



ALICE PECK DAY
MEMORIAL HOSPITAL
A Dartmouth-Hitchcock Affiliate

Better Together

AlicePeckDay.org   

Resources to assist you during your stay.

STAYING SAFE AT APD
Read about the measures
we've taken to ensure a
safe and clean experience.

Page 10



WELCOME TO ALICE PECK DAY MEMORIAL HOSPITAL

Our vision is to build a healthier community, one connection at a time.

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A Letter from Our *President*

Welcome to Alice Peck Day Memorial Hospital and thank you for selecting us for your care.

We know that being a Hospital patient can be stressful under normal circumstances. It can be even more unnerving to be in the Hospital during a global pandemic. I want to assure you that we have been dedicated to the health and safety of our patients and staff ever since we opened, and our efforts have continued throughout the COVID-19 pandemic.

During this time, we have taken additional measures to ensure the safety of our patients, visitors, and staff. All staff are screened daily and are fully trained on proper precautions, including the use of PPE. All medical staff wear the appropriate level of PPE at all times and our Environmental Services team carefully and continuously cleans our spaces. We require regular hand hygiene and support 6-feet of social distancing. Thankfully, the majority of our employees have received the COVID-19 vaccine. All of these measures keep you safe during your stay at APD.

APD has been on a mission to improve the health and wellbeing of our community since our founding in 1932, and we continue to invest in our campus and medical services. For example, we opened a new MRI suite in 2019. Its design reduces the closed-in, claustrophobic feeling of traditional MRIs. Last year, we opened a state-of-the-art Sleep Health Center and patients have applauded the improved experience here.



We've also begun renovation work on the East Wing of our Hospital, the former birthing center space, to create a 10-bed, short-stay surgical unit that we anticipate opening in the summer of 2021. It aims to provide a high quality patient, caregiver, and staff experience, focused on the unique needs of select surgical patients requiring less than twenty-four hours of onsite care.

Our membership in the Dartmouth-Hitchcock Health (D-HH) system also allows us to continue our commitment to you. As a member, we have access to system resources, including a shared medical record and telehealth platform that allows our providers to care for patients in the safety of their own homes. We've welcomed gastroenterologists, vascular surgeons, and orthopaedic surgeons from Dartmouth-Hitchcock Medical Center into our operating rooms.

Our emergency department and our hospitalist program are now staffed through a D-HH partnership.

I've been honored to be part of the APD community for 20 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

March 2021

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 call (603) 443-9575 for more information.

**ALICE PECK DAY
LIFECARE**
Dartmouth-Hitchcock Health


Harvest Hill


**The
Woodlands**

ATM

An ATM machine is located outside the café 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.

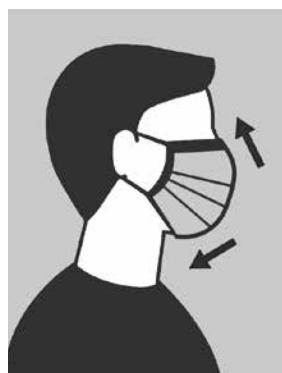
Care Management

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, speak with your nurse or call:

- Social Work (603) 448-7420
- Care Management (603) 448-7415 or (603) 442-5956

Hand Hygiene and Masks

For everyone's protection during the pandemic all patients and visitors are screened and asked to wear masks and maintain proper social distance. Visitors and staff with known or suspected respiratory infections or respiratory symptoms should stay greater than 6 feet from others and wear masks during their visit or they may be asked to leave the Hospital campus.



At APD, we take pride in proper hand hygiene.

If you are unsure if a staff member performed proper hand hygiene, please speak up and ask.

Please wash or sanitize your own hands before meals, after using the restroom and after blowing your nose, putting your mask on, taking your mask off, 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.

Alice Peck Day



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. APD opened its doors on February 1, 1932.

RECENT HISTORICAL HIGHLIGHTS

1996 APD LIFECARE: APD opened Harvest Hill, a 70-bed assisted living facility, followed by the addition of The Woodlands, a 63-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 four observation beds and 17 comfortable and spacious inpatient rooms.

2016 DH-H: APD became a member of the Dartmouth-Hitchcock Health (D-HH) system.

2017 MULTI-SPECIALTY CLINIC (MSC): APD opened this building to enable patients to meet most of their ambulatory medical needs (including doctor visits, labs, diagnostic imaging, and therapies) in a convenient and modern 44,000-square-foot facility.

