excellent care every day.





Double the Love

Four years ago when Rebecca "Becky" and John Zumbach—both teachers in Gilford—moved to Ashland to be more centrally located between work and the mountains where they first met, the task of finding new doctors was simply part of their relocation process. A friend recommended Dr. Banister, at Plymouth OB/GYN, to Becky and having also heard great things about Speare Memorial Hospital, she established herself as a patient.

Two years later, the Zumbachs experienced the full continuum of care at Speare— from office visits to delivery room—when they welcomed their first child, Louis.

"It was such an awesome experience," recalls Becky. "We loved the small, friendly feeling of the Birthing Suite. We loved the doctors, and the nurses were amazing. We almost didn't want to go home because they took such good care of us." John adds, "They were all very welcoming and inclusive of our wishes and respected the type of experience we wanted throughout the delivery process."

A year and half later, Becky was pregnant again and was scheduled for a routine ultrasound. John says, "She had plans to run errands after her appointment, but she came home immediately, white as a ghost, and said, 'I have something to tell you.' I said right off, its twins." Becky says she was a bit shocked when Dr. Banister gave her the news she was expecting two, but she knew that twins did run in her family, since her grandmother had also had a set of twins.

Hearing they were having twins, many people asked them where they planned to have the babies. "We didn't think twice about where we wanted to have the twins," says Becky. "We definitely wanted to have them at Speare as our experience the first time was so good."

John agrees, "After having Louis at Speare we were comfortable with all the doctors and nurses and knew what to expect, even with twins. Everyone did a great job of explaining how it would be different, that there would be more people involved, and that the birth would be in the operating room[that] it would be a team effort."

Two healthy baby boys, Brooks and Wade Zumbach, made their debut in March, just 10 days before big brother Louis' second birthday. Becky and John agree that their second time around was as good as, if not better, than their first experience delivering at Speare.

Becky notes that when Louis was born they really got to know one nurse in particular, Kim Goff. "Kim helped deliver Louis and as it happened, she was scheduled to be on for the next two nights after the twins were born. One of the day nurses, Laurel, was someone I knew from ski racing, and there she was, right by our side. I don't know how we got so lucky . . . it made us feel like we were at home. And whether I knew the nurses or not, I wasn't nervous about anything. I had a little trouble recovering and figuring out the dynamics of breastfeeding twins, but everyone was there for me."

Growing in size and personality, Brooks and Wade are beloved by their big brother Louis. All three are keeping mom and dad busy, but together they are a thriving family of five.

Reflecting back, Becky reiterates their positive experience with Plymouth OB/GYN and Speare Memorial Hospital.

She says, "I can't imagine why anyone would want to travel somewhere else and think they are going to get something better. The care you get at Speare is everything you could ask for."

"If you are looking for a small, intimate environment with very professional staff that are friendly and approachable, then Speare is the place to have your baby," John concludes.









"I can't imagine why anyone would want to travel somewhere else and think they are going to get something better. The care you get at Speare is everything you could ask for."



2015 ANNUAL REPORT

Something to Talk About

"No one wants to talk about it," exclaims Cathy Vinčevič "No women that I know talk about it. I didn't talk about it. I didn't even tell my husband. I tried to hide it."

But, she is talking about it now, and "it" is Stress Urinary Incontinence. Cathy says, "You reach a point of no return and know you have to take care of it."

After having a hysterectomy in 2009, and following all the prescribed postsurgical steps for recovery, Cathy had thought she had already taken care of her Stress Urinary Incontinence. However, after moving to Danbury a couple years ago, and taking a job as a director at the Gordon Nash Library in New Hampton, she realized things weren't progressing the way she had hoped.

"It was difficult to do things I wanted to do like riding my bicycle, gardening, painting the house," Cathy explains. "Stress incontinence happens when you lift things, sneeze, even going up and down stairs. It seemed everything I did might cause an "accident" and it wasn't getting better. I didn't want to live that way."

"I've always been active," she continues. "I wanted to be able to exercise and do things so I could live the next part of my life with grace. But dealing with incontinence is one of the most embarrassing issues women, or anybody, can have to deal with."

Following a visit with her primary care physician, Dr. Andrea Berry, at Mid-State Health Center, Cathy was referred to Plymouth OB/GYN and scheduled to see Dr. Joseph Ebner, gynecologist. Prior to her appointment, Cathy says she went on the Speare website to learn more about him. She wasn't even sure she was going to talk to him about her incontinence. However, when she read that incontinence was one of his specialties, she recalls thinking, "I was surprised and relieved to learn there was an expert right here at Speare."

Cathy says Dr. Ebner was charming and personable and immediately put her at ease. Getting up the courage to talk about her incontinence, Cathy says Dr. Ebner was reassuring and helpful. After talking about possible treatment options, she decided surgery would be the best option and they worked out a plan so she could take control of the situation.

