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Mission Impossible Team Preps for the Possible with "Couch to 5K" Training

Team Mission Impossible is working hard to make participating in St Joseph Hospital's second annual *Commit to Get Fit* 5K possible for all of its team members. Rosemary Ford, system director of interpreter services and the Mobile Health Clinic at St. Joseph Hospital, is the team leader. Her infectious energy and positive attitude have inspired many colleagues striving to complete the goal to run their first-ever 5K – or get back in shape after a long hiatus from running.

"We all have different abilities and ideas of what fitness means to us," shares Rosemary. "The *Commit to Get Fit* 5K offers everyone the opportunity to participate because you can walk or run, it's an inclusive approach. It also provides a positive space for people to meet each other, collaborate or enjoy a little friendly competition. This event encourages bonding as colleagues and with our greater community."

Rosemary will host a six-week "Couch to 5K" readiness program which is open to all St. Joseph Hospital employees. The easy-to-follow program allows people to gradually improve their stamina by steadily increasing the time they spend running over walking. "If you have never ran a 5k before or are looking for a fun, motivational way to get your running sneakers back to pounding the pavement, then the couch to 5k training series is for you!" explains Rosemary.

What are you doing to commit to get fit this year? There's still time to register to run or walk this year's 5K at Mine Falls Park in Nashua, on Sunday, October 2 beginning at 9 a.m. Visit stjosephhospital.com/commit to sign up today!

Two Easy Ways to Stay Connected with Your Health Care Provider

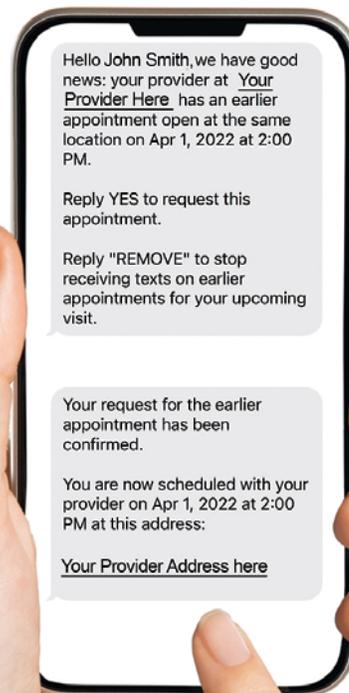
At St. Joseph Hospital, we want to make it as easy as possible to stay in touch with your health care providers. This ensures your experience is better in the moment while also helping to strengthen your relationship with your provider. We're excited to share two options, including a brand-new way, to help you stay connected.

1. New! You can now easily confirm, reschedule or cancel your medical appointments through text, email, or voice confirmations and reminders. You may also receive a notification if an earlier appointment becomes available.

Texts or phone calls will come from a (603) New Hampshire area code to the phone number we have on record for you. You may opt-out at any time from future messages by replying STOP to the text or voice message. You may also unsubscribe from email messages by clicking the unsubscribe link in any message you receive. To opt back into text messages, respond START to a text message, or call our office. This upgraded experience will allow you to efficiently receive notifications from your health care team.

2. Sign up to use MyChart, an electronic medical records system, if you haven't already done so. With MyChart, you can safely access portions of your patient medical record, request an appointment, send secure messages to your provider and care team, request medication refills and view select lab and test results – all from the convenience of your smartphone or computer. And best of all, there is no fee to use MyChart — it is a free service for all St. Joseph Hospital patients.

Learn more about MyChart at stjosephhospital.com/mychart





“You are definitely the ‘Best of the Best.’ Thank you for taking good care of me. I appreciate all that you do.”

Donors Honor Doctors on National Doctors’ Day

This year we asked our patients and community members to consider making a gift to St. Joseph Hospital in honor of a doctor who made a difference in their lives – and you certainly answered the call! On National Doctors’ Day, we distributed all your notes to the many doctors you honored.

“I am so grateful to be a patient of Dr. Voltz for more than 20 years. I really believe she has kept me alive with her positive attitude and kindness.

”You are not only my doctor, but also a friend. Celebrate Doctors Day!”

“Happy Doctors Day! Thank you for being a great doctor and an extra ordinary human being! You have played such an important role in my life and I am forever thankful! God Bless you!”

In appreciation of your care and commitment 

DOCTOR’S NAME My Doctor

FROM Barbara P.

note: “I’m so glad you are my new oncologist. You really care about me and spend time to hear my concerns.”

