiratory hygiene. Visitors and staff with known or suspected respiratory infection or respiratory symptoms should stay greater than 3 feet from others and wear a mask during their visit or they will be asked to leave the Hospital campus.

At APD, we take pride in cleaning our hands properly before providing care. If you are unsure if a staff member washed their hands, please speak up and ask, as 98% of infections are spread by hands!

Please wash or sanitize your own hands before meals, after using the restroom and after blowing your nose or touching your face. Remember to take your time washing and use a towel to turn off the faucet. Thank you for helping to stop the spread of germs and infection.

Dining and Nutrition Services

We are committed to providing homemade and nutritious food for our patients and staff, with ingredients often sourced from local farms and producers. We strive to make your stay pleasant, whether that means preparing ethnic, vegetarian, or vegan cuisine, or finding special foods to satisfy your needs. Please call x9596 for today’s menu.

Our services include:
- Creating three nutritious meals a day for patients
- Assisting patients with menu choices and recommending discharge diets
- Operating the coffee shop for visitors and staff with hot meals, a salad bar, and to-go items
- Catering hospital functions and meetings

Ethics Committee

APD’s Ethics Committee is a free resource for patients and staff to support medical care choices. It can provide guidance in situations where it isn’t clear what the best choices might be in the care of a patient. If you would like to request an ethics consult, please speak with your nurse or contact care management.

Feedback: Press Ganey Survey

We believe in listening to our patients, employees, and community. If you receive a satisfaction survey request for feedback from APD and Press Ganey about your experience here, we hope you respond candidly. We also welcome online comments and reviews on Google, Facebook, Instagram, and Twitter.
Financial Assistance
APD offers free or discounted charity care for emergency or other medically necessary services provided to patients who qualify. APD will provide care for emergency medical conditions and medically necessary services to individuals regardless of their ability to pay or eligibility for financial or government assistance. Please view the Dartmouth-Hitchcock Health Financial Assistance Policy brochure for details or call one of our patient advocates at (844) 647-6436.

Gift Tree Shop
Located in the Hospital lobby, the Gift Tree Shop features greeting cards, books, toys, jewelry and gifts. It is run by volunteers and proceeds benefit APD. Open 9am - 4pm weekdays. (603) 442-6244.

Hospitalists
Our hospitalists are board-certified internal medicine physicians who specialize in giving every hospitalized patient the undivided attention they deserve. They deliver medical care in partnership with your primary care provider. The hospitalist service is staffed 24 hours a day.

Lodging and Transportation
To accommodate patients and families wishing to stay overnight close to the Hospital, APD offers a Rest Easy Program. Participating inns and hotels within 10 miles of APD offer a discounted room rate. Please see our “Rest Easy Brochure” for participating establishments and the room rate voucher. Public transportation is available via Big Yellow Taxi (603) 643-8294, Avis Car Rental (603) 298-7753, or Uber.com.

Mail Delivery
We are happy to deliver mail promptly to patient rooms. If your mail arrives after discharge, it will be returned to sender.

Newspapers
The Friends of APD provide complimentary issues of the Valley News. Please call the volunteer desk at x6329 to request your paper.

Notary
Notary service for health care related documents is available Monday through Friday. If you need a notary, please speak with your nurse or contact care management.

Notice of Nondiscrimination in Health Programs
Alice Peck Day Memorial Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, gender identity, or expression. Alice Peck Day Memorial Hospital does not exclude people or treat them differently because of race, color, national origin, age, disability, sexual orientation, gender identity, or expression.

Accessibility Notification
Alice Peck Day Memorial Hospital provides free aids and services to people with disabilities to communicate effectively with us, such as:
- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Alice Peck Day Memorial Hospital provides free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages
For assistance, please see a receptionist.

Grievance Policies and Procedures
If you believe that Alice Peck Day Memorial Hospital has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sexual orientation, gender identity, or expression, you can file a grievance. Alice Peck Day Memorial Hospital has adopted grievance procedures that provide for the prompt and equitable resolution of complaints.

