

# Community HealthLink

For more information, visit [WeeksMedical.org](http://WeeksMedical.org)

Fall 2016

Community HealthLink is published two times a year by Weeks Medical Center.

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## Say Hello to Mike!

**There's a new chief in town and his name is Mike Lee. Lee is the new president of Weeks Medical Center. Lee replaces CEO Scott Howe, who recently retired after 22 years.**

Lee comes to Weeks from Adirondack Health in Saranac Lake, NY, where he served as chief human resource officer. His background is in healthcare strategic planning and management, budget creation, financial analysis, teambuilding, customer service, and quality assurance.

As president, Lee will manage the day-to-day operations of Weeks and its more than 300 employees. He will be responsible for ensuring patient care and maintaining the financial integrity of the hospital.

"Caring for the community is a culture I embrace," says Lee. "The Weeks staff and community are highly engaged. There's a commitment and sense of pride about the hospital. I look forward to guiding and supporting the team at Weeks. My goal is to build strong relationships with the staff and members of the community."

Lee says he plans to "listen and learn

and work collaboratively" as he begins his tenure. "My plan is to be open and transparent and inclusive. I want to work within the current culture and incorporate new business partners. It's also important that I help people look forward rather than in the rear-view mirror."

Part of looking forward is working as part of the team at North Country Healthcare, the affiliation of Weeks and three other North Country hospitals.

"Developing good relationships with the other hospitals to coordinate services and care delivery in the North Country will be a priority," says Lee. "We have to determine how to share resources for the community's benefit at all four hospitals."

Physician and nurse recruitment will also be a big part of his job. "I developed a successful recruitment program at Adirondack Health that I want to re-create for Weeks and North Country



**New Weeks President Mike Lee with his wife Florence Baker atop the Lookout Tower at Weeks State Park.**

Healthcare," Lee says. "I can also see us affiliating with schools to build a future workforce."

Lee grew up in Glens Falls, NY, and has a bachelor's degree in business economics from the State University of New York at Oneonta and a master's of business administration degree from Clarkson University in Potsdam, NY.

"I have spent nearly 30 years

dedicated to community health and am very excited to work with the Weeks and North Country Healthcare teams," Lee says. "I've always liked living in rural, smaller towns and being active in the community. I've already met a lot of local residents and I look forward to getting involved locally."

Welcome Mike!



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Weeks Medical Center is now on Facebook. Please visit and "like" our page @WeeksMedicalCenter

# Happenings

## Diabetes Support Group

The Diabetes Support Group meets on the third Tuesday of each month at 7 pm in the Weeks boardroom. Upcoming meetings will be held on September 20, October 18, and November 15. The group is free and open to anyone looking for information and support about diabetes care. The group also issues a free monthly newsletter with care advice and recipes. Call 603-788-4911 for information.

## Blood Pressure Clinic

A free monthly blood pressure clinic sponsored by Volunteer Services is held on the second Friday of each month at Passumpsic Savings Bank on 117 Main Street, Lancaster, from 11 am to 2 pm. Upcoming clinics will be held on October 14, November 11, December 9, and January 13.

## Ostomy Support Group

The Ostomy Support Group provides discussion and support for ostomate patients and their families. All are welcome. Sessions will be held at 6 pm

on Wednesday, September 28 and Wednesday, December 28 in the Weeks Medical Center boardroom. Ostomy nurse Kathy Shea will host each session.

For more information, visit [WeeksMedical.org/news-and-events](http://WeeksMedical.org/news-and-events)

## Getaway Café

At Weeks Medical Center

### Join Us at the Getaway

The Getaway Café at Weeks Medical Center is an ideal spot to grab a healthy and delicious meal. The café serves breakfast Monday through Friday from 7:30 to 9:15 am. Lunch is served seven days a week from 11:30 am to 1:15 pm. Dinner is available Monday through Friday from 5 to 6 pm. Daily specials, homemade soups, salad bar, and numerous sandwiches are on the menu. There's also a fruit, yogurt, and granola bar, and every Wednesday you can make your own sundae. Coffee, tea, and other beverages are always available. Make the Getaway your favorite spot.



## Saving a Million Hearts

Weeks Medical Center has been selected for a new national initiative to help reduce the risk of heart attack and stroke called the Million Hearts program. The goal is to decrease cardiovascular disease by assessing a patient's risk for heart attack or stroke and applying prevention interventions.

