



The Mobile Health Clinic in action. ▲

ST. JOSEPH HOSPITAL
A Member of Covenant Health

Commit to get FIT

5K-10K
Walking Strides for Healthy Minds
Mine Falls Park

September 19th 9:00am

WALK
RUN
CHEER or
VOLUNTEER

stjosephhospital.com/Commit2GetFit

The Mobile Health Clinic Is On A Roll!

Thanks to donors like you, St. Joseph Hospital’s Mobile Health Clinic has been out on the streets of Greater Nashua making a difference in our community. The goal of the mobile unit is to break down barriers to health care access, allowing us to build trust in our community by meeting people where they are. The clinic provides primary and preventive care to some of our most high-risk and vulnerable populations, along with education to help patients better manage their own health.

“Our goal is to serve the underserved and underinsured in our community,” says Deepak Vatti, MD, chief of emergency medicine at Saint Joseph Hospital.

Walking into the clinic, you feel as if you’ve just stepped into your doctor’s office. There is a full medical exam room in the front, a registration area where a medical assistant takes each patient’s vitals and health history, and a third room for exams or dental care.

Already this year, your support has allowed us to:

- ◆ Offer a biweekly rollup clinic at Elm Street Middle School in Nashua, where the city offered COVID-19 and flu vaccinations.

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- ◆ Partner with the Café Agape soup kitchen once a month to serve men in our community without permanent housing
- ◆ Visit our elderly neighbors at local senior centers and St. Patrick’s Church three times a month to offer preventive screenings, educational information and good company
- ◆ Administer cash-pay physicals to uninsured YMCA campers
- ◆ Offer our first-ever drive-through dental screening with our new partner, **Dental Connection**

This busy schedule is all thanks to the donors who made our Mobile Health Clinic possible and the volunteer providers and graduate students from Rivier University who staff it. Someday soon, we hope to hire full-time and per diem nurse practitioners to bring the clinic into our community more often than ever before!

Will you help us keep rolling forward? Your gift to the Mobile Health Clinic helps us meet people where they’re most comfortable — in their neighborhoods. Use the enclosed envelope to send your gift or donate online at stjosephhospital.com/give.

The Mobile Health Clinic hits Main Street, downtown Nashua. ▼



New WellnessFirst Program Makes Employer-Based Health Care Easier For Everyone

Employers that offer health insurance benefits know how much employees value the protection they provide — they want their employees to feel confident and informed about their insurance plans and what they offer. But sometimes, navigating health insurance benefits, copays, provider networks and other details can be confusing, particularly for new employees or those entering the workforce for the first time. Oddly enough, some of the key benefits that may have enticed a new hire during the recruitment process can get overlooked later on. Lives become busier, priorities shift, and the preventive and general health care services so critical to total health and wellness take a back seat.

That’s why St. Joseph Hospital is proud to be the first hospital in New England to offer **WellnessFirst**, a unique service that is reimagining employer-based health care services. Committed to restoring health in a post-pandemic world, St. Joseph Hospital understands that those who work and support us are vital to a healthy community. **WellnessFirst is the natural next step in our mission to ensure everyone in our community has access to compassionate medical care that serves the whole person — body, mind and spirit.** There is no better way to be a community-minded hospital than to offer our local businesses and community partners the expertise they need (and perhaps services they didn’t realize were available) to help their employees confidently navigate their medical insurance benefits.

WellnessFirst is a complimentary service offered to local employers designed to help them with the health benefits and wellness programs their employees depend on. We understand the hectic daily demands of HR managers, safety

and health managers, and others who oversee employee workplace health and safety. With our expertise in the field of health care, we can help relieve some of that pressure! Through this customizable program, we can help support the needs that employees have already identified or help employers survey team members to find the perfect fit.

When an employer partners with our **WellnessFirst** service, we will work with employers to completely understand their company's employee benefits program and determine what is critical to their employee health needs.

Then, when an employee calls our **24/7, 365-days-a-year concierge service**, we will have the answers they need. We can locate and schedule an appointment with a primary care provider, specialty care provider or occupational health clinic. Our concierge service also schedules and facilitates pre-hire physicals and drug testing, and any workplace injuries and worker's compensation claims filed in the event of an injury. Essentially, our concierge service is a behind-the-scenes work hub that routes employer-based health care from start to finish.

Another important part of the **WellnessFirst** program is employee education. We can help employees understand the full scope of their health benefits, including services such as employee assistance programs and wellness dollars that could support their mental health and physical well-being. We also can bring our mobile health clinic on-site, present an education series on multiple health topics, plan health fairs, provide flu shots and more! We can support an employer's ongoing wellness program or help a company start one!

We all recognize that a healthier workforce helps reduce employee absenteeism, lowers insurance claim costs and promotes employee satisfaction.

Our current partners — **Anheuser Busch, Hollis Transportation, Merrimack Fire Department, Rivier University** and the **YMCA** — know it works and we're proud to serve them.