2019 TECHNOLOGY INTEGRATION: APD made a significant investment in information technology, first with its infrastructure and then by integrating most administrative functions with D-HH. Next came the adoption of a new electronic health record (eD-H), which is the same technology used by Dartmouth-Hitchcock Medical Center and various member locations in the D-HH system.

2020 SLEEP HEALTH CENTER: APD opened a state-of-the-art Sleep Health Center in the Rober A. Mesropian Center. The facility conducts sleep studies and features two hotel-style bedrooms with ensuite bathrooms and guest accommodations.

Dining and Nutrition Services

We are committed to providing homemade and nutritious food for our patients and staff, with ingredients either grown here at APD or 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 specials.

Our services include:

- Creating three nutritious meals a day for patients,
- Assisting patients with menu choices and recommending discharge diets,
- Providing hot meals, fresh salads, and to-go items at Alice's Café,
- Catering Hospital functions and meetings.

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.



CALL



DON'T FALL

Use the call button EVERY time you:

Need to use the bathroom,
Need to move from your bed or chair,
Drop an item or notice a spill,
Have any question or concern.

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.

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.

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.

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.

Photography Policy

It is the policy at APD that patients and families are not allowed to make a visual recording (photograph, videotape, or digital recordings, etc.) of any treatments, procedures, or operations. Thank you for respecting privacy at APD.

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.

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 gender 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 gender 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 gender 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) 442-5985
compliance@apdmh.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 509FHHH Building
Washington, D.C. 20201

(800) 368-1019, (800) 537-7697 (TDD)

www.hhs.gov/ocr/office/file/index.html



ALICE PECK DAY
MEMORIAL HOSPITAL
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Arabic:

من حقك الحصول على مترجم طبي مؤهل وخدمات مساعدة لغوية أخرى دون تحميلك أي تكلفة. يرجى الإشارة إلى اللغة التي تتحدثها والانتظار حتى نقوم بطلب المترجم. أو إذا كان بإمكانك التواصل باللغة الإنجليزية، أطلب مساعدة المترجم عبر الهاتف (603) 448-3121

Bosnian:

Ako govorite bosanski, usluge jezične podrške nude Vam se besplatno. Ako Vam treba pomoć u Lebanonu, molimo da nazovete broj (603) 448-3121.

Chinese:

如果您说中文，我们会免费提供语言支持服务。在Lebanon市您如需援助，请致电 (603) 448-3121。

French:

Si vous parlez français, des services de soutien linguistique sont fournis gratuitement. Pour obtenir de l'aide à Lebanon, composez le (603) 448-3121.

French-Creole:

Si ou pale lang kreyòl ayisyen, yo bay sèvis tradiksyon ak entèpretasyon gratis. Si ou nan Lebanon epi ou bezwen asistans, tanpri rele nimewo (603) 448-3121.

Greek:

Αν μιλάτε ελληνικά, παρέχονται υπηρεσίες γλωσσικής υποστήριξης χωρίς χρέωση. Για υπηρεσίες υποστήριξης στον Λίβανο, παρακαλώ καλέστε στο (603) 448-3121.

Indonesian:

Apabila Anda menggunakan Bahasa Indonesia, layanan bantuan bahasa disediakan bebas biaya. Untuk bantuan di Lebanon hubungi nomor (603) 448-3121.

Korean:

한국어 사용을 원하시면 언어 지원 서비스가 무료로 제공됩니다. 레바논에서는 (603) 448-3121

Nepali:

यदि तपाईं नेपाली बोलुनु हुन्छ भने भाषा सहायता सेवा नशिल्क उपलब्ध गराइन्छ । लेबनानमा सहयोगको लागि कृपया (603) 448-3121

Polish:

Jeśli mówisz po polsku, usługi wsparcia językowego są świadczane bezpłatnie. Aby uzyskać pomoc w Lebanon, zadzwoń pod (603) 448-3121.

Portuguese:

Se você fala português, serviços de suporte de idioma serão fornecidos sem custos. Para assistência em Lebanon, ligue para (603) 448-3121.

Russian:

Если вы говорите по-русски, услуги переводчика предоставляются бесплатно. Если помощь требуется в г. Лебанон, пожалуйста, позвоните по номеру (603) 448-3121.