To file a grievance or to obtain the grievance procedures, please contact:
Alice Peck Day Memorial Hospital Compliance Officer
(603) 448-3121
compliance@apdnh.org

Additionally, you may contact an Office of Civil Rights Coordinator at the Department of Health and Human Services to help you at:
U.S. Department of Health and Human Services
200 Independence Avenue SW
Room 509HHH Building
Washington, DC 20201
(1-800) 358-9355
(1-800) 358-9355
www.hhs.gov/ocr/office/file/index.html

Arabic:
إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد الحقوق المتعلقة بالمساواة، فكل الناس يعانون من هذه الأمور، فرحتك، إذا تعتقد أن المستشفى خالف قواعد权利 Policy
It is the policy at APD that patients and families are not allowed to make a visual recording (photograph, video-tape, or digital recordings, etc.) of any treatments, procedures or operations. Thank you for respecting privacy at APD.

No Smoking
APD is a smoke-free campus. All forms of tobacco are prohibited on campus and within 200 feet of the property boundaries.

Parking
Parking at APD is free, easy, and close to our hospital and clinic Please see our map on page 12.
Purposeful Rounding and Bedside Shift Reports
Our staff checks in with you approximately once an hour during your stay. Staff will ask you about pain, your position, toileting, possessions, and any other concerns. Your care team won’t wake you up unless you ask them to but they will perform a visual check. A nursing bedside shift report occurs when the nurses going-off and coming-on duty meet by your bedside to talk about your care. This gives you a chance to meet the nurse taking over your care, ask questions, and share important information with your nursing staff. Bedside reports occur in addition to conversations with your provider.

Patients’ Rights and Responsibilities
Full version online AlicePeckDay.org.
As our patient, you have the right to:
- Be treated with dignity and with respect;
- Be informed of your rights and of the rules and policies of the facility, both verbally and in writing;
- Be informed of services and charges;
- Know about your medical condition, to participate in planning your care and medical treatment, and to refuse treatment;
- Not be transferred or discharged except for medical reasons, your own welfare or that of other patients;
- Voice grievances without fear of reprisal. You shall be encouraged and assisted throughout your stay to exercise your rights as a patient and citizen;
- Manage your own personal finances;
- Be free from emotional, physical and sexual abuse, exploitation, neglect, corporal punishment and involuntary seclusion;
- Be free from chemical and physical restraints; except when they are authorized in writing by a physician for a specific and limited time necessary to protect you or others from injury;
- Have your personal and medical records treated as confidential;
- Receive visitors of your choice and receive unopened personal mail, have regular access and unmonitored use of a telephone. You shall be free to communicate and meet privately with anyone, including family and resident groups, unless to do so would infringe upon the rights of other patients;
- Retain and use your own personal clothing and possessions as space permits;
- Be free from discrimination. You shall not be denied appropriate care on the basis of race, religion, color, national origin, sex, age, disability, marital status, or source of payment, nor shall any such care be denied on account of the patient’s sexual orientation, gender identity, or expression;
- Receive treatment by the physician of your choice, subject to reasonable rules and regulations of the facility regarding the facility’s credentialing process;
- You have the right to receive visitors without restrictions if you are terminally ill. You shall be entitled to have your parents, (if you are a minor,) or your spouse, or next of kin, or your personal representative, (if you are an adult,) visit the facility, without restriction, if you are considered terminally ill by the physician responsible for your care;
- Receive representatives of approved organizations;
- Not be denied admission to the facility based on Medicaid as a source of payment when there is an available space in the facility.
As our patient, you are responsible for:
- Providing information about Advance Directives, your health, past illnesses, past hospital stays, and your use of medicine;
- Asking questions when you do not understand information or instructions.
- If you believe you cannot follow through with your treatment, you are responsible for telling your doctor;
- Being considerate of the needs of other patients, staff and the Hospital;
- Providing information for insurance and for working with the hospital to arrange payment when needed;
- For recognizing the effect of your lifestyle on your personal health.
- If you have questions or concerns regarding your rights, please contact the Compliance Officer at (603) 448-3121.

