What’s New @ Weeks Medical Center

All things just keep getting better, especially at Weeks Medical Center. The new year has brought a wealth of new medical providers into our community. These new providers are bringing new expertise and care to our primary care, behavioral health, and hospitalist teams.

MEET OUR NEW PROVIDERS

SUSY ASTUTO, APRN
HOSPITALIST
Susy grew up in Florida and studied at the University of Florida. She works with patients in the hospital to make sure they receive proper treatment as well as continuity of care with their surgeon or primary care provider.

LINDSEY FOSS, PA-C
PRIMARY CARE/HOSPICE CARE
Lindsey is a North Country native from Lunenburg, VT, with a degree from Quinnipiac University. She is accepting new patients at the Groveton Physicians Office and also works as a provider for North Country Home Health and Hospice Agency.

JENNIFER HAGEN, LCMHC
BEHAVIORAL HEALTH
Jennifer’s specialties include mindfulness, cognitive and dialectical behavior, drug and alcohol counseling, substance use disorders, adolescents, sexuality and LGBT issues, trauma, safety assessments, and crisis prevention. She sees patients at the Lancaster and Whitefield Physicians Offices.

GREG LAMM, LICSW
BEHAVIORAL HEALTH
Greg specializes in counseling psychology, which includes assessment, diagnosis, treatment (psychotherapy and counseling), client-centered advocacy, consultation, evaluation, and prevention of mental illness and emotional or behavioral disturbances.

LYDIA MCKENZIE, PMHNP
BEHAVIORAL HEALTH
Lydia specializes in addiction and psychiatric/mental health treatments. She has both a doctor of nursing practice degree and a psychiatric and mental health nurse practitioner degree. She also holds degrees in criminal justice and a bachelor of science in nursing. She sees patients in Lancaster.

JANET WILSON, APRN
PRIMARY CARE
Janet is a board-certified family medicine provider who sees both children and adults at the Saturday Acute Care Clinic at Weeks Medical. No appointment necessary for all minor illnesses.

For more information on selecting a primary care provider or accessing behavioral health services, call 603-788-5095 or visit WeeksMedical.org/staff
Shop at AmazonSmile and Donate to Weeks

Weeks Medical Center is now registered with AmazonSmile. When you purchase at AmazonSmile, Amazon will donate 0.5% of eligible purchases to Weeks Medical Center—at no cost to you. AmazonSmile is the same Amazon you know and trust. All you have to do is register Weeks as your charity of choice by logging in to Smile.Amazon.com.

Weeks received $3,745 from the AmazonSmile program in the first quarter of 2019!

Simply the Best @ Weeks

Primary Care providers John Ford, MD, Sonya Gilbert, PA-C, and Christopher Laurent, APRN, were just named as Best Medical Providers Coos County in the Caledonian Record’s Best of the North Country magazine reader survey. The Weeks team took the top 3 spots in the annual report.

At Weeks, we promote growth opportunities for our employees.

Weeks offers healthcare professionals an environment surrounded by highly skilled physicians and state-of-the-art technology. We are looking for employees who still believe in providing the personalized care of a community hospital, while taking advantage of the resources and stability of a more-established medical group.

Our service standards are lived out by every member of the Weeks team and are the pillars by which we live. Our location and our friendly, more relaxed and less stuffy culture bring out the best in our team.

We give our employees time to have both a life and a good job. We provide tuition assistance for training and job growth. Our Growing Our Own program helps people pursue nursing careers. We offer a generous earned-time program for time off. Positions include administrative, medical assisting, nursing, and medical staff.

To join our team, visit our job board at WeeksMedical.org/jobs

Total Care @ Weeks

We’re Here to Meet All Your Healthcare Needs. Our services include:

- Acupuncture
- Acute Care Clinic
- Allergy Care
- Asthma & Lung Care
- Bone & Joint Care
- Cancer Care
- Child Development
- Diabetes Care
- Emergency Care
- Family Medicine
- Foot Care
- General Surgery
- Heart Care
- Imaging Technology
- Internal Medicine
- Kid Care
- Lab Services
- Mental Health
- Physical Therapy
- Primary Care
- Respiratory Therapy
- Speech Therapy
- Substance Use Treatment
- Urology
- Women’s Health
- Wound Healing

Weeks is the center of care for the North Country.

To schedule an appointment, call 603-788-5095

Same Day Appointments
Call 603-788-5095 before noon for same day primary care appointments.
Like Us on Facebook

Please visit our Facebook page and “like” us to receive late-breaking news and details about the hospital, our providers and services, and our community—along with plenty of fun and interesting information you can use. Check us out at Facebook.com/WeeksMedicalCenter.

