

Core Physicians, Exeter Hospital and Rockingham VNA & Hospice hope you enjoy the latest edition of your **United in Wellness Newsletter**

- thank you for being part of our family!

Join us on **Sunday, April 9** at our inaugural United in Wellness Caring Hands Celebration. Learn more at [www.unitedinwellness.org](http://www.unitedinwellness.org).

#### DONOR THANK YOU

## Our Heartfelt Thank You

To honor the memory of her husband Tom and to help champion the mission of the hospital she's served for thirteen years, Kathy Flygare, Exeter Hospital's Senior Human Resources Partner, recently made a generous donation to two United in Wellness initiatives. Her major gift will be equally divided between two funds with missions that hold significant importance to Kathy: The Dr. Thomas P. Wharton, Jr. Fund for Cardiology and The Kathleen Schusler Fund for Nursing Education and Professional Development.

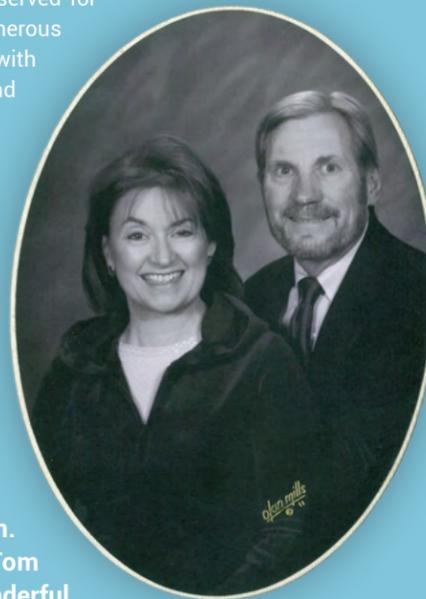
The Wharton Fund supports Dr. Thomas P. Wharton, Jr.'s commitment to the prevention of heart disease along with the continued provision of advanced interventional cardiac services within the local community. "I am a devoted advocate of the cardiac services here at Exeter Hospital," Kathy said. "My husband was well cared for in the Cath Lab and Cardiac Services, as well as by Core Cardiology."

Kathy is a member of the Schusler Fund scholarship committee, and sees firsthand how impactful Kathleen Schusler's legacy of unwavering passion for both caring for people and for continuing education is on scholarship recipients. Since the fund's inception in 2008, more than 60 scholarships have been awarded to recipients to advance both their careers in nursing and the care they provide to people in need.

**Kathy continued, "On March 30th I will retire from Exeter Hospital. I have loved my work here and am grateful to have finished my career with this outstanding organization. Because of this, I am giving a major gift to Exeter Hospital in memory of my husband Tom Flygare, who served as a board member from 2002-2004. And in kind, I am giving a wonderful gift to myself – the gift of giving."**

Exeter Hospital is deeply grateful for Kathy's outstanding generosity and commitment.

To join our family in becoming United in Wellness, please consider making a contribution to Exeter Hospital, Core Physicians, or Rockingham VNA & Hospice initiatives by visiting [unitedinwellness.org](http://unitedinwellness.org).



Pictured above:  
Kathy and Tom Flygare

If you wish to opt out of this mailing, email [advancement@ehr.org](mailto:advancement@ehr.org).

# UNITED IN WELLNESS

*Empowering the community  
to better its health.*

EXETER HOSPITAL • ROCKINGHAM VNA & HOSPICE • CORE PHYSICIANS



#### STORIES OF IMPACT

## Kites Against Cancer

*Benefitting Local Cancer Patients*



**On May 21, 2017, kites will once again fill the sky above Hampton Beach as friends and neighbors gather to honor and remember loved ones affected by cancer with a day at the beach.** A long-standing tradition now in its 9th year, Kites Against Cancer demonstrates our *United in Wellness* commitment to patients, their families and our community.

Kites Against Cancer kicks-off at 11:00 a.m. with Zumba®, followed by family-friendly activities, raffles, refreshments, music provided by Z107 and more. Proceeds from the event benefit The Beyond the Rainbow Fund at Exeter Hospital, founded in 2002 by former Exeter Hospital patient Anne-Marie Viviano, to help make an impact in the daily lives of local cancer patients.

