

Upper Valley Smiles

APD's free dental health program for school kids provides a much-needed service for families with limited access.

A makeshift dental office is set up in a spare room at Hanover Street School in Lebanon. School Nurse Holly Maher and a first grader stop at the door and say hello to dental hygienist Asha Clark, who encourages the slightly nervous child to climb up onto the adjustable gray chair. What breaks the ice instantly? Super cool red and white sunglasses which she gives him to protect his eyes from the bright lights.

Upper Valley Smiles is a free dental health program for school kids created and hosted by Alice Peck Day Memorial Hospital. Over the course of two days, 47 children at Hanover Street School will receive a free dental checkup.

“The goal is to provide preventive and non-invasive dental care to elementary school students with no regular dental care,” said Liz Swanton, Community Health engagement officer and Upper Valley Smiles program coordinator. **“Our dental hygienist provides oral health education, dental screenings, fluoride varnish, sealants, decay-stopping fluoride treatments, and interim therapeutic restorations – all at no cost to families.”**

Each visit varies – it all depends on a child's familiarity with dental care. Some have been to the dentist. Some have never seen a dentist, which isn't unusual in a rural areas. Lower income families often have difficulty finding a practice that accepts Medicaid. If they do find a dentist, the wait for an appointment may be months due to a perfect storm of post-pandemic demand, a large number of retiring practitioners, and a downward trend of dental school enrollment.

But students enrolled in Lebanon, Enfield, Canaan, Hartford, and Hartland elementary schools have support from Upper Valley Smiles.

The program started in 2003, paused for two years during the pandemic, and restarted by visiting four schools in 2022. Now, with Clark on staff part-time and the scheduling support of the school nurses, Upper Valley Smiles has plans to visit 10 schools in 2023.

It's a good thing UV Smiles is back on the road: cavities are on the rise in Upper Valley schools. **“We have seen kids with numerous cavities who complain of pain,”** Swanton said. **“It is rewarding to provide some form of treatment to help stop the cavity and relieve the pain, then refer the child to a dental office for more comprehensive care.”**

Clark quickly removes plaque (which she calls “sugar bugs”), dry brushes teeth with a toothbrush that goes home with kids, flosses, paints decay-stopping varnish on any trouble teeth, and finishes with strawberry fluoride varnish. Swanton notes any trouble areas on a handout, so parents know which teeth need additional care. It is tucked inside a goodie bag with a toothbrush, toothpaste, floss sticks, and a three-minute timer.



How You Can Help:

Upper Valley Smiles is supported by grants and philanthropy. A gift designated to **Upper Valley Smiles Fund** would help the program expand its services to meet the needs of the community.

DONOR

INVITATION

Please Save the Date ➤

MAY

15

5:30 pm

A special APD evening to celebrate some of our providers and friends of the hospital.

The event will take place at Northern Stage in White River Junction, Vermont. **More details to come.**

A Look Back at APD: 1932

FACTS & STATS:

Alice Peck Day's personal doctor, Dr. Arthur Burnham, encouraged her to donate the homestead to become a cottage hospital.



When APD opened its doors on February 1, 1932, the hospital received numerous in-kind gifts from the community, including 20 hot water bottles, furnishings for several rooms, two fire extinguishers, and 75 books of fiction.

APD also received three cash gifts: \$20,000 from Mr. and Mrs. William Scott Carter, \$20,000 from Mr. and Mrs. J.R. Lovejoy, and \$1,000 from Mr. C. Elbert Dole.

Based on inflation alone, the value of these gifts, which totaled \$41,000 in 1932, would be approximately \$1.2 million today.

About APD Insider:

APD Insider is a periodic newsletter intended to keep donors, supporters, volunteers, and friends up-to-date with Alice Peck Day Memorial Hospital. APD is able to be the community hospital in the Upper Valley because of your support.

Questions? Comments? Suggestions? Please contact the Development Office at (603) 308-0068.

If you'd like to make a gift to Alice Peck Day, go to: AlicePeckDay.org/about/give-now or contact Melissa Dalton, director of development.

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Meet a Friend

Lori Shipulski

When Lori and Mike Shipulski hosted a fundraising dinner for Alice Peck Day Memorial Hospital, attendees lingered long after dessert to enjoy the atmosphere, comradery, and conversation.