Phone Calls
For local calls, please dial 8 for an outside line. For long distance calls, please use your call bell for assistance.

Television Stations

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<td>1</td>
<td>ABC (Burlington)</td>
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<td>2</td>
<td>CBS (Burlington)</td>
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<td>VT ETV (PBS)</td>
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<td>DIRECTV PREVIEWS</td>
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<td>A&amp;E</td>
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<td>FREEFORM (ABC FAMILY)</td>
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<td>ANIMAL PLANET</td>
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<td>BRAVO</td>
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<td>EI ENTERTAINMENT</td>
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<td>FOOD NETWORK</td>
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<td>NBC GOLF CHANNEL</td>
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<td>HISTORY</td>
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<td>JEWELRY NETWORK</td>
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<td>LIFETIME MOVIE NETWORK</td>
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<td>NATIONAL GEOGRAPHIC</td>
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<td>DIRECTV PREVIEWS</td>
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<td>OWN (OPRAH WINFREY NETWORK)</td>
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<td>SYFY</td>
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<td>TRAVEL CHANNEL</td>
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<td>THE WEATHER CHANNEL</td>
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<td>DISNEY CHANNEL</td>
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<td>ESPNEWS</td>
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<td>30</td>
<td>HALLMARK CHANNEL</td>
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*ABC, FOX, CW, FX, & TBS ARE NOT AVAILABLE
Visitation Guidelines
APD supports a patient and family centered approach to care and recognizes that open visitation plays an important role in a patient’s healing and recovery. We do ask that upon arrival, visitors check at the nursing unit to learn if any restrictions apply to the patient they wish to visit.

Visitors should follow these guidelines:
• Wash or sanitize your hands before and after visiting the patient;
• Please ask the patient’s nurse about dietary restrictions before bringing food or drink to a patient;
• Due to allergies, do not bring lilies to the Hospital;
• Smoking is not allowed in the Hospital or on its grounds.

Volunteering
Volunteers at APD play an integral role in helping us serve our patients and the community. If you want to make a difference and touch lives while helping others, APD Volunteer Services can find the right place for you.

We are very proud of our volunteer family here at APD. Our volunteers range in age from 18-88 and work in the Hospital, at our retirement communities, and out in our neighboring towns.

To inquire about volunteer opportunities, contact Liz Swanton, Community Relations & Volunteer Specialist, at (603) 442-5953, email swantone@apdmh.org or visit www.AlicePeckDay.org/about/volunteer

Wireless
For your convenience, please use the APD Guest Network while on campus. If you experience difficulty joining, please open a browser window and type: 11.11 and you will be connected.

Weapons
No firearms or deadly weapons will be permitted inside any APD owned or operated building, even if the individual has a license to carry permit, except when carried by uniformed officers, by plain-clothes officers, and APD contracted Security. Thank you for respecting this policy.

JUST FOR FUN!

City of Lebanon Trivia
Answers on page 12

Across
3. Great way to stop the spread of germs.
4. President and CEO of Alice Peck Day Memorial Hospital.
5. APD’s school-based dental program.
6. The body’s overwhelming response to infection.
8. Westernmost river boundary of Lebanon.
10. Park name in the heart of Lebanon where farmers’ markets, events and concerts take place.
11. Luxury independent living community on APD campus.
12. Lebanon, NH is part of what county?

Down
1. Name of the recreational trail across from campus, runs along the river.
2. Highest point in the City of Lebanon.
7. Mrs. Alice Peck Day was a ____ generation resident of Lebanon, NH.
9. Is smoking allowed anywhere on the APD campus?
I was in bed for 8 weeks with knee pain that brought me to tears. I could barely make it to the bathroom from my bed, say nothing about being able to take my boat out and go fishing or lift my leg over my motorcycle for a nice bike ride.

