

UNITED IN WELLNESS

Empowering the community to better its health



EXETER HOSPITAL ● ROCKINGHAM VNA & HOSPICE ● CORE PHYSICIANS

To our Exeter Health Resources Community -

During this time of great challenge to our community, our state's healthcare system as well as you and your families, we want you to know that all of us at Exeter Hospital, Core Physicians and Rockingham Visiting Nurse Association & Hospice are focusing all of our resources on ensuring the delivery of essential patient care services to our region, while doing everything we can to protect the safety of our incredible team of patient care and support staff.

In an amazingly short time we have acted decisively to stand up testing sites, new treatment areas and new specialized respiratory clinics. We have protected our patients and our staff by acquiring more "PPE" (personal protective equipment), dramatically expanding training, implementing 100% screening of those coming into our facilities and deferring all elective procedures. We have consolidated sites and services to reserve vital resources for a potential surge of inpatients with COVID-19 infections. We have assessed every opportunity to temporarily expand our future capacity leveraging every part of our facilities along with the contributions of every staff member and every single piece of equipment. All the while we have kept our primary care and specialty services open at Core Physicians augmenting traditional face-to-face visits with expanded telemedicine capabilities. We have done all these things while ceaselessly working with officials at the state, CDC and our many community partners to coordinate our response as effectively as possible.

Every day you can see and feel the impact of our staff's intense commitment to responding to this crisis. The individual stories

of resourcefulness and selflessness are deeply personal but they reflect an even deeper team-wide commitment to providing the very best care possible even under these difficult circumstances. That commitment has never shown more brightly in our 120 plus year history. We are extraordinarily proud of our physicians, nurses, other care providers and support staff who have stepped up to meet the ever-changing demands that this crisis brings. Like their peers all across the state, and the country, they are on the front lines working to save lives and keep us healthy and I can assure you that your care is in the very best of hands.

We thank each of you who have supported our efforts with philanthropy, advocacy, volunteerism and encouragement. Working together we are making a difference. Never has our slogan "United in Wellness" rung truer than in the face of our current adversity and we encourage everyone to learn more about how they can help our patients and caregivers during this coronavirus crisis by visiting unitedinwellness.org to make an online gift or send a message of support to our staff.

Please continue to "stay at home" to help stop the spread of the virus and keep you, your family and our staff safe, and be assured that we will never stop doing everything we can to provide the very best healthcare to our community.

Sincerely,
Kevin Callahan, *President & CEO*, Exeter Health Resources



Kids at the Plaistow and Exeter YMCAs are decorating kites from Exeter Hospital as part of their spring activities. The YMCAs are offering care for children of essential workers including healthcare providers.

Kites Against Cancer

Due to the outbreak of COVID-19, our Kites Against Cancer month is now transformed into Kites Against Cancer season, stretching to accommodate the critical realities of social distancing and time apart from each other this spring.

Kites Against Cancer is our popular community effort to provide critical funding for the **Beyond the Rainbow Fund (BTR)**. This Fund provides direct financial support for basic needs such as transportation to/from treatments, rent, utilities and more to patients who are undergoing cancer care. Despite the recent pandemic, our cancer patients fight their battles every day, now through more challenging times than ever. The BTR Fund is here to support them in this unprecedented time.

Our **Caring Hands Celebration**, originally planned for May 5, is now rescheduled to June 30 at the Bungalow Club in Exeter. Please visit unitedinwellness.org for details about the event, or to donate to the Beyond the Rainbow Fund today to directly support our cancer patients in need.

The Beyond the Rainbow Fund helps our cancer patients in need with financial burdens that may become difficult during cancer treatment, such as a mortgage payment, a heating bill, transportation needs, and more. Here is a letter from one of our recent grateful recipients:

My Dear Ladies and Gentlemen,



Please accept my deepest gratitude for your help last year. As long as I live, I will never forget how with your grant, my husband and I were able to avoid a foreclosure on our home. The money given to us so quickly was nothing short of a miracle! I had heard about Anne-Marie [the founder of Beyond the Rainbow Fund] years ago, but never in my wildest dreams did I ever imagine our destinies would cross paths in this incredible way. Thank you for this generous gift. What you do truly changes lives!

OUR COMMUNITY ADVANCEMENT PARTNERS (CAPs)



We are so pleased to welcome FIT Body Transformations as our newest CAPs member. Pearla Phillips created this innovative fitness training business that incorporates functional training, nutrition and mindfulness to help clients meet their personal goals. Pearla is the chair of our United in Wellness Leadership Advisory Board. Recently, FIT Body Transformations held a bowling fundraiser called "Candlepins for Cancer" which raised \$3,000 for the hospital's Cancer Capital Campaign, Together We Can.

CAPs member New Day Solutions recently merged with Crescent Wealth Partners and we look forward to continuing our relationship with their new expanded team.



CRESCENT
WEALTH PARTNERS

Thank you to our Community Advancement Partners: AutoFair Nissan of Stratham, D.F. Richard Energy, Hannaford Supermarkets, Kennebunk Savings Bank, Newburyport Bank, Crescent Wealth Partners, Northeast Delta Dental, Seacoast United Sports Club, Transformative Healthcare and FIT Body Transformations.