Serbo-Croatian:

Ako govorite hrvatski, jezične usluge Vam se pružaju besplatno. Za pomoć u Lebanonu, molimo Vas nazovite (603) 448-3121.

Spanish:

Si usted habla español, se prestan servicios de apoyo lingüístico gratuitos. Para obtener ayuda en Lebanon, llame al (603) 448-3121.

Swahili:

Ikiwa unazungumza Kiswahili, huduma za lugha zinapatikana bila malipo. Kiwa usaidizi katika mji wa Lebanon, tafadhali piga simu (603) 448-3121.

Vietnamese:

Nếu quý vị nói tiếng Việt, có dịch vụ trợ giúp ngôn ngữ miễn phí cho quý vị. Để được giúp đỡ ở Lebanon, vui lòng gọi số (603) 448-3121.

Addressing Food Insecurity in the Upper Valley

APD's department of community health and team of social workers have partnered to address food insecurity by providing a variety of food support options.

Patients can receive referrals and directions to local food shelves or pantries. Patients in need can also receive a bag of non-perishable groceries during their visit or be given a card to redeem in our Café for a nutritious meal. If you or someone you love is in need of food support, please connect with your primary care provider about food options through APD. Contact Liz Swanton with questions about the community health program at (603) 442-5953.

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 gender 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 instruction;
- 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, dial 8 for an outside line. For long distance calls, please use your call bell for assistance.

Television Stations

NETWORK	CHANNEL
CBS	3
CBS	5
WMUR	6
A&E	7
Freeform	8
Animal Planet	9
Bravo	10
Cartoon Network	11
CNN	12
CSPAN	13
Discovery Channel	14
E!	15
Food Network	16
Golf Channel	18
History Channel	19
Jewelry TV	20
Lifetime Movie Network	21
MTV	22
National Geographic	23
NBC Sports	24
Nickelodeon	25
OWN - Oprah Winfrey Network	26
SYFY	28
Tennis Channel	29
OWN - Oprah Winfrey Network	31
The Weather Channel	32
Disney	33
ESPN	34
ESPN News	36
Hallmark Channel	37

Alice Peck Day

Emergency
Department

24 | 7 | 365

We're Always Here For You
(603) 448-7448

Visitation Guidelines

During the COVID-19 pandemic, we are limiting the number of visitors to inpatients in our facilities. This is intended to ensure the safety of our patients and those caring for them. This policy will continue to evolve based on the most up-to-date information and guidance from federal and state authorities, and revisions will be made with the goal of limiting the spread of COVID-19, flattening the curve, and assuring a healthy workforce who can care for current and future patients. Please visit the APD website for current visitation requirements or call (603) 448-3121.

General visitation guidelines:

- Wash or sanitize your hands before and after visiting the patient;
- Due to allergies, do not bring lilies to the Hospital;
- Smoking is not allowed in the Hospital or on its grounds.

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: 1.1.1.1 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, plain-clothes officers, and APD contracted Security. Thank you for respecting this policy.

Across

3. Number of feet that provide a safe social distance to stop the spread of COVID-19.

6. Where smoking is allowed on the APD campus.

8. Local free public transportation.

9. Park in the heart of Lebanon City, where farmers' markets happen.

10. Our mission is to improve the health and _____ of our community.

Down

1. Name of the recreational trail that is across from APD campus.

2. Highest point in the City of Lebanon.

4. Luxury independent living community on APD campus.

5. Fantastic way to stop the spread of germs.

7. President and CEO of Alice Peck Day Memorial Hospital.

JUST FOR FUN!

City of Lebanon

Answers on page 12

It was time to take the "Load off my Shoulders"

As a 63-year-old husband, father, grandfather, and Upper Valley business owner in reasonably good health and living a moderately active lifestyle, having an injury "road bump" created an unexpected and challenging disruption to my life. The sequence of injuries began in November of 2019, when on the day before Thanksgiving, I tripped as I was coming out of the woods, gathering greens and berries for our families' Christmas decorations. After quickly trying to catch my footing, I slipped and landed squarely on my right shoulder. It hurt, but the pain seemed to subside a bit over the next few days. However, just five days later I slipped down fourteen hardwood stairs, jarring my right shoulder again. Just six days later, as I was exiting the cab of our tractor, I took three steps down to the ground and slipped on the ice, landing for the third consecutive time on my right shoulder again!