But when Dr. Magnadottir saw my X-Rays, she said it was actually my back that was being pinched. We drove 2.5 hours to see her, and I had surgery within a week of that office visit. Amazingly, I’ve only taken one pain pill since my surgery. One! I haven’t needed any more—and that was the one they gave me while I was in the hospital.

I am back to my hobbies and couldn’t say more about the pleasantness of the team at APD and Upper Valley Neurology Neurosurgery. I don’t think I’ve been any place where the people are as nice as they are there.

Thanks to Dr. Magnadottir, I am back to bass fishing and riding my motorcycle. Thank you for letting me return to what I love.

—Jim Kidney
Jacksonville, Vermont
Andy McMahon was practically raised on downhill skis. She's been carving the mountains of New England and Colorado since she was five. The daughter of ski instructors, Andy spent much of her youth at Otis Ridge Junior Ski Camp in Massachusetts, where she became an instructor herself at age 13. As one of the youngest PSIA Certified Ski Instructors, Andy continued to teach throughout college, finally moving to Colorado to teach at Vail Ski School after graduation.

“Skiing was like walking for me,” she said. “Just another part of who I am, and what makes me, me. It’s in line with my love of horseback riding, of showing Siberian Huskies, and of running my dog kennel business.”

Like many parents, child-rearing has a way of placing sports on the shelf. Andy’s alpine adventures and horsing around took a back seat to being a mother for nearly 19 years. But when she met now-husband Jerry, Andy started to get back to sports. Andy and Jerry enjoy a competitive partnership so when Jerry and Andy first hit the slopes, “He thought he would have the upper hand since he had been skiing and he’d never seen me ski. So it was with great joy when we got off that first chair lift and I quickly left him behind, but not before I heard him say, ‘Oh no, she’s good!’”

Unfortunately, Andy started to experience hip pain a few years after meeting Jerry. “I had finally gotten back to skiing and horseback riding after so many years, to have pain stop me from fully enjoying it wasn’t something I was going to take lying down.” She saw three orthopaedic surgeons near her home, “but none of them seemed to listen to me,” she said. “They just wanted to tell me what I would NOT be able to do again. I did some research and read about Dr. Tomek so we drove the 70 miles to meet him. We knew after the very first visit that he was without doubt our man!”

“My experience with Dr. Tomek was so restorative, that I knew when it came time to replace my knee, he was the only surgeon for me. And APD is such a breath of fresh air! People are caring at APD, we always actually felt welcome and the care was outstanding. I know of hospitals where family members must leave in the evening, but Jerry was allowed to spend the night with me. They even had a sleeping couch with bedding! And the hospital food is actually pretty good.”

Andy knew within four days after her bilateral hip replacement surgery that she had made the right decision. To this day, she says her hips are still perfect. Andy’s knee took a lot longer to heal, just as Dr. Tomek said it would. It took a lot of rehabilitation work to get where she is today, but Andy can enjoy doing the things she loves again.

“Five months after my knee replacement, we had a ski camp reunion at Otis. I was very worried about how my knee would do so I started out slow. Within a few turns, I could tell it wasn’t going to be a problem and I had a grand time skiing all day!”

“When you are in pain, you forget how wonderful it is not to hurt. I remember that now and thank Dr. Tomek and APD for that.”

We thank Andy for trusting APD with her care.
Getting Patients Active
On the Greenway, in the Gym, and at the Theatre

The Upper Valley Trails Alliance recently completed an access path from the APD parking lot to the **Mascoma River Greenway** (MRG) to encourage increased use of the Greenway. The MRG is a multi-use rail trail that connects our community. It provides no-cost recreational opportunities, alternative means of transportation, glorious views of the Mascoma River, and encourages healthy outdoor activity.