Help Meet the Challenge: Your Support Could Save Lives

Seacoast residents Jeanne and Michael Falzone have generously stepped up to make a **\$10,000** challenge match gift to directly support our COVID-19 relief efforts, including personal protective equipment (PPE) and meals for our staff, as well as the many urgent and unplanned resources that have been needed during this pandemic. **The Falzones will match every dollar given to Exeter Hospital's United in Wellness Fund, up to \$10,000, for gifts made through May 2020.** That means, if you make a gift by the end of May, the life-saving impact of your donation will be doubled. Your gift, no matter the amount, truly matters. **To donate today, visit unitedinwellness.org and choose the United in Wellness Fund.**

Healthcare Heroes

We are extraordinarily proud of our physicians, nurses, and extended staff who have stepped up to meet the demands of the COVID-19 healthcare crisis. They continue to show up at work every day and night to make sure our patients receive the care they need and deserve. In a very short period of time, our entire staff at Exeter Hospital, Core Physicians, and Rockingham VNA & Hospice had to innovate and adapt to prepare for and meet the demands of an unprecedented pandemic and we are profoundly grateful.



Healthcare Heroes Continued



Thank You!



Thank you to all the community members and businesses who stepped up when we asked for donations of personal protective equipment (PPE) for our providers and staff! We are so appreciative of all the generous donations and the outpouring of support and encouraging words during this difficult time. Thank you!



Core Physicians – Adapting and Innovating

As COVID-19 cases began spreading across the country, Core Physicians moved very quickly to make significant, innovative organizational changes to best meet the needs of patients while also keeping staff and patients safe. Primary care, pediatrics and many specialty care practices, such as orthopedics and cardiology, implemented telemedicine to be able to assess patients and determine the best care plan or next steps. Patients who need a face-to-face visit can be safely seen in the offices, with social distancing measures and masks provided to all patients. Core Physicians primary care and Core Pediatric & Adolescent Medicine are also welcoming new patients through telemedicine. The primary care and pediatrics practices have been temporarily consolidated into the spacious facilities in Epping and Stratham. Many of Core's physicians have stepped up to work in roles inside the hospital where needed, to offer the most comprehensive care for our community's patients.



Our new Stratham location is open for primary and pediatric care.

The Seacoast's first respiratory clinic was set up at the Saltonstall building on the Exeter Hospital campus for patients with COVID-19 related symptoms, an innovative model that allows Core to offer specialized assessment and treatment while avoiding exposure to patients who come in for other reasons. A COVID-19 testing tent was also set up in the Perry Circle of the hospital, where patients who meet the criteria can be referred for testing.

For the most current information on services and locations, visit corephysicians.org. For an appointment, please call your regular office; new adult primary care patients can call 603-580-7700. New pediatric patients can call 603-693-2100 for Epping or 603-658-1823 for Stratham.

Center for Cancer Care Recognized for Excellence

Exeter Hospital's Center for Cancer Care has been recognized by the Commission on Cancer (CoC), a Quality Program of the American College of Surgeons (ACS), with the 2019 Outstanding Achievement Award. This award, which was created to recognize cancer programs that achieve excellence in providing quality care to cancer patients, was given to just 7% of the cancer programs in the country.

"This achievement is only possible through the excellence in clinical and programmatic care provided by the many practices that work together to care for our cancer patients," said Eileen McDonald, director for Exeter Hospital's Center for Cancer Care. "The team includes the Massachusetts General Hospital Cancer Center oncologists and nurse practitioners who work here onsite, Exeter Hospital Center for Cancer Care clinicians, Core Physicians specialists, as well as our pathology and radiology providers."



Pictured (left to right): Gary Proulx, MD, medical director of radiation oncology; Autumn Bridges, coordinator of accreditation and registry; Kate Kelly, MD, chair of Exeter Hospital's Cancer Committee; and Panos Fidas, MD, medical director of medical oncology.



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IMPROVING THE HEALTH OF THE COMMUNITY IS OUR MISSION. *Your donation can help us.*
DONATE AT: UNITEDINWELLNESS.ORG



Lynda Beck (right) gives a “socially distanced” high five to her lead medical oncology nurse, Kate Shumway, following the completion of her chemotherapy treatments. Lynda says, “At a very vulnerable time in my life, Kate and the Exeter team gave me a sense of safety, comfort and real care. They are also great at offering helpful suggestions for my daily crossword puzzles!” Exeter Hospital’s Center for Cancer Care has provided uninterrupted care to all of our cancer patients despite the COVID-19 pandemic. To learn more about our cancer care with Massachusetts General Hospital Cancer Center oncologists, visit exeterhospital.com.

How Can You Help?

Your financial gift can directly help support urgent COVID-19 relief efforts, as well as provide critical personal protective equipment (PPE) and free meals offered

to providers and staff by our cafeteria services. Your support is so important during this unprecedented pandemic. If you would like to help, please visit unitedinwellness.org and donate to the United In Wellness Fund.

If you would like to donate PPE or send a note of encouragement to our staff, visit exeterhospital.com and click on “how you can help” at the top.

