

Flu Vaccine/Wellness Screening Clinics To Run Sept Through Nov



Flu season is fast approaching and we want to remind staff there is an easy way to protect yourself from contracting the virus — by receiving your annual FREE flu immunization from Staff Health Services. The flu can be serious and can lead to hospitalization and sometimes even death, especially for the very young, elderly, and those with compromised immune systems. You can get the flu from patients and coworkers, and can spread it to others, even if you don't feel sick. **By receiving the vaccine, you are doing your part to protect yourself, your family, and our patients.**

Our organization requires all staff to receive the vaccine, or formally decline, by November 30. For questions, please refer to policy [SH \(IC\).010](#). Employees with documented medical contraindications are exempt from receiving the vaccine, as are those who have firmly held beliefs regarding receiving the influenza vaccine. We are required to report staff Influenza immunization rates to the NH Department of Health and Human Services, as well as to the Centers for Medicare and Medicaid (CMS).

HOW TO OBTAIN THE VACCINE

- ◆ Clinical staff can receive the vaccine, along with screenings for our [Wellness Credits Incentive Program](#), through your unit/department/practice. Please see your Flu and Wellness Champion for details.
- ◆ Non-clinical staff will be able to register for Flu/Wellness Screening Clinics via HealthStream. Clinics will be held from September 11 through November 26. Dates, times, and locations of the clinics will be announced soon. **Continued inside**

2019 Alignment Survey Running Now through September 10

The Staff and Provider 2019 Alignment Surveys are running now through Tuesday, September 10. Anyone hired *prior to* July 1, 2019 received an email this week from GallagherKnowledgeNowKC@AJG.com containing a link to the survey. WE WANT TO HEAR FROM YOU! We are hoping for a participation rate of 75% or higher to provide us with substantial data so we can measure improvements.



All employees who complete the STAFF survey will be entered into a raffle to win one of twenty \$50 VISA gift cards.

To read more info about the survey, including the [memo](#) from Kevin Callahan, President & CEO, see the posts on the [home page](#) of *The Pulse*. Questions may be directed to [Lisa Karakostas](#), Manager, Employee Communication, or to your [Human Resources Partner](#).

Welcome New Manager

Welcome to **Brian Smith**, RN, CCRN, who recently joined Exeter Hospital as Nurse Clinical Practice Leader in the Cardiac Catheterization Lab.

Feeling lucky? Join us for a trip to Foxwoods Resort & Casino on Saturday, October 19!

The bus will leave the Hospital campus at 9:00 a.m. and will depart Foxwoods at 6:00 p.m. Cost is only \$25/person which includes transportation, a \$10 slot voucher, and FREE buffet!

To register call 580-6668 with credit card information. Checks made payable to Exeter Hospital also accepted.

Celebrating Our Moments of Excellence

Everyone at the Hospital was wonderful, but two of your nurses really provided exceptional care – Kevin in the Cardiac Cath Lab & Judy in the CAT Scan procedure room. I am truly thankful for the quality of care I received and hope these two individuals know how much I appreciated them that day.

To read the [full letter](#), go to the [Patient Experience](#) page of *The Pulse*.

SAVE THE DATE — PUBLIC FORUM

A public forum to discuss the proposed affiliation between Exeter, Wentworth-Douglass Hospital, and Massachusetts General Hospital will be held **MONDAY, SEPTEMBER 9, 4:00 P.M. - 6:00 P.M. AT EXETER HIGH SCHOOL (NOTE LOCATION CHANGE)**. Staff, patients, and community members are encouraged to attend to ask questions, learn more, and show their support. For more information about the proposed affiliation, including FAQs, please go to www.SeacoastHealthcareInitiative.org.

FALL LECTURE SERIES INNOVATIVE PATIENT CARE

Presented by CORE PHYSICIANS *and* EXETER HOSPITAL

The following health and wellness lectures are FREE to attend and presented by board certified physicians affiliated with Exeter Hospital. Coffee, tea and dessert will be served. **Please call 603-580-6668 to register.**

ADVANCEMENTS IN PROSTATE TREATMENT



**Wednesday, September 11,
6:30 – 7:30 pm,
Atlantic Grill, Rye, NH**
E. William Johnson, MD, MPH
Core Urology



**Wednesday, September 25,
6:30 – 7:30 pm,
Zorvino Vineyard, Sandown, NH**
Cullen Jumper, MD
Core Urology

ADVANCEMENTS IN JOINT REPLACEMENT



Thomas McGovern, MD
Core Orthopedics



A. Neil Clerk, MD
Core Orthopedics

**Thursday, September 12, 6:30 – 7:30 pm,
Zorvino Vineyard, Sandown, NH**

**Thursday, October 10, 6:30 – 7:30 pm,
Atlantic Grill, Rye, NH**

WOMEN'S HEALTH— *From hormones and hot flashes to breast health and migraines, learn about the latest screenings and treatment options from our panel of experts. Bring your questions!*