"We are pleased to participate in the Million Hearts initiative to reduce heart attacks and strokes," said Dr. Glenn Adams, Physicians Office Head of Service at Weeks Medical Center. "We are eager to work with our patients to help further reduce their risk of cardiovascular disease in this long-term study that will have nationwide impact."

One in three deaths are caused by heart attacks and strokes, resulting in over \$300 billion of healthcare costs each year. Currently, health care practitioners are paid to screen for blood pressure, cholesterol,

or other risk factors individually. In testing a new approach, Million Hearts practitioners will use a data-driven, predictive modeling approach to generate personalized risk scores and develop specific plans with patients to reduce the risk of having a heart attack or stroke.

Weeks will work with patients to identify the best approaches to reducing their risk of having a heart attack or stroke—for example, smoking cessation interventions, blood pressure management, or cholesterol-lowering drugs or aspirin—and will explain the benefits of each approach. Each patient will receive a personalized risk modification plan that will target specific risk factors. Weeks will be paid for reducing the absolute risk for heart disease or stroke among its high-risk patients.

The overall goal of Million Hearts is to prevent one million heart attacks and strokes nationwide by 2017. For more information on Million Hearts, visit: [millionhearts.hhs.gov](http://millionhearts.hhs.gov).



## We're Here for You!

**Whatever your health concern, Weeks can help you with expert care and treatment. Our medical professionals work with you in a personalized way, using the latest technology, to provide quality care. That's "Healthcare the Way It Should Be." That's the Weeks way.**

**Our many services include:**  
Primary Care/Family Medicine  
Emergency Department  
Allergy  
Behavioral Health  
Cardiology  
Diabetes Care  
Family Planning  
Laboratory Services

Oncology/Cancer Care  
Orthopedics  
Podiatry  
Radiology  
Rehabilitation  
Smoking Cessation  
Surgery  
Urology  
Wound Healing

**To schedule an appointment, call 603-788-5095**

Call before noon for same-day primary care appointments.

# Join Our Team: Great Work/Life Balance

Weeks is a great place to work and build a career. You can enjoy a comfortable life and work in a professional, positive, and innovative place with a welcoming, warm, family atmosphere.

Our staff comes to us from many places. Many are "locally grown." People who come to Weeks want to live here and are attracted to all the variety that the North Country offers. Our location, our friendly, more relaxed and less stuffy culture brings us good employees.

We also support our staff. We give our employees time to have both a life and a good job, too. We provide tuition assistance, which allows our staff to further

their training and accept positions with more responsibility. Our Growing Our Own program helps people pursue careers in nursing. We also offer a generous earned-time program, where staff accrue hours off to take time when they want. We feel it creates a great work/life balance.

To join our team, visit our job board at [Jobs.WeeksMedical.org](http://Jobs.WeeksMedical.org). We offer a variety of positions including administrative, medical technician, nursing, and medical staff. Come join us.



## First Aid Kit

Everyone should have a first aid kit at home or when traveling. Treating minor cuts, scrapes, bites, or burns immediately is essential to good health. But also make sure you keep emergency numbers for doctors, poison control, or other important contacts in your kit if more serious injuries occur. Call 911 immediately for more crucial or life-threatening injuries.

Weeks is now Fragrance Free. Please do not use fragrances when visiting any of our locations

## Staying Connected Is Good for Your Health

Social relationships keep your mental and physical health in peak condition and boost your immune system. They also lower your mortality risk. Studies show that adults who are more socially connected are healthier and live longer than people who lead more isolated lives. People with fewer or less active social contacts are at greater risk for cardiovascular disease, high blood pressure, cancer and delayed cancer recovery, slower wound healing, and mental health concerns.

While in-person communication is a key component to social connection, many of us today are choosing to be social online through email, blogs, and sites such as Facebook. And as social media becomes more common in our daily lives, it's clear that it also provides some health benefits. Social media encourages health and well-being in four key areas:

**Social media helps social interaction.** Social media can strengthen existing friendships and develop new relationships, and is especially helpful for people who are more isolated or living with illness or disability.