It's a testament to Lori's love of the Upper Valley — she's lived here for 26 years — and her love of Alice Peck Day Memorial Hospital. Lori, the Regional Manager of the Upper Valley and Realtor for Berkshire Hathaway HomeServices Verani Realty, volunteers as a member of the Development Committee for APD.



Why support APD? "The care we've received from APD over the years has been tremendous. From our first interactions with our pediatrician and midwife to labor and delivery with our second and third children, as well as the care we received from the teams in the emergency and surgical departments, **it is treatment and care that has consistently exceeded our expectations."**

What would you tell others about APD? "I almost want to keep it a secret but it's too wonderful to keep to myself. Everyone deserves the excellent care my family and I have received from the professionals at Alice Peck Day Memorial Hospital. **It is my gold standard for healthcare."**

4.2 out of 5 ★★★★★

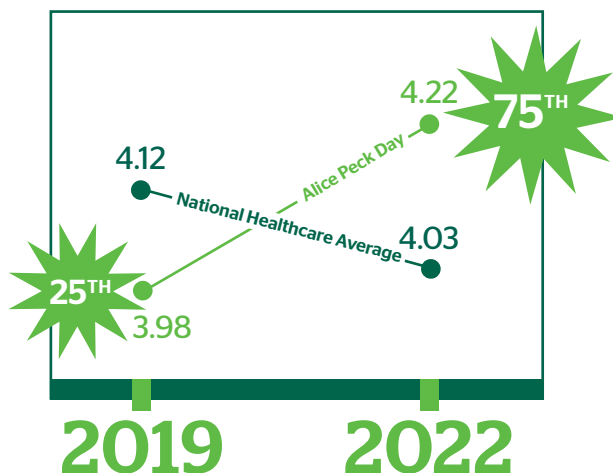
▶ **APD's high employee engagement score translates into excellent patient care.**

APD received positive news about employee engagement at the hospital: **We had the highest engagement score of any member in the Dartmouth Health system, according to the most recent Press Ganey survey.**

What does this mean for patient care? "Employee engagement shows the level of enthusiasm and dedication employees have for their job," said Peter Glenshaw, VP of External Affairs at APD. "The APD team is engaged and happy, and this shows in the high level of care they provide patients."

APD has been on a steady journey of improvement with employee engagement. **Our initial score in 2019 ranked in the bottom 25% of all healthcare organizations in the United States. Today we are in the top 25% and trending upward compared to the average for healthcare organizations nationally.**

APD Employee Engagement



Seen on Campus

APD's New Addition: Modern, Safe, and Looking to the Future

APD recently completed construction of a 5,600-square-foot addition for the expansion of two departments: materials management and central sterilization.

Our materials management space is close to our operating rooms so our surgical teams, and all of APD, will receive the materials they need, when needed, efficiently and safely. The space has a new loading dock for deliveries located off our campus' main road and out of the main flow of traffic. This makes our campus a safer place for the residents, patients, visitors, employees, and community members who walk on our campus.

Our new central sterile has modernized, dedicated work and storage space, including a segregated decontamination area. This location doubles the amount of sink space and adds new washers and a drying cabinet.

APD currently has three operating rooms. **Our improved central sterile could allow the addition of a fourth operating room so more patients can benefit from the great care of our surgical teams.**



Sara Campbell, project manager at APD, presents the new washers in Central Sterile.

What Our Patients Say:

"I recently had hip replacement surgery at APD. I cannot get over the compassion, care, and friendliness of every staff member. Thank you APD for giving me my life back."

— Charlene Swainamer
Canaan, NH



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APD Insider

Mar
2023

A Newsletter for Our Friends



Dartmouth
Health

Alice Peck Day
Memorial Hospital

Hello *APD Insiders*,

If you're reading this, it's likely you are a curious patient of APD, but more on that later.

As many of us have observed over the last few years, quality healthcare is precious. For those of us who have been fortunate to be patients of APD, it has been the clinicians' dedication to excellence that has benefited us all as patients.

Personally, APD has been critical to the current wellness of my family, and I don't say that lightly as we've seen our fair share of challenges in recent years. I wake up grateful and I want to turn that feeling into some sort of meaningful action.

Many of you are taking the time to thank the doctors, nurses, LNAs, clinical assistants and staff you see on campus. Please keep that up! If you're curious how you can do more, please don't hesitate to reach out to me or a member of the leadership team. There are a multitude of ways to express gratitude for the outstanding care we receive every day and we'd be more than happy to guide you.

Sincerely,

Marisa Devlin — Chair, APD Board of Trustees



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