To learn more about the **WellnessFirst** program, please contact [**WellnessFirst@sjhn.org**](mailto:WellnessFirst@sjhn.org).

An Angel Among Us: Giving the Gift of Life



A patient who passed away suddenly this past spring was able to save the lives of four other individuals through organ donation. This selfless act was the first organ donation at St. Joseph Hospital in over seven years. In honor of this momentous gift, Michele Camara, ICU clinical nurse manager, and her team organized an Honor Walk and flag-raising ceremony.

In this beautiful ceremony, a **Donate Life** Flag was brought to half-mast while bagpipes played. The next morning, the patient's 18-year-old son, David, joined by members of his extended family, came to the hospital to participate in an **Honor Walk** from the ICU where the patient passed to the operating room where the organs were preserved for their new, lifesaving purpose. The hallway was lined with staff from throughout the hospital honoring the patient's final gift with silent reflection and prayer. The walk culminated with the playing of Sarah McLachlan's "Angel."

One of David's requests was that the ceremony be filmed and shared with others as a tribute to his mom. You can view it online at bit.ly/SJNHonorWalk.

For organ donors and their families, there is great comfort and purpose when one person's life continues through a gift that saves the lives of others. To become an organ donor, sign up online or at your local DMV at [**donatelifenewengland.org/register**](http://donatelifenewengland.org/register).



We've Got Spirit ... Yes, We Do: Cheers For Our Health Care Heroes!

St. Joseph Hospital health care workers are heroes in our community who deserve to be celebrated for their hard work and dedication. And this year they were, giving us lots of reasons to cheer!

In February, eight of our doctors were recognized by New Hampshire Magazine as 2021 Top Docs! Congratulations to:

- Robert Levine, MD (Endocrinology)**
- Christopher Daigle, MD (Pulmonary Medicine)**
- Donald McDonah, MD (Palliative Medicine)**
- Mark Conway, MD (Obstetrics & Gynecology)**
- Kelly MacMillan, MD (Obstetrics & Gynecology)**
- Donald Reape, MD (Internal Medicine)**
- Mikhail Signalov, DO (Endocrinology)**
- Kevin Pho, MD (Internal Medicine)**

We are so proud of them!

In May, we celebrated Nurses' Week by recognizing the many skilled and dedicated nurses who keep our community healthy. The **Nursing Rewards and Recognition Committee** received many nominations and selected winners who exemplify the qualities of nursing at St. Joseph Hospital.

Congratulations to the following nurses who received an award this year:

Exemplary Nurse Excellence Award: Declan McGrath, LPN (Family Medicine & Specialty Services, Hudson)

Friends of Nursing Award: Tina Prior, CMA (Family Medicine & Specialty Services, South Nashua)

Nurse Mentor Award: Jenny Smith, APRN (Family Medicine & Specialty Services, Milford)

Claudette Mahar Lifetime Achievement Award: Wanda Cantrell, RN, BSN, CRNN (St. Joseph Hospital, 4South)

LNA Caring Heart Award: Sara Jutras, LNA (ICU)

Professional Nursing Development Award: Nicole Snow, NA (Care Coordination)

Nursing Scholarship Winners: Christina Greene, RN, BSN (Diagnostic Cardiology); Kailynd Biggar, RN (St. Joseph Hospital, 3South); and Hailee Neeper, LNA (St. Joseph Hospital, 3South)

Of special note, the Emergency Department's nursing team was presented with the 2021 Best Nursing Team Award! This honor recognizes a team of nurses that collectively and collaboratively demonstrate the skills, expertise and personal attributes that contribute to the delivery of outstanding patient care.

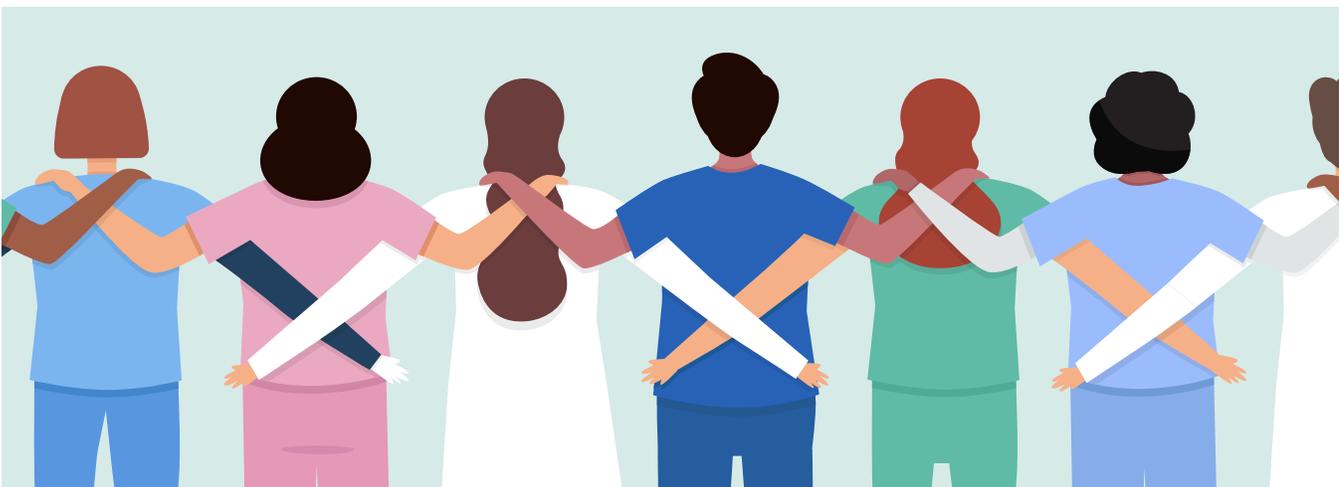
♥ St. Joe's nurses celebrate National Nurses Week.