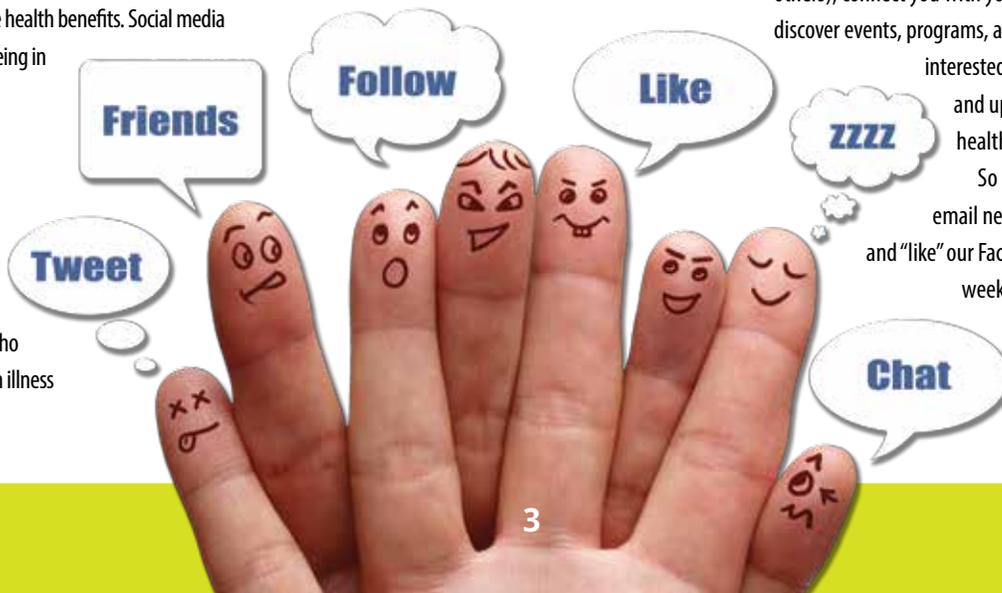
**Social media builds community.** Facebook and other content-sharing sites connect people with shared interests, provide a valuable source of support, and can help us cope in difficult situations.

**Social media encourages help-seeking behavior.** People reluctant to seek help or talk about difficult situations, such as health concerns, often use online resources for advice and information since it is less threatening.

**Social media promotes healthy lifestyle changes.** Many people use social media as a motivational tool to help them achieve health goals such as quitting smoking or losing weight. Sharing this information online provides feedback and a network of support and encourages healthier living.

For these reasons, Weeks Medical Center provides health resources via our monthly email newsletter and our Facebook page. They contain regular posts on hospital and community events, medical services, health information, and the hospital and medical staff. Our goals are to share news and information with you (and let you share it with others); connect you with your community; help you discover events, programs, and services you might be interested in; and keep you informed and up-to-date about the latest healthcare information.

So be social. Sign up for our email newsletter at [WeeksMedical.org](http://WeeksMedical.org) and "like" our Facebook page at [Facebook.com/weeksmidicalcenter](http://Facebook.com/weeksmidicalcenter). It's good for your health.



# Hey... What's New?

## Expanded Ortho Services

Orthopedic surgeon Paul Kamins, MD, is now seeing patients at Upper Connecticut Valley Hospital in Colebrook as well as at Weeks Medical Center in Lancaster. Also joining the team is orthopedic physician assistant Jessica Lorenz-Armstrong. They provide treatment for shoulder, elbow, wrist, hand, knee, hip, ankle, and foot problems; total joint replacement; arthroscopic surgery; and sports medicine.

## New Family Practice Doctor

Primary care provider Genevieve Kelley, MD, is now accepting new patients at the Whitefield Physicians Office. Dr. Kelley offers treatment for illnesses and chronic medical conditions and specializes in preventive medicine and health education for the entire family.

## Urology Care

Urologist Jennifer Lucas, MD, is now seeing pediatric and adult patients at Weeks Lancaster Physicians Office. She treats urinary tract infections, incontinence, bladder or prostate cancer, erectile dysfunction, kidney stones, and vasectomy.

Call 603-788-5095 for appointments.

## The Best Ways to Contact Us

### Appointments

Physician & Provider 603-788-5095  
 Cardiology 603-788-5206  
 Orthopedics 603-788-5260  
 Wound Care 603-788-5625

### RX Refills by Physician Office

Groveton 603-788-5040  
 Lancaster 603-788-5076  
 Whitefield 603-788-5232  
 North Strafford 603-788-5040

### General Information

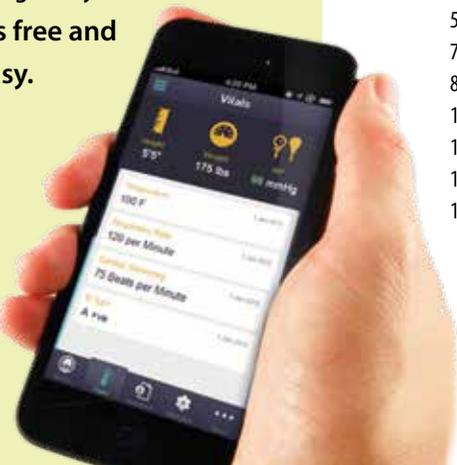
603-788-4911 or 888-779-3529

[WeeksMedical.org](http://WeeksMedical.org)