While her complete recovery from a bladder lift and partial sling, in January, would take six to eight weeks, the "results" of the surgery were immediate. "I can do things now without a sense of impending doom that something embarrassing is going to happen to me," Cathy happily exclaims. She is back to walking her dog, riding her bike, working in the garden, and painting the house.

And she can't say enough about Dr. Ebner, "He was so kind to me, discrete in explaining what was going to happen and made sure I was okay with everything. "

Even though Stress Urinary Incontinence is no longer an issue for her, and can be hard to talk about, Cathy says, "It happens to so many women, we need to be talking about it. I want other women to know there is a way around the problem. You can take care of it and make your life whole again."

EXCELLENT CARE EVERY DAY.





VISIT YOUTUBE.COM/SPEAREHOSPITAL TO WATCH THE STORY

Building Better Hearts

That was the established goal of the Cardiac Rehabilitation Program, or Cardiac Rehab, when it was introduced as a new service at Speare Memorial Hospital on October 24, 2005. Opened as part of the hospital's then recent renovation and expansion, the Cardiac Rehab program was developed in response to a community health need. Today, Cardiac Rehab at Speare is celebrating its 10th anniversary with nearly 500 graduates of the program.

While the success of the program isn't a surprise to Exercise Physiologist Craig Johnson, how the program has evolved is a surprise. "When the program started 10 years ago we didn't have cardiologists from Catholic Medical Center (CMC) coming to Speare," recalls Craig. "One of the first things I did was to go down and meet with CMC to align their patient discharges with referrals to our Cardiac Rehab program. Ten years later nine out of every ten referrals come from CMC, and now cardiologists are here twice a week helping us provide the full continuum of cardiac care right here at Speare."

His colleague and fellow Exercise Physiologist, Rachel (Kindl) Currier, adds "We usually know who our incoming patients are before they are even discharged. We are definitely partners (with CMC) in helping cardiac patients in central New Hampshire improve their cardiovascular fitness."

Craig notes that early on, patients didn't know what Cardiac Rehab was or understand the benefits of the program in helping them recover from their cardiac event. "But today's patients expect Cardiac Rehab to be part of their medical therapy," says Craig. "They've heard about it from a friend, neighbor or coworker, and have some idea of what to expect before they get here."

Changing patient behaviors is the main goal of Cardiac Rehab. "Ten years ago the average age of cardiac patients was between 65 and 72," says Craig. "Today the average age is 58."

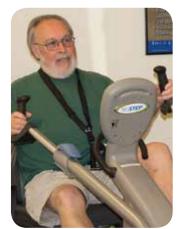
"The American lifestyle is to blame," explains Rachel, "between lack of exercise, less than ideal nutrition, and even tobacco abuse." While for some people heart disease is mainly due to genetics, for many, it develops over time due to a lack of consistency in elevating blood pressure and heart rate through exercise, in combination with poor eating habits, lack of sleep and stress management. Rachel says, "It gets to the point where patients can't ignore their symptoms anymore, and we see it happening in younger patients every day."

The prescribed Cardiac Rehab program is a combination of exercise and education over 36 sessions. Meeting three times a week, Craig and

Rachel continually monitor patients' EKG heart rate, blood pressure and level of exertion during typical 30 minute circuits. Since each patient exercises at a different level, relative to his or her medical history, current ability and personal goals, exercises are adjusted accordingly. Education sessions focus on lifestyle changes and disease management with classes on diet, nutrition, pharmacy, anatomy, exercise and stress management.

In 2013, Speare's Cardiac Rehab Program became nationally certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). AACVPR-certified programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available, and are committed to improving the quality of life by enhancing standards of care. AACVPR certification reinforces Cardiac Rehab's mission as a risk-factor modification program for building better hearts.







Charles "Charlie" Sniffen, Holderness Bypass and Valve Replacement - Graduated: 2012

Charlie admits he was doing all the wrong things. His primary care doctor, Dr. Young, kept worrying about him and telling him he should be doing 10 thousand steps a day. Charlie says, "I didn't listen." While he hadn't had a heart attack, Charlie says, "I was in really bad shape. I couldn't walk very far without having to stop and catch my breath. Traveling for work I always used to look for the moving walkways in airports as I was so out of breath. "



That's when Dr. Young referred him to the visiting CMC cardiologists. Preliminary tests showed he was going to need surgery . . . immediately. After surgery he came to Speare's Cardiac Rehab. "Craig and Rachel were fantastic, the program with education was great . . . every day was amazing." After graduating, Charlie went on to join RehabFIT at Rachel's recommendation. You can now find him at the gym six days a week at 5:30 a.m. He says, "I feel better than I have in 25 years." And when he is traveling, he no longer uses the moving walkways at airports.