Diabetes Support Group

Come have a cup of coffee or tea and a diabetic-friendly dessert with us! Each Diabetes Support Group meeting includes speakers such as healthcare providers, holistic approach practitioners, and fellow community members who discuss diabetic care and support. We also have a special focus on nutrition and how to take control of your health. And it’s FREE! The conversation is light, lively, and fun. Meetings are the third Tuesday of each month at 7pm at the Weeks Medical Center Boardroom. Come join us. Call Kelsey at 603-788-5055 x 4157 for information.

Say Hello to Thomas Mee

North Country Healthcare has a new chief executive officer, Thomas Mee. Mee comes to NCH with more than 30 years in healthcare administration and holds a bachelor of science degree in nursing and an MBA in finance. In 2017, he was named healthcare leader of the year by the Michigan Hospital Association. Prior to joining NCH, Mee served as CEO of McLaren Health Care in Flint, Michigan. Welcome to the North Country.

Alcoholics Anonymous Meetings

Alcoholics Anonymous meetings are held every Wednesday at 7pm and every Sunday at 9:30am in the 3rd Floor conference room at Weeks Medical Center. Free and open to all. Call 603-788-4911 for information.

Building Campaign

The new Lancaster Patient Care Center at Weeks Medical Center is currently under construction. We hope to have the building complete by year end. The new center will improve our primary care services and provide space for expanded specialty services. It will benefit our entire community.

Construction of the building, however, isn’t cheap, and we need your help to make it happen. Our $4 million campaign is underway. To date, we’ve raised about $1.8 million. Please make a generous donation of any amount to help us reach our goal. Your support is crucial to our mission of keeping high-quality healthcare close to home. For more information and to make a donation, visit WeeksMedical.org/BuildingCampaign.

Events Calendar

For a complete listing of groups and events visit WeeksMedical.org/Events

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Thomas Mee visited with the staff of Weeks Medical Center in early March to discuss his vision for North Country Healthcare. Pictured with Mr. Mee are Margo Cliche, Beverly Kenison, Brenda Fontaine, Kathy St. Onge, Helen Driscoll, and Kaitlyn Colby.
“Nurses treat the whole patient,” says Jennifer Bach-Guss, chief nursing officer at Weeks Medical Center. “We focus on the overall wellness of a patient. We want our patients to feel well cared for and lead a healthy life.”

As the new head of nursing at Weeks, Bach-Guss is working closely with her nurses and the entire medical staff to bring new appreciation and training to her team. “We have to allow our nurses to work to their highest level, for their own benefit and that of the patient,” Bach-Guss says. “My goal is to provide our nurses with regular continuing education to keep them at the forefront of change. It keeps our profession moving forward and gives our patients better care.”

Bach-Guss believes in training and providing opportunities for nurses to work their way up. “My goal is to constantly encourage our nurses to seek higher training and getting advanced certifications,” she says. “Sometimes I have to go out and find those opportunities, but it’s something that needs to be done to keep our quality high.” As an example, Bach-Guss mentions a med/surg nurse who recently completed a critical care orientation program at Catholic Medical Center in Manchester. “This nurse now has the enhanced skills to treat more critically ill people here at Weeks, and her new training brings higher quality care to the North Country,” she says.

“Keeping nurses engaged is key,” Bach-Guss says. “It’s important to help nurses explore their interests and be part of a team and a community of care. They need to know they are making a difference in people’s lives.”

Bach-Guss is also working to build new programs that help the community. “Currently we’re trying to find solutions for the behavioral health opioid crisis in our region. It’s a tough project, but we’re researching what more can be done,” she says.

She’s also working with her counterparts at other North Country Healthcare hospitals to recruit new nurses to the region. “We have nurse openings at every level. We’re looking for people who want to serve a rural community, and who want to be part of a close knit group of professionals. In many ways we’re like a family,” Bach-Guss says.

Blood Pressure Check

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 11am to 2pm.

Golf Scramble

The 30th annual Weeks Golf Scramble will be held on Saturday, June 1 at the Maplewood Golf Course in Bethlehem, NH. Sponsored by the Weeks Medical Center Auxiliary, all proceeds from the tournament will be used to support Weeks Medical Center.

The format of the tournament allows for all golf abilities to compete in assigned flights. Golfers can also participate in many contests, raffles, and an auction with chances to win great prizes. A buffet lunch follows the golf scramble.

- For sign-up information and questions, please call Volunteer Services at 603-788-5023 or 603-788-5221.
- Deadline for sponsors and early bird registration is May 17.
- Deadline for registrations (and a guaranteed golf cart) is May 24.
You may need rehab if you lost abilities or daily function due to illness, accident, stroke, infection, surgery, chronic pain, or side effects from medical treatments.

