

## Helping Humans

### APD's new educational conference series tackles important healthcare issues in the Upper Valley.



## Helping Humans

Human Trafficking in NH

In March, 55 attendees spent a Saturday learning about human trafficking in New Hampshire. Participants learned how to recognize the signs and symptoms of human trafficking, the steps to take after identifying a trafficking situation, the resources available, and what the person will need for follow-up care.

“Helping Humans: Human Trafficking in New Hampshire” was the first in a series of free, one-day conferences sponsored by Alice Peck Day Memorial Hospital (APD). According to the New Hampshire Human Trafficking Collaborative Task Force, trafficking is the exploitation of a person through labor, services, or a commercial sex act by force, fraud, or coercion.

Speakers included experts from:

- Forensic Nursing Program at DHMC
- New Hampshire Human Trafficking Collaborative Task Force
- NH Coalition Against Domestic & Sexual Violence
- New Hampshire Health & Human Service's Department of Children, Youth, and Families
- Merrimack County Sheriff's Office
- Lebanon Police Department
- Internet Crimes against Children (ICAC) Task Force
- WISE, an organization leading the Upper Valley to end gender-based violence

Jasmine Grace – founding director of Jasmine Grace Outreach, an organization that helps individuals break free from drug addiction, sexual exploitation, and a hopeless way of life – was the keynote speaker.

“The event had a significant impact on the community members who joined us. **At the start of the event many people thought that this happened ‘away’ and that the people who did this or who are trafficked weren’t their neighbors. This event changed the narrative of human trafficking in the Upper Valley,**” said Amanda Fay, MSN, RN, Clinical Educator and Program Development Coordinator. “Our community now has a greater awareness and this will assist with earlier intervention. We look forward to coordinating more of these educational events that focus on the social determinants of health.”

A second conference, tentatively about substance abuse disorder, is planned for September.

### HOW YOU CAN HELP

The Helping Humans educational series is supported by philanthropy. A gift designated to **Community and Patient Health** would help APD offer these free conferences to healthcare providers, educators, social workers, youth organizations and volunteers across the Upper Valley community.



Jasmine Grace answers questions.



Chaplain Nancy Pelligrini greets participants.



Lieutenant Bureau Commander Richard Norris and Officer Dean Bullock shared how adults can keep children safe in an online world.



Left to right: Amanda Fay, Meg Chant of the NH Human Trafficking Collaborative Task Force, Meghan Jenks of the NH Coalition against Domestic & Sexual Violence, and Janet Carroll of the Forensic Nursing Program at DHMC



## In the News

Alice Peck Day Memorial Hospital is one of two hospitals in New Hampshire recognized for patient experience by Healthgrades, a comprehensive database of ratings and comparisons for physicians, hospitals and healthcare providers.

Healthgrades compiled patients' answers about their care – including communication, responsiveness, cleanliness, quietness, care transition, and discharge information – and APD represents the top 15% of eligible U.S. hospitals that provide best-in-class patient experiences.



## Meet a Provider: Alexis Bryan, Speech-Language Pathologist

Did you know that speech-language therapy can improve patient health outcomes and lower hospital costs with shorter stays?

Alexis Bryan MS, Speech-Language Pathologist (SLP), recently joined the Rehabilitation Services team at APD. She received a master's in communications disorders from Emerson College in Boston, Massachusetts and completed her internship at Dartmouth Hitchcock Medical Center.

**How does an SLP help patients?** "I assess and treat patients across the lifespan who have a variety of speech, language, communication, and swallowing disorders. The ultimate goal is to improve communication and there are different ways to communicate." She provides an example: "A patient who suffered from a stroke may understand language, but have a hard time expressing their own ideas when they speak. It is my responsibility to help find and facilitate alternative communicate methods, such as using gestures or visual aids."

**What types of patients do you work with?** "My inpatient work at APD is currently focused on the geriatric population, and divided between cognitive-linguistic therapy and dysphagia (swallowing disorder) therapy. As an outpatient therapist, I evaluate and treat both pediatric and adult patients."

**Do you also help care providers and families?** "Yes, it's a collaborative role – I not only work closely with other practitioners to deliver the best care possible, but also with the patient and their family to develop individualized treatment plans focused on their goals."



## What Our Patients Say

"As a longtime patient of APD, the trust and dedication I have with any of my care team members is remarkable and so sincerely appreciated. I particularly enjoy the smaller community practice and 1:1 care I receive each time I visit APD. I am welcomed with valued hearts and listening ears."

– Clara McNamara, Meriden, New Hampshire



IN MEMORY OF J. PATRICK BARNES

# Alice Peck Day Memorial Hospital recognizes its first Daisy Award winner

For the first time, nurses at APD are being honored with The DAISY Award for Extraordinary Nurses®.

**Tabitha L. Ferranti, RN in the Multi-Specialty Clinic at APD, was the first recipient in May.**

The award is part of the DAISY Foundation’s mission to recognize the extraordinary, compassionate care nurses provide patients and families every day. Nurses are nominated by patients, families, and colleagues for the award and the award recipient is chosen by the Professional Development Council at APD. Tabitha received two nominations, one from a patient and one from a peer.

“An APD nurse has shown this 71-year-old man that she is very concerned about my condition,” the patient nominator wrote. **“She has gone above and beyond any expectations of a nurse’s duties. I cannot say enough nice things about this amazing nurse.”**

“Tabitha works to the top of her license and incorporates up-to-date protocols in her daily nursing care,” the peer nominator wrote. “There was a patient having a reaction to sensocaine from a cortisone injection provided in clinic. Tabitha stayed with the patient for the next one to two hours, keeping close monitoring of any acute changes, providing re-assurance, and explicit instructions. I am nominating Tabitha for this award for her passion for patient-centered care.”

**Congratulations, Tabitha!**



Jean Ten Haken MSN, RN, CENP and Tabitha L. Ferranti, RN

## »» 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? Want to be removed from the mailing list? 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](https://www.alicepeckday.org/about/give-now)

Or contact **Melissa Dalton, Director of Development:** (603) 308-0068 [daltonm@apdmh.org](mailto:daltonm@apdmh.org)

## Employee Appreciation at APD



An impromptu photo booth for the night shift

Every year, APD celebrates Hospital Week by appreciating employees across the campus. Monday started with popcorn deliveries, Tuesday (and Thursday for the night shift) hosted food trucks, Wednesday a kindness cart made the rounds, Thursday debuted a cookbook with recipes from the APD community, and Friday served up cake. Scavenger hunts, photo contests, daily lunch and learns, and word searches (with prizes) rounded out the festivities. This week of gratitude – combined with your gifts to Workforce Education – fortifies APD’s culture of kindness and caring. **Thank you!**



Food trucks offered BBQ, ice cream, tacos, loaded fries, and more!



# APD Insider

June 2024

A Newsletter for Our Friends



Dartmouth Health



Alice Peck Day Memorial Hospital



*Melissa Dalton*

**Melissa Dalton, Director of Development**

That is how I see philanthropy: people helping each other by sharing resources. It's a practice that benefits us all. With your help, we continue to build our cherished APD community.

What is the definition of community? The dictionary says it is a group of people with common interests living together. But, at APD, community is more than just a definition. APD is a place of belonging for our patients, their families, our care teams and their co-workers, community partners, benefactors, and friends. Belonging allows us to experience joy, comforts our pain, and inspires us to grow.

# Hello APD Insiders,