William Green, Campton Heart Attack - Graduated: 2005

William Green has the honor of being the first graduate of Speare's Cardiac Rehab program. Before his heart attack William says, "I was not an exercise person in any way, shape or form." A decade later he remains a changed man, continuing to exercise at RehabFIT at least three days a week.



William explains that after his prescribed Cardiac Rehab program he

immediately enrolled in the Maintenance Program, where he continued to exercise three days a week. Once RehabFIT opened in 2010, he became a member up there. He says, "I've been very fortunate. Cardiac Rehab saved my life, and today I'm doing very well."

MaryAnn Adams, Holderness Heart attack and Bypass Surgery - Graduated: 2010 and 2014

MaryAnn's story starts in March 2010 when she had a heart attack, was brought to Speare's Emergency Department, and air lifted to Catholic Medical Center (CMC). After her hospitalization, she was referred to Speare's Cardiac Rehab Program. Being a retired nurse who had an active lifestyle, MaryAnn appreciated the monitored exercise program and learned a few tips from the nutritional counseling.



Genetics got the best of MaryAnn when she had another heart attack in

September 2011, followed by a two-way bypass. Having felt good about her first experience with Cardiac Rehab, she decided to go through the program again. She says, "I live close by, but a lot of people live further out, so it is such an advantage for Speare to have this program and partnership with CMC."

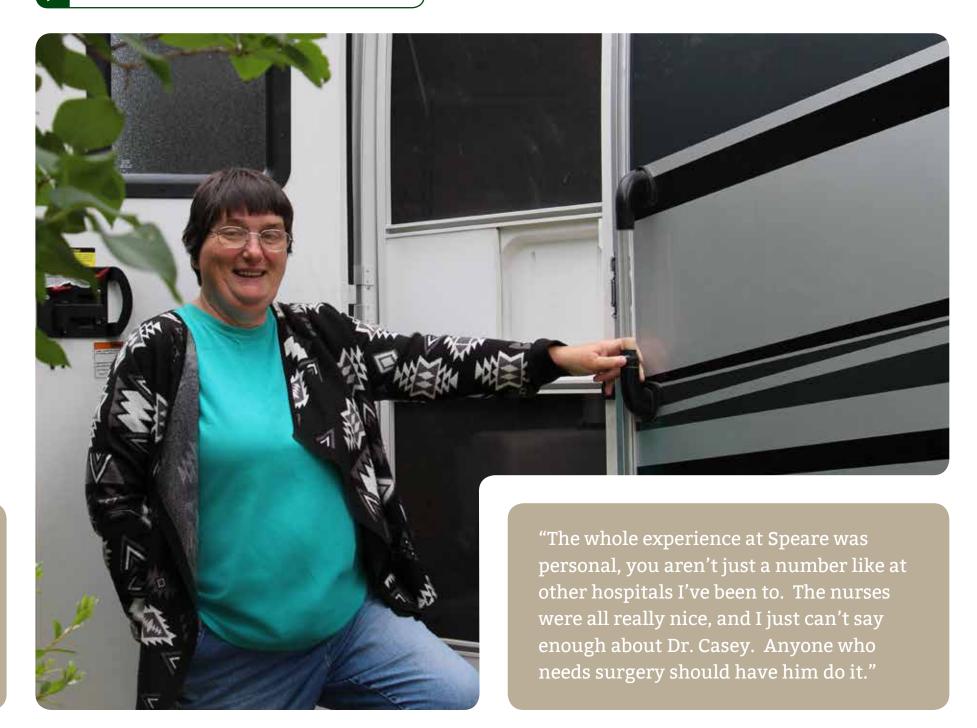
Harry George, Wentworth Valve Replacement - Graduated: 2015

The first day Harry George came to Cardiac Rehab for his initial assessment, he was in a wheel chair. Nearly a year after open heart surgery to replace his aortic valve due to a bacterial infection, Harry was dancing down the halls of Speare.



"Now I have two birthdays," Harry says. "My actual birthday on October

22 and the day I was saved on August 30." But his journey back has been a long one. Following his surgery, Harry was unable to walk or eat. However determination, a positive attitude, and giving Cardiac Rehab everything he had, have helped him recover. He says, "I'm very excited about life and what it takes to make each day a positive, wonderful experience. The Speare Cardiac Rehab program was very important on my road to feeling this way, and if I'm going to give any kudos, it is to Cardiac Rehab."



A year-long journey Scary ... frustrating ... great.

These words best sum up Kathleen "Kathy" Brown's past year beginning on July 1, 2014. It was her birthday, but instead of celebrating, Kathy found herself in the Emergency Department at Speare Memorial Hospital with severe abdominal pain, noting, "For me to come to the ER means I wasn't feeling well at all."