After that I knew I needed some medical attention, so I went to my Primary Care Provider, who arranged for x-rays and a CT Scan and she referred me to orthopaedic surgeon John Houde. Dr. Houde showed me that the middle two (out of four) tendons in my shoulder had completely torn and so we began to talk about surgery.

Having done a lot of reading up on the injury and recovery process prior to the surgery, as well as discussing with friends who had dealt with rotator cuff injuries, I was convinced recovery from shoulder surgery would be really rough. From sleeping in a recliner for weeks to the pain medication that I would depend on to get me through, I was prepared for this to be a very unpleasant experience. However, after consulting with Dr. Houde and hearing him explain the process, I certainly

felt much better about the prognosis and the path to recovery that he mapped out for me. As we looked over my CT Scan together, he told me that it was a very serious injury and that he had some good news and some bad news: the bad news was that my two middle tendons were completely torn. I did have some scar tissue and a bone spur that he repaired; BUT the good news was that my muscle mass was better than most patients at my age and even younger. This had been the result of the intense physical therapy I had been doing at home every day in preparation for the surgery. We discovered that without a doubt, my pre-surgery conditioning would play a huge role in my body's ability to recover.

The surgery went very well, and the end results were amazing! Contrary to my concerns, I only slept in a recliner for two weeks, I was off from pain medication after just five days (Tylenol as needed thereafter), I applied ice on a regular basis for the first two months, and I was tremendously grateful for a very patient and loving wife who helped me along the way.



Curt Jacques

At nineteen weeks post-surgery my range of motion was nearly 100%. My strength is improving daily and as I begin a strengthening program, my goal is to be stronger and healthier than I was prior to the injury. I have no doubt that the skillful performance from Dr. Houde and his surgical team played the greatest role in making my recovery a huge success. And now I expect the final outcome will be better than my pre-surgery condition! As I often tell my employees, "attitude is altitude" and so having a successful surgery experience (just like with any challenge you may face), comes down to finding a great support system, putting in the work, being very diligent with your follow-up physical therapy, and staying focused. It will truly make all the difference in your health and recovery! Thank you, Dr. Houde and team, for making such a positive impact on my life!



Make a Lasting Impact

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

Contributions enable us to:

- Purchase state-of-the-art equipment and technology,
- Respond effectively to the COVID-19 crisis,
- Create new patient programs and services,
- Educate our dedicated team of professionals.

Your support will truly make a difference.

**Making a gift to APD is easy to do.
You can donate securely online or give by mail.**

**Development Office
Attention Peter Glenshaw, VP of External Affairs
10 Alice Peck Day Drive
Lebanon, NH 03766**

glenshawp@apdmh.org | (603) 448-7442

Staying Safe at APD

Since the start of the COVID-19 pandemic, APD has taken every measure to ensure a safe and clean experience for our patients and staff. Everyone is screened before entering our facilities, masks are required, and visitation restrictions reflect the need to limit exposure.

Rest assured, our staff are fully trained on proper precautions, including hand hygiene, social distancing, and the use of personal protective equipment (PPE). Our environmental services team is carefully and continuously cleaning all spaces. As a community Hospital, we are committed to coexist with COVID-19 and deliver health care to our patients. To do so safely, we ask everyone to follow our Hand Hygiene, Masking, Social Distancing, and Limited Visitation guidelines.



Hand Hygiene:

Clean hands save lives. Regular hand hygiene and sanitizing are the best ways to remove germs, avoid getting sick, and prevent the spread of infection. Please wash or sanitize your hands often, including:

- Before and after touching your eyes, nose, or mouth because that's how germs enter our bodies,
- Before eating,
- After using the restroom,
- After blowing your nose, coughing, or sneezing,
- After touching belongings and surroundings,
- Before and after putting on a mask.

Remember to speak up for clean hands, as people are at risk for getting an infection in the Hospital when they are being treated for something else. Ask your health care providers for clean hands.

Masks and Screening:

During the pandemic, all patients, staff and approved visitors at APD are screened for symptoms, contact to cases, recent travel, and are required to wear a mask safely. To wear a mask safely, please make sure masks:

- Cover your nose and mouth,
- Fit snug against your face and under your chin,
- Are touched only twice: once to put on and once to remove.
- Masks must remain on at all times, except when alone in an inpatient room, when eating, or when outside while socially distanced.

Please wash your hands or use hand sanitizer before and after putting mask on and taking it off.