APD has partnered with the Carter Community Building Association (CCBA) and the Upper Valley Aquatic Center (UVAC) in a program called “**FitScripts.**” Adult primary care patients who may not be able to afford access to fitness facilities and who could benefit greatly from increased activity are given referrals to the CCBA or UVAC from their health care provider. We have wonderful fitness facilities in the Upper Valley and cost is often a barrier for people. FitScripts is helping to address that barrier.

As underwriters of the **Northern Stage** 2019-20 series, APD continues to support the theatre as a special venue to experience a show with friends or family. We applaud Northern Stage’s education and artistic outreach work and their mission of “changing lives, one story at a time.”

At APD, we believe caring for our community is a special responsibility that we are honored to fulfill.

Learn more at AlicePeckDay.org/about/community/health

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**APD Nature Trails**

**JUST FOR FUN!**

**SUDOKU**

Each row, column, and 3 x 3 box must contain only one of each of the 9 digits

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DID YOU KNOW THIS ABOUT TECHNOLOGY AT APD?

- **eD-H**: Our journey to deliver a unified electronic health record to patients was realized in May of 2019. eD-H gives patients online access to free and secure health management tools and digital communication with their care team.

- **LOBBY**: Now that APD is integrated with eD-H, family members may view the status of their loved one’s surgery on a digital screen in the main hospital lobby.

- **MRI**: APD installed the technologically advanced Aera 1.5 Tesla Magnetic Resonance Imaging (MRI) unit in a newly constructed Hospital suite. The MRI delivers increased comfort to our patients and diagnostic confidence to referring providers.

- **TIMS**: APD now has a state-of-the-art TIMS unit that records intricate details of chewing and swallowing. We are one of only three hospitals in the U.S. with a TIMS unit. It records the entire barium swallow study at 30 images per second for immediate review, shedding light on what actually happens and what could be causing swallowing difficulty for patients.

- **MAMMOGRAPHY**: APD invested in the Hologic Genius™ 3D Mammography™ SmartCurve™ to ensure less callbacks, increased comfort, and more precise mammograms.

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**Genius™ 3D Mammography™ Exam**

**Reasons to Get Screened**

- **Better, Earlier Detection**: The only mammogram FDA approved as superior for women with dense breasts.

- **Greater Peace of Mind**: Reduces unnecessary callbacks by up to 40%.

- **More Accurate**: Finds 20-60% more invasive breast cancers than conventional mammograms alone.

**Key Facts**

- **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%**.

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**Support APD**

APD RELIES ON THE GENEROUS SUPPORT OF COMMUNITY MEMBERS TO REALIZE ITS MISSION.

In fact, a gift made it possible for APD to be established. In 1927, Mrs. Alice Peck Day bequeathed her home to establish a cottage hospital in Lebanon, NH. Since then, the Upper Valley community has worked tirelessly to increase the Hospital’s viability and its growth. Philanthropic support has enabled the hospital to expand its facilities, employee training, and services over the years while remaining a place where patients come for friendly, highly personalized care. We rely on it more than ever to meet the challenges presented by today’s economy and health care environment.

Contact David Crandall at (603) 448-7456 to explore giving opportunities that meet your personal wishes.

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**REFERENCES**

Across 1. Great way to stop the spread of germs. 2. President and CEO of Alice Peck Day Memorial Hospital. 3. APD’s school-based dental program. 4. The body’s overwhelming response to infection. 5. Western most river boundary of Lebanon. 6. Park name in the heart of Lebanon where farmers’ markets, events and concerts take place. 7. Mrs. Alice Peck Day was a ____ generation resident of Lebanon, NH.

Down 1. Name of the 4 mile multi-use trail across campus from Mascoma Street. 2. Highest point in the City of Lebanon. 3. Is smoking allowed anywhere on the APD campus?

Puzzle Answers