For years, Kathy had been experiencing on and off pain. She describes it as cramping, and chalked it up to gas build up. She noticed the pain when she was at home resting or sitting, noting that when she got up and moved around she had no discomfort.

Calling Hooksett home, Kathy explains that she and her husband live out of their camper, dividing their time between visiting their son in Campton, her parents in Hooksett, her husband's mother in New York, and the rest of their year moseying about the southeastern United States. "In Florida they call us snowbirds," says Kathy, "but I think of us more like gypsies."

Two years ago, she visited an urgent care center in Florida for the same pain. The doctor there thought there could be a blockage in the colon, but the diagnosis was inconclusive. The CT, or CAT, scan ordered by Dr. Casey on that fateful day last year left no doubt about it . . . Kathy had a blockage in her colon as a result of scar tissue build up after two C-sections, a hysterectomy and gall bladder surgery.

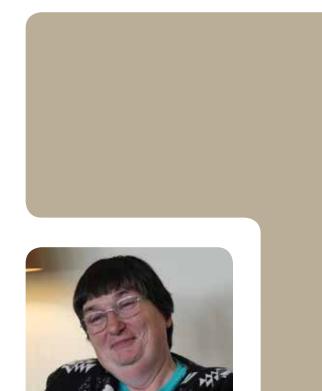
She was immediately rushed into surgery to have a colostomy, or bag as most refer to it. And none too soon Kathy says, "My husband asked how bad it was and Dr. Casey said I came in just in time. Another 24 hours and my colon could have ruptured." A couple of weeks later she had another surgery to remove the blockage. Her bag remained, and had she wintered here, would have had it removed in January or February of this year. However, given Kathy winters down south, she and Dr. Casey decided that it was best to reverse the colostomy once she returned this summer.

"I love Dr. Casey," enthuses Kathy. "He is so down to earth and makes you feel comfortable and at ease. He takes the time to talk with you." While not thrilled to have the bag over the winter, Kathy admits there were days she forgot she had it, and others when it seemed, "front and center."

On June 11, Kathy was back in surgery at Speare to have her colostomy reversed, and a colon resection. Six weeks later, not only had Kathy celebrated another birthday, but everything was back to normal.

Reflecting back, Kathy says, "The whole experience at Speare was personal, you aren't just a number like at other hospitals I've been to. The nurses were all really nice, and I just can't say enough about Dr. Casey. Anyone who needs surgery should have him do it."

EXCELLENT CARE EVERY DAY.



Changing Faces of Medicine



With early fall comes that wonderful feeling about living in central New Hampshire. It is a feeling of change as we transition from the summer season to autumn. The nights are cooler, and less humid, the sky is a clearer blue, and for many of us, out come the blue jeans and sweaters that have migrated to the bottom of the bureau, untouched since Memorial Day. It is a beautiful time to feel the afternoon sunshine, pick apples, and enjoy the changing landscape that comes with fall foliage.

Healthcare is also in a season of tremendous change. Patients are expecting the highest quality of care, insurers are demanding the lowest costs of care, and the federal government is pressing for improved population health. Hospitals and providers are at the center of this triple aim in healthcare. We can no longer afford to provide healthcare as we have done for the past 50 years, it is simply too costly. Speare is actively exploring alternative models of providing care—care that is effective and efficient—and focused on providing the right care when it is needed. Speare is working not only to meet such expectations, but excel as central New Hampshire's provider of choice.

The SMH Medical Staff is also experiencing a change of seasons. Patients have witnessed the retirements of some long-standing, local physicians and can expect to welcome new providers excited to establish themselves into the greater Plymouth community.



After 36 years of serving the ophthalmologic needs of our community, Dr. John Richards retired in June. We will fondly remember his gentle demeanor and true caring nature as he set about restoring sight to hundreds of patients suffering from cataracts. Dr. Richards opened up his practice in Plymouth in 1980 and retired from White Mountain Eye Care. Although a native of Colorado, he and his wife, Martha, now consider Holderness their home.

Thousands of children over the past 31 years have encountered the approachable Dr. David Cunis. His slapstick humor and fondness for The Three Stooges resonated well with his patients, and his calm, thoughtful demeanor appealed to their parents. A New Englander in origin, Dr. Cunis and his wife, Eileen, have continued to enjoy the White Mountains from their home in Campton after his retirement in August.

"Speare is actively exploring alternative models of providing care care that is effective and efficient—and focused on providing the right care when it is needed."



There are times practicing medicine is like being a detective. Patients present with clues (symptoms) about their condition, and the mind of the physician must piece those symptoms together to arrive at a diagnosis (and solve the crime!). Dr. Fred Kelsey has been piecing together patient symptoms, and arriving at diagnoses in Plymouth for 37 years. His colleagues and patients will miss his diagnostic and therapeutic skills. We will also miss his work as the Medical Director of Mid-State Health Center, where he used a combination of medical training and administrative skills to lead the large primary care practice in ensuring healthcare access to our community. He and his wife, Kathy, expect to continue enjoying an active lifestyle in Plymouth after a planned December retirement.