“Although we are busy and moving at a fast pace, we still keep our mission and the values of our hospital. We are the unsung heroes of the hospital and pleased to be here every day,” says Olivia Babala, RN-ED.

Who is your top doctor, nurse or health care hero? It’s never too late to recognize the impact these professionals have had on your life or health.

When you make a donation to recognize your favorite health care provider, we’ll gladly let them know you made a gift in their honor and pass along any message of support you include. Use the enclosed donation envelope to make your gift today or give online at stjosephhospital.com/give. **Thank you for cheering with us!**



Celebrate With Us! This Year's Inaugural Peter B. Davis Commit to Get Fit to Benefit the Senior Behavioral Health Unit

Caring for our elders is something we can all rally behind! That's why the **Senior Behavioral Health Unit** will be the beneficiary of this year's new **Peter B. Davis Commit to Get Fit** event! This **run/walk 5K/10K** will encourage racers to commit to their own health and fitness while supporting the health of their community through their registration fees and fundraising efforts.

In June, we officially celebrated the December opening of the new **Senior Behavioral Health Unit**. The goal of this unit is to enhance the quality of life for elders in our community with behavioral illness and to help their caretakers address the mental health issues that adversely impact elders' lives.

"In the state of New Hampshire alone, there are approximately 140,000 residents over the age of 65, and 30,000 elders living with Alzheimer-dementia," noted Maria Jackson, MSW, LICSW program director, Senior Behavioral Health, at the ribbon-cutting ceremony. *"Another 37,000 elders are living with depression or other mental illness.*

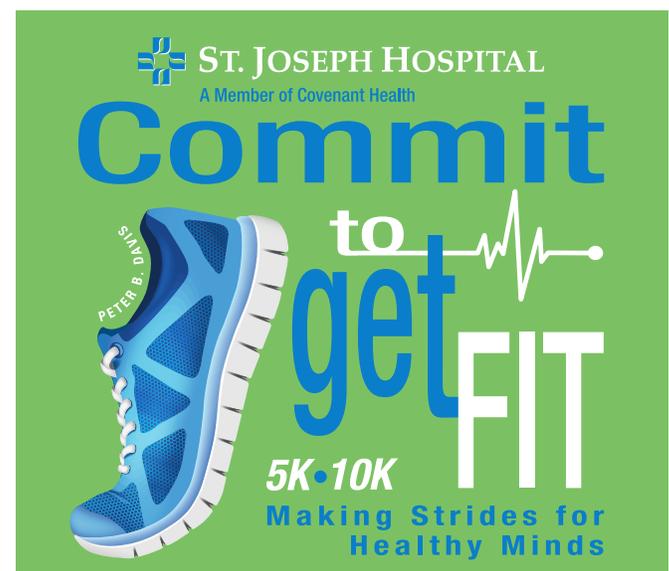
Not all of these people will require our care, but the numbers speak volumes to the need in Southern New Hampshire. St. Joseph Hospital recognized this need for mental health care and beds for senior inpatient care and responded by building, in record time, our beautiful 24-bed mental health unit," she added.

"When we are taking care of individuals with mental health needs and we need help caring for them, we need to ask for that help. And that's what this unit really allows people to do," said Katja Fox of the New Hampshire Division of Health and Human Services.

"It allows mental health care to be addressed at the right place, at the right time, right here in greater Nashua."

All race dollars will go toward the future expansion of this already busy unit. *"Even as we expand the number of people we can serve in the psychiatric unit, so too does the population growth of elders living with mental illness who may require our services in the years to come,"* explains Maria Jackson, MD. *"St. Joe's, ever ready to respond to this need, will look to expand our unit to 28 beds in the near future to better serve this ever-growing population."*

You can help St. Joseph Hospital continue to provide compassionate care to elders in Nashua and surrounding communities! There's still time to sign up, celebrate with us or donate to a racer. <https://runsignup.com/Race/NH/Nashua/PeterBDavisCommittoGetFit>



Senior Behavioral Health Unit ribbon-cutting ceremony.



Senior Behavioral Health Unit ribbon-cutting ceremony.





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