This annual event holds a special place in Tammy Symons' heart. Her mother, who lost her battle with pancreatic cancer in 2010, loved Hampton Beach and requested her family attend Kites Against Cancer after her passing as a celebration of her life.

**In speaking about her mother, Tammy shares, "She had such a love for the beach and ocean – so being able to fly a kite in her memory at this event brings us great peace. We look forward to it every year and are happy to give back to patients at the hospital where my mom was treated."**

Special kites are available at the event, as well as at various Seacoast locations beginning in mid-April. With each minimum donation of \$10, participants will receive a complimentary kite. Participants are encouraged to decorate or personalize their kites in memory or honor of a loved one.

Through generous donations, Exeter Hospital's The Beyond the Rainbow Fund provides critical assistance with transportation, child care, prescription assistance, and even utility and fuel bills, making the fight against cancer a little easier. The fund also provides additional support focusing on improving patients' quality of life.

"We are so grateful to those who support Kites Against Cancer so we can continue to provide this valuable resource for many of our patients undergoing treatment," said Jane Peterson, director of radiation oncology for Exeter Hospital's Center for Cancer Care.

For additional information, visit [unitedinwellness.org](http://unitedinwellness.org).

#### KITES AGAINST CANCER

Sunday, May 21, 2017  
11:00 a.m. to 3:00 p.m.

Hampton Beach  
(near the Oceanfront Pavilion)

Thank you to our 2017  
Platinum Sponsor:  
Bank of New Hampshire

# Joint Replacement Innovation at Core Orthopedics

Thomas McGovern, MD, a joint replacement specialist with Core Physicians, has performed thousands of joint replacements in his career as an orthopedic surgeon. Dedicated to blending modern technology with compassionate care, he recently began using a transformative medical innovation for partial knee replacements made possible with the help of philanthropic contributions.

The new **MAKO robotic arm** allows for more precise and custom treatment of the joint, enabling Dr. McGovern to perform partial knee replacements instead of full knee replacements for appropriate patients, extending the life of the joint.

Most knee and hip replacement surgeries take place because of arthritis, in which deterioration of the cushioning in the joint leads to painful bone-on-bone contact. However, about 15 percent of patients only have arthritis in a small part of the joint and a full replacement may be unnecessary.

In these cases, a partial knee replacement could be done, but a partial knee replacement is more complex as the surgeon is only removing a part as opposed to the entire joint.

For a partial joint replacement, as with a full knee replacement, Dr. McGovern starts with a 3D CT scan to map out the joint to ensure a custom fit. Using the robotic arm for the surgery allows Dr. McGovern to be much more precise and does not allow the surgeon to go "outside the lines" of the mapped out boundaries of the part to be replaced.

**"When patients hear 'robotic surgery', they often imagine a robot is now doing the surgery," said Dr. McGovern. "In actuality, this MAKO robotic arm is a tool that I use during surgery to ensure greater accuracy and precision."**



Thomas McGovern, MD with the MAKO robotic arm

Through our investments in the latest technological advancements and world-class expertise, Exeter Hospital is committed to improving the health of our community. To learn more about Exeter Hospital's Innovation Fund and help support initiatives within the Center for Orthopedics & Movement, visit [unitedinwellness.org](http://unitedinwellness.org).

## Upcoming Events

beginning **APR 05** **SPRING LECTURE SERIES: INNOVATIVE PATIENT CARE**

A series of lectures to bring you the latest health news. **Advancements in Prostate Treatment** – Wed., April 5  
**Advancements in Thyroid Treatment** – Wed., April 12  
View all lectures at [unitedinwellness.org](http://unitedinwellness.org).

**APR 09** **CARING HANDS CELEBRATION**

Please join us to celebrate the impact philanthropy has on our community. Tickets at [unitedinwellness.org/caringhands](http://unitedinwellness.org/caringhands).

beginning **APR 09** **ROAD RACE SERIES**

The United in Wellness Road Race Series continues with more races this spring. **Beyond the Rainbow 5K** – Sun., April 9  
**Connor's Climb 5K and Family Walk** – Sat., May 6  
View all races at [unitedinwellness.org](http://unitedinwellness.org).

**APR 12** **ATTITUDE OF GRATITUDE**

Exeter Hospital thanks its many volunteers and grateful patients who help shape the care we provide.