**Tuesday, October 8,
6:30 – 7:30 pm,
Atlantic Grill, Rye, NH**



Rebecca Kwait, MD,
fellowship-trained breast
surgeon
Core General Surgery

along with
Alexander Raslavicus, MD
Exeter Hospital
radiologist




Shannon Rayman, DO
Core Physicians
primary care



Evelyne Caron, MDCM,
FRCS, FACOG
Partners for Women's
Health

Lectures are supported by our Community Advancement Partners. **For more information, visit unitedinwellness.org.**

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 **CORE PHYSICIANS**
an exeter health resource | The Art of Wellness
corephysicians.org

 **EXETER HOSPITAL**
an exeter health resource | The Art of Wellness
exeterhospital.com

Positioning the Community's Healthcare for the Next 120 Years & More

Letter to the Editor By Kevin Callahan, President & CEO, and William Schleyer, Chair of the Board of Trustees

Exeter Hospital began caring for seacoast residents in 1897. Now more than 120 years later as part of a small integrated delivery system, including Core Physicians and Rockingham Visiting Nurse Association & Hospice, we're taking the necessary steps to position our healthcare system for the next 120 years and more.

While our dedicated staff and clinicians (2,400+) work tirelessly every day to deliver on our charitable healthcare mission, there are growing challenges on the horizon that will impede our ability to sustain our performance. Today we are rated a five star hospital, the highest quality rating possible by the Centers for Medicare and Medicaid Services (CMS).

We were accredited two times in a row as a Magnet® Hospital by the American Association of Nurses Credentialing Center in testament to the quality of our nursing staff. By the end of the year, over 67,000 community members will have chosen Core Physicians for their primary or specialty care provider. As a system, we continue to invest in new technologies along with new access points and we provide nearly one million dollars a year in grants to local not-for-profit agencies whose work aligns with our charitable mission of improving the health of the community.

That said, more than two years ago, our local Board of Trustees recognized that investments in innovation and achieving excellence in operations, quality and patient experience are no longer enough to sustain our community's access to outstanding health care into the future. Declining levels of inflation-adjusted reimbursement, the growing demands of the aging population, the increasing dependence on Medicare and Medicaid below cost reimbursement and substantial future capital needs are making it harder and harder for small, community based systems to survive and sustain themselves all across the country.

With that in mind, we undertook the initiative to pursue a possible affiliation with Massachusetts General Hospital and Wentworth-Douglass Hospital. Earlier this spring together we filed the necessary documents to affiliate and create a new, New Hampshire based not-for-profit corporation, operating as a wholly owned subsidiary of Massachusetts General Hospital that will serve as the parent of Exeter Health Resources and Wentworth-Douglass Hospital. This will allow us to collaboratively deliver healthcare within the greater Seacoast Region in ways that are much more impactful than either health system could continue on its own.

As part of that process, the three organizations are looking at ways to support a shared vision of strengthening, enhancing, and growing clinical programs and services to best meet the healthcare needs across the two separate and distinct regions we serve, while providing care in a cost-effective, coordinated and sustainable manner. A critical focus of that effort will be to enhance access to mental and behavioral health services in the region. The new regional network will take advantage of scale to design more rational and efficient systems of care to strengthen services and provide expansion opportunities that make sense for our communities while ensuring local access to the world-class care provided by Massachusetts General Hospital. Our Board of Trustees, leadership team and staff believe that this is the right affiliation at the best time. Thanks to a recent UNH public opinion survey we now know that there is very strong community support for the affiliation as well.

Once our affiliation is approved, hopefully later this fall, all of us at Exeter Health Resources - and the community we serve - will be able to continue to see the future with the optimism and potential that has marked our history for the last 120 years. To learn more about our proposed affiliation please visit www.seacoasthealthcareinitiative.org/Home.

Flu Vaccine/Wellness Screening Clinics from p. 1

IF YOU RECEIVE THE VACCINE ELSEWHERE: You must provide **proof of immunization** to Staff Health Services by **November 30**. Please be sure to include the following information: *Name/Employee Number/Date of Birth/Name & Signature of the Provider Who Administered the Vaccine/Name of the Vaccine Administered (must be FDA approved)/Date Vaccine Was Administered*.

THOSE WHO DECLINE TO RECEIVE THE VACCINE MUST:

- ♦ Complete and sign the [declination form](#) by **November 30** (Form #1029 available on The Pulse or from Staff Health).
- ♦ Complete the related, assigned HealthStream module by **December 8**.
- ♦ **Wear a surgical mask while in any patient care areas during the flu season.**

Infection Prevention will announce the start date of the mask requirement, which is based on Influenza activity within the Hospital, community, and the state. Masks are to be worn throughout the flu season. Infection Prevention will communicate when masks are no longer required.