Social Distancing:

It is important to remember that maintaining a 6-foot distance between individuals remains a critical factor in reducing the spread of infections, including COVID-19. Our campus has 6 foot visuals and marks on the floors indicating where to stand to keep the proper social distance.

**Visitation:**

Our visitation policy continues to evolve based on the most up-to-date information and guidance from federal and state authorities, and revisions are made with the goal of limiting the spread of COVID-19, flattening the curve, and assuring a healthy workforce to care for current and future patients.

We recognize the valuable role that family members and visitors play in the healing process and appreciate that visitation restrictions may cause challenges for our patients and their families.

Alternative visitor permission may be granted at the discretion of our care teams under specific circumstances. All permitted visitors must screen negative for COVID-19 symptoms, and wear a mask properly while on our campus. Visitors may also be asked about recent travel and exposure.

Thank you for your understanding and please visit our website for the current visitation requirements at www.AlicePeckDay.org/about/news/new_visitation_restrictions

Requirements and recommendations evolve following the guidance of the CDC, the D-HH health system, and the State of NH. Please visit our website or speak with your care team for current specifics and more information.

Composting at APD

We've got a new composting program at APD!

Each day, employee and patient food scraps are loaded into totes outside the APD Kitchen and combined with the Kitchen's scraps.

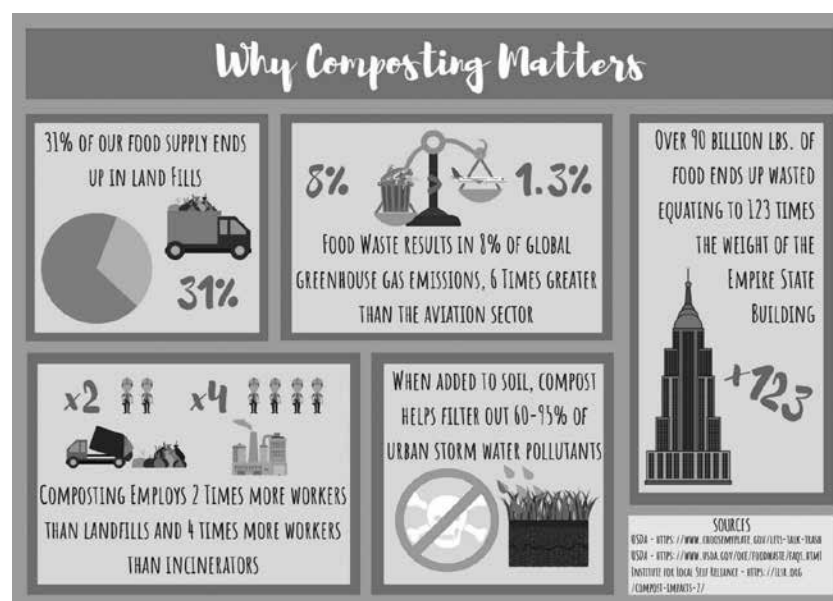
Once a ton of material has been collected, the totes are taken to the Lebanon, New Hampshire Solid Waste Facility as part of the City's composting program. APD's food scraps turn into rich, high quality compost.

Lebanon's composting program also accepts compostable materials, and Nutrition Services is taking advantage of that.

"Because of the pandemic, we're using more grab and go containers for employee meals," says Shawn Richardson, Manager of Nutrition Services. "To offset that, we're using less recyclable plastic and more compostable materials."

A poster about the composting bins shows what can be composted, what can be recycled, and what should be thrown away.

The APD Kitchen, Alice's Café, and scraps from leftover meals of our patients generate about 4,680 pounds or 2.34 tons of material per year, contributing to rich, high quality compost.



That same load of scraps and trash would have emitted the equivalent of 2.34 tons of carbon dioxide into the atmosphere, if sent to a landfill.

"We'll be expanding our composting program to the Multi-Specialty Clinic soon," says Shawn.

Please note, Alice's Café is serving employees only and is closed to the public during the pandemic. We look forward to reopening in the future.

APD Nature Trails

0 0.05 0.1
Miles

Woodlands Loop

Woodlands West Trailhead

Woodlands East Trailhead

Lizzie Elliot Loop

Harvest Hill Loop

Harvest Hill Trailhead

APD

APD Trailhead

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Trail to West S

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Trail Loop	Distance
Harvest Hill Loop	0.5 Miles
Lizzie Elliot Loop	0.8 Miles
Woodlands Loop	1.2 Miles

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