**MAY 21** **KITES AGAINST CANCER**

Benefitting The Beyond the Rainbow Fund. See *Stories of Impact* on Page 1 for more details.



### UNITED IN WELLNESS CARING HANDS CELEBRATION ON SUNDAY, APRIL 9

The United in Wellness Major Gift Initiative Team invites you join us from 4:00 p.m. to 7:00 p.m. at Alnoba, a unique and transformative gathering space in Kensington, NH. We will honor two of our champion physicians, Drs. Jim Dolan and Gary Proulx, as well as the Richie McFarland Children's Center as it celebrates 45 years of helping families in Rockingham County. Enjoy small plate culinary options provided by The Farm at Eastman's Corner, a social hour with complimentary wine, and a silent auction. Visit [unitedinwellness.org/caringhands](http://unitedinwellness.org/caringhands) or call 603-580-6668 to purchase tickets or learn more.

Special thank you to the Bauman Family Foundation for underwriting support of this event. A portion of all ticket proceeds will directly benefit the Dr. Thomas P. Wharton, Jr. Fund.

For a full list of events visit: [unitedinwellness.org](http://unitedinwellness.org).

OUR COMMUNITY PARTNERS

## We Appreciate Our Community Advancement Partners

We greatly appreciate **Hannaford Supermarkets'** generous commitment as a member of our Community Advancement Partners (CAPs). We thank Hannaford Exeter, Hannaford Hampton, and Hannaford Hampstead for their support throughout the year.

Hannaford Exeter Store Manager Bryan Sutton said, "Hannaford's role as a CAPs member and our store's involvement in Kites Against Cancer and Trick or Treat Trot are wonderful ways to partner with Exeter Hospital to improve the quality of life in our local community."

As key business partners in our charitable work, Community Advancement Partners (CAPs) have made an outstanding commitment to our organization with annual donations that help promote the health and wellness of everyone served by Exeter Hospital, Core Physicians, and Rockingham Visiting Nurse Association & Hospice. To learn more about how you can join fellow CAPs members in being an integral part of advancing our mission, visit [unitedinwellness.org/experiences](http://unitedinwellness.org/experiences).



OUR TEAMS, OUR PASSIONS

## Meet Dr. Neil Meehan, Exeter Health Resources' Chief Physician Executive

What attracted Neil Meehan, DO, FACEP, to Exeter Health Resources is its commitment to fusing the highest quality care with the personal touch that only a community health system can provide. Throughout Dr. Meehan's career, he has maintained a passion for quality and safety, and a patient-centered approach to care. As the new chief physician executive, his expertise, dedication and leadership skills are being leveraged for the greater community within Exeter Health Resources' senior administration.

"The role of a chief physician executive is relatively new to healthcare. In recent years, enormous change has occurred throughout our industry. Because of this change, the chief physician executive role has become an integral part of executive management. My job is to bring my experience as a physician to the senior management team and to be a positive force for transformation, strategy and growth — all to advance patient care and provide more value to patients," explains Dr. Meehan.

Dr. Meehan, who is board certified in emergency medicine and has more than 20 years of experience

as a physician, joined Exeter Health Resources and its affiliates, Exeter Hospital, Rockingham VNA & Hospice and Core Physicians, in August 2016.

Dr. Meehan received his medical degree from Michigan State University and completed a residency in emergency medicine at the University of Massachusetts Medical Center. He also has a master's degree in health care management from Harvard University's School of Public Health, and obtained additional training in clinical biomedical informatics from Oregon Health Sciences University. Before joining the Exeter Health Resources family, he was most recently chief medical officer at Lawrence General Hospital in Lawrence, MA.

**"What makes me so driven about the community-based model at Exeter Hospital and its affiliates is that we provide more than just healthcare resources,"** says Dr. Meehan. "It's an honor and privilege to be part of an organization that is a healthcare leader in the community, an innovator, and a resource for employment. A healthcare system that cares for—and belongs to—the community is truly a gift. In turn, our organization thrives because of the tremendous support and partnership within our community."



WE ENVISION A DAY WHEN OUR COMBINED RESOURCES SHIFT OUR FOCUS TO **MAINTAINING WELLNESS OVER TREATING ILLNESS.**

*Your gift can help.*  
DONATE AT: [UNITEDINWELLNESS.ORG](http://UNITEDINWELLNESS.ORG)