With the retirement of three experienced physicians, Speare welcomes new physicians, trained and ready to begin caring for our community. Dr. Michael Watto is a family physician, recently retired from the military, who joined Speare Primary Care in September. He has settled in our community with his family, and is looking forward to exploring all the things that make central New Hampshire such a fantastic place to live. Dr. Heather Williams joined Plymouth Pediatrics in August after completing a residency

in Pediatrics. Originally from the Southeast, she and her husband are looking forward to hiking and horseback riding in the White Mountains with their puppy, Scout. In December, White Mountain Eye Care will welcome Dr. Paul Musco. After decades of visiting Waterville Valley, Dr. Musco and his wife have decided to make central New Hampshire their permanent home.

Additionally, we have welcomed several new hospitalists to our medical staff, thanks to a partnership with Lakes Region General Hospital. Focused specifically on in-patient hospital care, they are helping us expand our coverage and enhance the patient and family experience.

These physicians have trained in the new era of medicine, and

understand the dynamic forces changing the practice of medicine. They are pleased to be able to apply their knowledge and skill to address the healthcare needs of our community. We will continue to work with our patients to provide excellent care that is cost-effective and patient-centered.

Juno

Joseph Ebner, MD Chief Medical Officer

As you embrace the changes that come with September in New Hampshire, please know that the Medical Staff at Speare Memorial Hospital embraces the changing healthcare landscape and remains committed to quality patient care as vibrant providers of healthcare every day.











Leadership

Change. Healthcare has changed more in the last five years, than in the previous 50. What began as a national discussion on system improvements and quality care, has evolved into a complete metamorphosis of how, when and where healthcare is delivered.

No hospital, including Speare Memorial Hospital, has been immune to these tides of change. But how we respond, makes all the difference in providing excellent healthcare to our community every day, today and tomorrow.

Underscoring Speare's adaptability and adherence to evolving quality and patient safety standards of care, we were again recognized as being among the best of the best hospitals nationally. We were not only ranked as a 2015 HealthStrong[™] Hospital, but also as a Top 100 Critical Access Hospital, one of only 16 hospitals nationally to make the list each of the past five years. Our Top 100 ranking further designated us one of the Top 20 Critical Access Hospitals by the National Rural Health Association.

Responding to our identified community needs, and the national focus on population health, we created an awareness campaign promoting the 5-2-1-0 Healthy NH Initiative.

Working with area schools we educated students and families about healthy eating and active living using the 5-2-1-0 message. It was just one of our many community health outreach and education programs this year.

Another major component of the changing healthcare landscape is the increasing demand for information technology integration and infrastructure to support clinical care through meaningful use—the federally mandated use of electronic health records (EHR) to improve care coordination, quality, efficiency and patient safety, while also monitoring and improving population health. To achieve economies of scale, and avoid reinventing the wheel, Speare has partnered with LRGHealthcare to form Asquam Community Health Collaborative, a limited liability corporation (LLC).

The LLC was formed on June 25 as a contracting entity in which Speare and LRGH are equal partners in the purchase of a new health information system from Cerner. Our collaboration has enabled us to acquire a robust operating system and depth of information technology expertise that would not have been achievable on our own. This system will serve as a platform for our new EHR. Currently, we have two separate EHR platforms for the Hospital and our practices. As the two systems do not "talk to one another," data transfer from one system to another is quite cumbersome. The new EHR system will be one, clinically integrated health record between the Hospital and practices. This will allow for easier referrals and information sharing from the emergency room, to primary care and specialty care.

Also notable this year was the Supreme Court's ruling to uphold the Accountable Care Act, ensuring ongoing access to health insurance through the federal government's Healthcare Insurance Marketplace. Combined with the establishment of the New Hampshire Health Protection Plan—the expanded Medicaid program offering coverage to qualified, uninsured individuals and families—increased coverage means our patients can access the right care, at the right place, at the right time. The more patients with insurance means less uncompensated care which helps reduce healthcare costs for all: patients, providers and businesses. For example, when looking at payments for emergency services at Speare last year, we saw a 37% decrease in self-pay, 175% increase in managed Medicaid and a 15% increase from insurers in the Exchange (Health Insurance Marketplace). While we celebrated the establishment of expanded Medicaid, there is already concern that the New Hampshire Legislature will not reauthorize the expansion when it expires at the end of 2016.