NATIONAL DOCTORS’ DAY
March 30

Gratitude is the Best Medicine.

“The most important part of being a member of the 2S team is ensuring we’re always supporting each other ...”



Celebrating our Nurses

In May, St. Joseph Hospital celebrated Nurses Week by recognizing the best among us with our annual Nurses Week Awards. Congratulations to all those who were recognized!

Exemplary Nurse Excellence Award

Olivia Babala, BSN, RN, Emergency Department

Nurse Mentor Award

Anette Brannen, BSN, RNC-CPN, 2S Maternal Child Health

Inpatient Caring Heart Award

Sharon Choquette, LNA, 3N PCU

Outpatient Caring Heart Award

Wendy Contreras, LNA, Day Surgery

Inpatient Best Nursing Team Award

2S Maternal Child Health

The Maternal Child Health team is truly dedicated to our community. Recently, they worked to enhance the free bereavement program available to parents who have lost a child. They have their own community Facebook page, offer video tours of the unit and are active in community outreach. Each year, the team participates in the local March of Dimes event. “The most important part of being a member of the 2S team is ensuring we’re always supporting each other,” said the nominating employee. “We are active in supporting the hospital by donating funds, contributing time-off to staff in need and organizing meals for families who need a helping hand. We even organized a full Christmas for one of our deserving coworkers.”



**Outpatient Best Nursing Team Award
Cardiac Cath Lab**

The Cardiac Cath Lab team are true collaborators. Independent Cath Lab nurses provide care for up to 50 different types of patient procedures. Each procedure requires attention to detail, significant knowledge and practical experience. This team collaborates with all other nursing units, providers and other patient providers. "We are strong patient advocates and always keep each patient at the center of the care we provide," said the nominating employee.

**Professional Nursing Development Award
Pat Moysenko, MSN, RN-BC, NPD,
St. Joseph School of Nursing**

**Friend of Nursing Award
Rob Brooks, Facilities**

**Claudette Mahar Lifetime Achievement Award
Michelle Choinka, MSN, RN, COHN-S, CCM,
Employee Health**





Commit
to **GET FIT**
5K 2022

ST. JOSEPH HOSPITAL
A Member of Covenant Health

9TH ANNUAL!
Sunday, October 2
Mine Falls Park
Downtown Nashua



Commit to Get Fit in 2022!

Start training now and join us for a walk / run at our annual *Commit to Get Fit* 5K event. Whether it's your first 5K, a new annual tradition, or just a great way to get the family outside together, *Commit to Get Fit* is a great way to reach your goals in 2022.

Proceeds from race registrations, donations and sponsorships will benefit St. Joseph Hospital ventilator and critical care needs. Given our current challenges, acquiring additional ICU equipment and supplies remains a priority to ensure we provide the very best care to our patients.

Last year, 420 people took on the *Commit to Get Fit* challenge and ran or walked with us. This year, you can too!



Register online at stjosephhospital.com/commit. If you are interested in volunteering, please sign up.

stjosephhospital.com/commit

*St. Joseph's is grateful to the City of Nashua as well as our business sponsors, community partners and volunteers for collaborating with us to present *Commit to Get Fit* 2022.*

PRESENTING SPONSOR





St. Joseph Hospital Rated the Safest Hospital in Southern New Hampshire

St. Joseph Hospital is proud to announce we earned a “B” grade in the Spring 2022 Hospital Safety Grades report by The Leapfrog Group, an independent, nonprofit health care watchdog organization. This is the highest grade received among all hospitals in Southern New Hampshire – a stellar achievement!

St. Joseph continually works to improve the quality and safety our patients expect and receive. Improvements continue despite the many pressures associated with responding to the pandemic.

“This distinction, as the safest hospital in Southern New Hampshire, was achieved due to the dedication of every one of our staff members – from our physician, nursing and quality teams to our facilities and housekeeping staff,” said John Jurczyk, president of St. Joseph Hospital. “Thank you to everyone who worked so hard to make sure St. Joseph Hospital always does its best for our patients and community.”



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2ND ANNUAL!
Sunday, October 2
Mine Falls Park
Downtown Nashua

Contact Us

foundation@sjhnh.org

603.595.3104

By Mail

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Nashua, NH 03061

In Person

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Nashua, NH