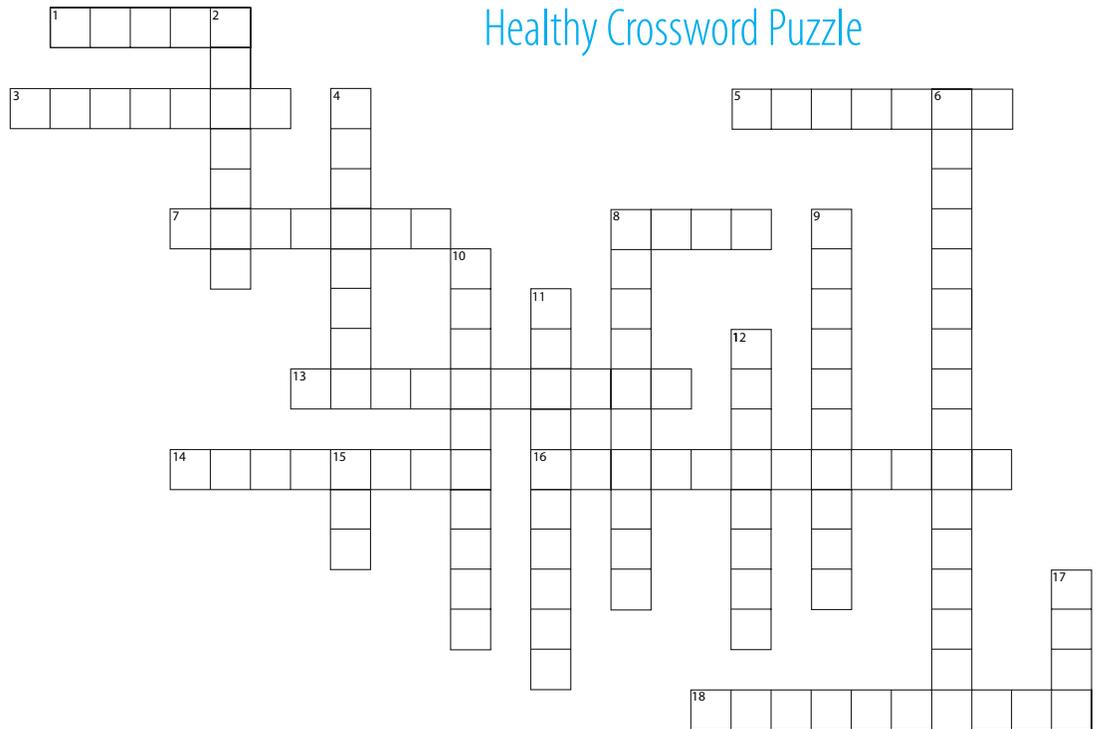
173 Middle Street, Lancaster, NH 03584

## Portal Up!

Did you know you can access all your health information in the palm of your hand via the Weeks patient portal? From your phone, tablet, or desktop you can see your medications list, vaccine record, lab results, and records from doctor visits. You can even request prescription refills and schedule appointments. Sign up today at [WeeksMedical.org](http://WeeksMedical.org) or download the Healow app from the App Store or Google Play. It's free and easy.



## Healthy Crossword Puzzle



### ACROSS

- 1 New Hampshire State flower
- 3 Fruit high in potassium (pl.)
- 5 Another name for sugar
- 7 "Wound \_\_\_\_\_ Center"
- 8 "The Getaway \_\_\_\_\_"
- 13 "\_\_\_\_\_ Chamber"
- 14 Disease related to lack of insulin
- 16 How Weeks connects with doctors in other hospitals
- 18 Branch of medicine dealing with children and their diseases

### DOWN

- 2 "Hyperbaric \_\_\_\_\_"
- 4 Specialty medical practice devoted to feet
- 6 Device used to measure blood pressure
- 8 Branch of medicine that deals with diseases and abnormalities of the heart
- 9 One of the Weeks satellite offices
- 10 Use of sound waves to image internal organs
- 11 Name of this newsletter
- 12 "Like us on \_\_\_\_\_"
- 15 Emergency Medical Technician (abbr.)
- 17 County Weeks Medical Center is located in

Answers: [WeeksMedical.org/puzzle](http://WeeksMedical.org/puzzle)