Looking ahead, we will be celebrating the 10th anniversary of our Cardiac Rehabilitation program in October. Established to better help cardiac patients recover and build better hearts closer to home, the program has become nationally certified and graduated nearly 500 patients. We are also seeing a "changing of the guard" on our medical staff with several long-term providers retiring and welcoming new ones. Dr. Michael Watto joined Speare Primary Care this fall providing care to patients ages 13 years and older, and White Mountain Eye Care will be introducing Dr. Paul Musco to patients beginning in December.

While the changing healthcare landscape continues to evolve, all of us at Speare are proud of our collective efforts to provide the best care possible without losing sight of what's most important—you, our patient. Your patient care experience, whether in the Emergency Room, an outpatient department or with one of our specialists, is paramount to our success in providing excellent healthcare to our community every day. We welcome you and your family as integral members of your care team, and look forward to being your healthcare provider of choice.

-Varsen

Willam Larsen Chair, Board of Directors

Hickelle Z & Even

Michelle McEwen, FACHE, CPA President & CEO



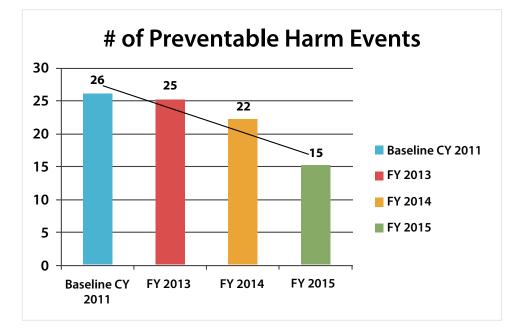




Quality Infection Prevention & Service Excellence

Over the past three years, Speare Memorial Hospital has been actively engaged in the Partnership for Patients, a national and statewide initiative to reduce preventable harm in hospitals.

It is important to realize that medicine is an imperfect science and that there are some inherent risks to healthcare. The goal of the Partnership for Patients is to mitigate those risks by implementing identifiable actions and evidence-based practices that can reduce the potential for patient harm. When we embarked on this journey, the Partnership for Patients established a national goal to reduce preventable harm by 40 percent and readmissions by 20 percent.



The standards of care are constantly evolving, and Speare has created a team approach to identify opportunities for improvement. This involved providers and department directors as champions of care, working with staff to: track data, establish a baseline, understand and analyze opportunities for improvement, recommend process changes, and educate staff on implementing best practices.

As the graph to the left indicates, Speare achieved a 42% reduction in preventable harm events from our baseline in calendar year 2011. These results come from an increased awareness of, and commitment to, patient safety, not just by our physicians, nurses and clinical providers, but by our directors, senior team and Board of Directors. Quality and patient safety are aligned with our overall organizational goals, where we acknowledge we can do it better and safer through a proactive approach that promotes a culture of caring.

However, when we received our outcomes from the Partnership for Patients, which includes readmissions, we reduced our harm events by 48.9%, and that performance has been sustained. We were singled out by the National Health Research Education Trust for our achievement in being a top hospital in New Hampshire to achieve and sustain such results.

All of us at Speare appreciate that you have a choice when it comes to selecting your healthcare provider, and we are proud to provide you with excellent healthcare every day, while ensuring that you receive safe, quality care based on evidence-based medicine and national standards of care. Right here at Speare, you have a hospital nationally ranked as a HealthStrongTM Top Hospital, and designated not only among the Top 100 Critical Access Hospitals, but performing among the best of the best nationally ranked Top 20 Critical Access Hospitals. We are care you can count on, every day.

Community Health



Community is at the heart of Speare Memorial Hospital's mission: To provide excellent healthcare to our community every day. Serving our communities' health needs is the foundation on which the hospital was built, and continues to address through its programs, education and outreach.

Every three years Speare conducts a Community Needs Assessment in conjunction with the Central New Hampshire Health Partnership. Our most recent update occurred last fall following a series of discussion groups that included low income families, senior citizens, the mental health community, educators, business leaders, and the faith community. The results of these discussions were categorized by the region's identified health issues, including: access to mental health and behavioral health care; physical activity, recreational opportunities, active living issues; fragile families and family stress management; diet and nutrition, and access to healthy food.

To address our communities' active living and healthier food needs head on, Speare adopted the 5-2-1-0 Healthy NH initiative. A program promoted by the Foundation for Healthy Communities, 5-2-1-0 focuses on four key messages to help kids and their families live healthier lives: Eat five or more servings of fruits and vegetables a day; limit screen time (television, computer/tablets, gaming) to two hours or less a day; get at least one hour of physical activity/active play each day; and limit sugary drinks. Working with our school nurses in SAU 48 over the past year, Speare created an awareness campaign to help educate students on 5-2-1-0.



Additionally, Speare has been an active partner in the Plymouth Area Community Conversations, working to create synergy between the central New Hampshire organizations and agencies that work to address the social service and lifestyle needs of our communities.