Rehab services include:
- Physical therapy
- Occupational therapy
- Speech therapy
- Cardiac rehab, after heart attack, bypass surgery, and other cardiac-related issues.

Specialty rehab services include:
- Home Safety Evaluations: A therapist visits the home to assess it for safety and instructs on fall prevention.
- Matter of Balance Program teaches how to control and reduce the risk for falls, set goals for increasing activity, and promotes strength, flexibility, and balance.
- Lymphedema Management: Education and treatment to help patients manage swelling and become more independent.
- Skilled Nursing: Rehab therapy for patients in the hospital so they can be discharged home.
- Sports Medicine: Our new BioDex Balance System provides baseline concussion evaluations and treatment for athletes and any patient who might have challenges with balance, a history of falling, or recovering from a concussion or orthopedic injury.

Our goal is wellness
Weeks has four occupational therapists, one who is a certified hand therapist; four physical therapists, one who is an athletic trainer and two who are certified in lymphedema management.

What’s Cooking?

A brand new chef has set up his kitchen at the Getaway Cafe at Weeks. The savory aromas and delicious treats of Chef Kader Temkkit are now everywhere on the menu. The French-born chef hails from Corsica and spent more than 20 years working in hotels in Miami and Chicago and eventually both the Balsams and Mount Washington hotels.

“I have a passion for food, and I want the Getaway Cafe to be the place for people to enjoy delicious and healthy meals,” Temkkit says. “I’m curious to try new things and bring new tastes and food trends to our menu along with a variety of favorites. People want more variety today, more healthy options, and we’re bringing those daily to the Getaway.”

Temkkit said his overall goal is to bring fresher, all organic foods with more flavors to the menu. He’s currently sourcing all his vegetables locally and asking patrons for “wish-list food items” they’d like added to the menu. He’s also excited about a new oven, just installed, that will allow for more baking in the kitchen. Temkkit is a trained pastry chef.

Hospital inpatients also will be seeing a change in the way their food is delivered. New inpatient room service will allow patients to order a hot and fresh meal when they want it rather than at specified times.

“We make everything from scratch,” Temkkit says. “Our quality, healthy food is good for you, and a real bargain. You can’t beat the cost of our meals.” (Most meals are $5.) “We have fish options, vegetarian options, a soup and sandwich bar, and always two daily specials. I want the Getaway Cafe to be viewed as a restaurant, not just a cafeteria. It should be an experience for visitors and a respite for the staff. I want to see the whole community visit us and enjoy a meal at the cafe.”
MAT Program Is a Success

Weeks Medical Center offers a Medication Assisted Treatment (MAT) program for current patients with a substance use disorder. The program combines an integrated behavioral health plan with medication resulting in customized care plans for patients actively seeking to end their opioid dependence.

The MAT program is led by Weeks behavioral therapists Shawna Delworth, MLADC, LCMHC, and Jennifer Hagen, LCMHC, medical director Lars Nielson, MD, and primary care provider Chris Laurent, APRN. The treatment program is designed for patients who have a strong desire to stop their drug use, which originated from prescription pain medications. Patients are carefully screened and selected to participate in the program.

For more information, please contact Laurie Collins, MAT behavioral health team leader, at 603-788-5390.

Just Walk In

Acute Care Clinic Now Open

Sick on a Saturday? No more worries. Weeks now offers an Acute Care Clinic every Saturday from 9am to 1pm at the hospital. The clinic is open to treat minor illnesses and injuries (non-emergencies) and functions similar to a regular primary care visit.

Make an appointment by calling 603-788-5095 or just walk in.

Healthy Crossword Puzzle

ACROSS
3 Bed Program
6 New Weeks Hospitalist last name
8 Donate through Amazon_____
11 A Weeks satellite office
12 Sneeze or itch
13 Lancaster ________ Care Center
15 High blood pressure
16 A prostate doctor
17 New Nursing Director first name
18 Get your test results in the Patient ______
19 Acute Care Clinic open on

DOWN
1 The start of a building
2 Favorite nurse’s footwear
4 Medicare ________ Visit
5 Used to treat diabetes
7 Therapy to improve function
9 ________ Care Provider
10 A person that draws blood
14 Alternative pain treatment

Answers: WeeksMedical.org/puzzle

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
173 Middle Street, Lancaster, NH 03584

Come See What’s New

You’re Invited to WEEKS ANNUAL MEETING
Employee Recognition Awards
Friday, May 10, 2019, 5pm
Mountain View Grand Hotel, Whitefield
RSVP Required @ 603-788-5026