Please address questions or concerns to Staff Health Services or Infection Prevention.



IRS Launches New Tax Withholding Estimator Tool

The Internal Revenue Service has launched a [new IRS Tax Withholding Estimator online tool](#), which replaces and expands the previous online Withholding Calculator. The new tool offers a step-by-step way to tailor the amount of income tax withheld from your wages. Features include the ability to more effectively: target either a "tax due" amount close to zero or a refund of around \$500; calculate self-employment taxes for those who have self-employment income in addition to wages; automatically calculate the taxable portion of any Social Security benefits. A direct link to the online estimator is available from the [Human Resources/Payroll](#) page of *The Pulse* under the "W2 Info" heading. The IRS urges everyone to do a paycheck checkup (go to www.irs.gov/paycheck-checkup) and review their withholding for 2019.

Thank You For Your Donations of Back-To-School Supplies!



Beth Gats, (left) Administrative Assistant, Food Services; and **Rita Gettings**, Manager, Hospital Reception/Valet Departments, are pictured with the school supplies that were recently donated by our staff. Thank you for your generosity!! The donated items will benefit the Exeter Chapter of [End 68 Hours of Hunger](#).

A heartfelt thank you to all staff who donated to our recent school supply drive to benefit the Exeter chapter of [End 68 Hours of Hunger](#). The local, not-for-profit program is an effort to confront the approximately 68 hours of hunger that some school children experience between the free lunch they receive at school on Friday afternoons and the free breakfast they receive at school on Monday mornings.

Each fall, they also request donations of school supplies to help local kids. This is the sixth year our organization has participated, and once again you stepped up to the plate! Due to your generosity, we collected 206 notebooks; 147 pencils; 123 folders; 123 boxes of crayons; 104 packages of colored pencils; 95 rulers; 94 pens; 83 containers of glue; 71 pencil cases; 62 backpacks; 62 packs of markers; 49 erasers; 48 pencil sharpeners; 43 packs of filler paper; 36 pairs of scissors; 22 highlighters; 12 binders; 11 packs of notecards; 6 containers of hand sanitizer; 5 rolls of tape; 2 calculators; and several other miscellaneous items. We appreciate your kindness!

New Hospital Disposal Bins Ensure Security of Confidential Documents

To ensure privacy and security of confidential documents when disposed of, Exeter Hospital's Environmental Services staff will be replacing current confidential trash bins with new locked bins. Some Hospital departments/units may receive one large secured bin, rather than several smaller ones. Please be sure to dispose of confidential documents accordingly.

If a confidential trash bin is located within a locked office that Environmental Services staff cannot access during their scheduled rounds, please call extension 6038 to request the bin be emptied. Locked bins may be left outside a locked office to be emptied ONLY if the office is within a secured area accessible via badge access.

Items placed in the new bins will not be retrievable; therefore, should be thought of as "securely destroyed." If a document is accidentally disposed of in a locked bin you will need to contact your Privacy Officer directly for assistance, or you may send an email to Privacy@ehr.org. Questions may be directed to **Marian Ganley** at ext 6957; **Rick Belschner** at ext 7556, or **Stacy Akers** at ext 6988.

DRIVER'S EDUCATION CLASS OPENINGS

Exeter Hospital's DriveAbility program has openings in its upcoming Driver's Education class. The class will meet at 4 Alumni Drive on Tuesdays & Thursdays, 6:00 p.m. to 8:00 p.m., from October 29 to December 19. Cost is \$700/student or \$600 for employees and children of employees. Please call 580-7927 to register.



**United in Wellness
Cancer Walk**

& Trick or Treat Trot 5K
& Creepy Crawler Fun Run **NEW TIME! 9:15 a.m.**



For event information visit unitedinwellness.org or call 603-580-6668

Part of the United in Wellness Road Race Series

Sunday, October 27, 2019 10:00 AM

Supporting The Center for Cancer Care at Exeter Hospital and our patients



Walk, Run, Create
a Team, Donate,
Fundraise, Volunteer -
YOU can make
a difference.

Costumes
Encouraged!

Register at runreg.com

Team Captains who register a team of three or more members by Friday, 9/6, that has raised at least \$250 will be placed into a raffle for an overnight stay at the Exeter Inn and dinner for two at Epoch Restaurant.

Congratulations to Samantha Cunha, PCU, Exeter Hospital, and Kathy Fisher, Center for Occupational & Employee Health, Exeter Hospital, who were the winners of the raffle for early team registrations!