Our second annual Shamrock Shuffle 5K health walk/run encouraged people of all ages and abilities (including their four legged friends) to get up, go out and get moving this spring. For some, it was the thrill of overcoming challenges and completing their first 5K ever. For others, it was a warm-up for the competitive running season. For all, it was a chance to get their "Irish on", come together as a community, and celebrate Sláinte, or "good health" in Gaelic.

Promoting our partnership with Dartmouth-Hitchcock Norris Cotton Cancer Center and the Oncology Clinic as a regional affiliate, Speare hosted Art of Healing painting parties this fall and spring. Building on the premise that we all know someone who has been diagnosed with cancer—family, friends, neighbors, coworkers, maybe even you—painters came together, as a community, at the Kil'n Time Art Studio in Plymouth to remember, share experiences, and provide hope on canvas. The paintings, along with statements from the artists sharing love, support and encouraging words for those battling a cancer, were then put on display at Speare Memorial Hospital at Boulder Point, and other businesses throughout central New Hampshire.

A sold out crowd attended Speare's fifth annual *Wine*, *Women & Wisdom* event this year. By women, for women and about women is the event's overarching theme with presentations and exhibitors addressing women's health and lifestyle concerns. For the men, heart health and the importance of a good night's sleep were the topics of discussion at the third annual, *It's a Guy Thing* event. Both events work to educate and promote a healthier community overall.

Finance

Speare Memorial Hospital experienced a significant loss in 2015 due to the recognition of estimated overpayments made by the state government to the hospital, through its Disproportionate Share Hospital (DSH) payment program. These overpayments occurred in fiscal years 2011 through 2014. The DSH program was designed to reimburse hospitals for the cost of uncompensated care. The definitions of cost and uncompensated care were unclear in the beginning of the program and to a degree, remain unclear today. The impact of the overpayments was felt by Critical Access Hospitals across New Hampshire, with Speare's estimated share totaling \$7.7 million. Management, the Board of Directors and the hospital's audit firm agreed that the multi-year estimates should be recorded in the current year.

Statement of Operations Financials for the year ending June 30 (in thousands of dollars)	2015	2014
Total Net Operating Revenues Anticipated dollars to be collected for services	52,783	52,584
Impact of DSH	(8,253)	(1,300)
Expenditures For:		
Wages, Contract Staff and Physician Fees	25,432	24,182
Employee Benefits	6,804	5,974
Supplies, Utilities, Insurance & Other Expenses	14,611	14,086
Medicaid Enhancement Tax (MET)	2,356	2,358
Depreciation on Buildings & Equipment	3,539	3,539
Interest on Debt	824	751
Total Funds Paid Out	53,566	50,890
Net Income from Operations	(9,036)	394

Aside from the one-time issue noted above, Speare also experienced an overall decline in volume for ancillary outpatient services in 2015, offset in part by growth of inpatient volumes. With the maturing insurance offerings through the federal and state government programs, the hospital experienced a significant shift in 2015 from patients with no insurance coverage to those having governmentsupported coverage. With expenses, the hospital incurred unexpected costs to support locum/traveling staff which filled vacancies in the medical staff and clinical positions in nursing.

However Speare Memorial Hospital has an above average financial position, and through the hard work of middle managers, we are well positioned to meet the challenges of the year ahead.

Summary of Patient Services	2015	2014
Emergency Room visits	15,117	15,076
Outpatient (Registrations)	59,883	57,285
Surgical Services Cases	2,904	2,500
Physical & Occupational Therapy Treatments	27,145	26,749
Laboratory Tests	112,605	116,508
Radiology Exams	25,269	25,324
Oncology Procedures	4,363	5,177
Cardiology Exams (Includes Cardiology, Diabetes and Cancer Rehab Sessions)	1,581	1,364
Total Observation Days	630	704
Total In-Patient Days	5,760	5,281
Physician Practice Visits	35,992	35,748

Speare Memorial Hospital Administration

Michelle McEwen, FACHE, CPA President & CEO

Dr. Joseph Ebner Chief Medical Officer

Kris Hering Chief Nursing Officer Thomas Lenkowski

Chief Financial Officer

Laurie Bolognani Human Resources Officer

Medical Staff Leadership

Dr. Viking Hedberg President

Dr. Dana Merrithew Vice President

Dr. Joseph Casey Secretary/Treasurer

Board of Directors

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Volunteers

Volunteers provide their time, talents, and compassion to enhance the patient and family care experience at Speare Memorial Hospital. From students considering a future career in the healthcare field, looking for exposure and experience, to retirees wanting to give back after a loved one, friend, or even themselves, received treatment at Speare, volunteering is an opportunity to contribute and stay connected to the community while also helping others.

"The role of volunteers is to supplement the work of employees," notes Speare's Student & Volunteer Services Coordinator, Chris Fenn. "Over the last few years this has evolved to include volunteers in specialized roles."

- **Clergy:** Speare has five cleric volunteers representing different religious denominations. They provide pastoral and spiritual care to any patient interested, and upon request.
- Therapy Dog: Checker, an Australian Shepherd, is Speare's current therapy dog. Certified by Therapy Dogs International, Checker and his owner, Susan Blake, visit Speare once a week to offer comfort and companionship to inpatients



and outpatients in the Oncology Clinic. He has also charmed his way into the hearts of many of our employees as well.

• Family Advisors: The Patient and Family Advisory Committee is a group of community members who participate in, and promote the patient and family centered care philosophy, at Speare. The patient and family perspective is important in the planning, delivery, and evaluation of healthcare. The experience of care, as perceived by the patient and family, is a key factor in healthcare quality and safety. Family Advisors have been involved in enhancing/developing:

- way finding through the hospital
- visitor policy
- bedside reporting protocols
- physician and staff interviews
- renovation of waiting/resting areas on the second floor (see photo right)
- Outreach & Scholarship Committee: Speare volunteers are also active in helping to promote and encourage students pursuing healthcare careers in our communities by annually awarding scholarships. They also support departmental patient outreach initiatives, such as purchasing new televisions in the recently renovated waiting/ resting areas, and water bottles to give to patients graduating from the Cardiac Rehab Program. To further the community-building aspect of their work, funding for such projects comes from hospital-wide fundraisers including:
 - Candy and card sales in the Main Lobby
 - Town-wide yard sale
 - Cupcake Challenge and other specialized bake sales
 - Books are Fun sales

So whether it is a friendly face to greet you, a comfortable couch on which to rest, a furry friend to pet, or a special treat to indulge in, volunteers are at the heart of Speare's patient and family centered care approach.

CLERGY

Rev. Dan Bowers Deacon Mike Guy Rev. Leo LeBlanc Rev. Shirley Marcroft Rev. Eileen Torrey

VOLUNTEERS

MarvAnn Adams Eddie Ash Joan Bergstrom Nancy Bird Ann Blair Irene Blake Susan & "Checker" Blake **Danielle Bonnett** Ann Burghardt Aisha Burnham Ethel Cahoon Pat Corbin Sandy Crisp Irene Deutsch Virginia Dunn Gabe Fagan Shanna Fielding

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TOTAL VOLUNTEER HOURS: 6252

EXCELLENT CARE EVERY DAY.

Donor Report

An Important Partnership

As you read the stories in this annual report, you may notice that the theme of partnership is woven throughout. There are many kinds of partnerships – in business, in personal relationships, and in healthcare. In all partnerships, the relationship is characterized by mutual respect, cooperation, and responsibility.

Speare Memorial Hospital helps the communities of central New Hampshire achieve optimal health by providing excellent healthcare every day ... for everyone who lives in our region and everyone who vacations here.

Patients and their families are essential partners in the effort to improve the quality of healthcare, both in the provision of the healthcare itself, and in contributing to the financial stability of Speare through annual giving. Speare has an extraordinarily dedicated group of supporters who give to the annual fund year after year. In this report we recognize 135 donors who have given for at least four years in a row, with many in this group giving for over 10 years. Included throughout the list are quotes from a few of our donors.

Speare Memorial Hospital gratefully recognizes organizations, individuals, and families who have supported our Annual Fund, for four or more consecutive years, as members of the Evergreen Society.

PHILANTHROPIST

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"Our family has had multiple surgeries and emergency care at Speare – we wouldn't go anywhere else. The inpatient care is exceptional. It is friendly, compassionate and comfortable – they care. We are fortunate to have Speare in our community and we feel it is important to make a gift to the annual fund every year."

Ann and Tom, Plymouth

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"Speare has taken care of many of the members of our family. We feel it's important to give back to an institution that has played an important role in the health of our family."

Natalie and Bob, Bridgewater

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"We are impressed with Speare's work to improve the health of the community and we feel fortunate to be in a position to support the hospital."

Sandy and Eleanor, Holderness

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"When I think about Speare, what comes to mind is quality, availability and dependability. The providers know the healthcare landscape in New Hampshire and are ready to refer when necessary. I've supported Speare's annual fund for many years and plan to continue doing so."

Dan, Ashland

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"Over the years, we have taken comfort knowing that Speare is nearby and able to take care of our active family with the many needs of both emergency care and kind, helpful advice regarding general good health. The employees from all disciplines are superb. Speare is one of our top priorities for annual giving."

Murray and Jean, Holderness

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"Each year when I make my annual fund gift to Speare, I am giving thanks to the hospital for the great care my late wife received there. The staff was extremely compassionate through to the very end. I've also used the services of Speare and know that it is a well-functioning organization worthy of my support."

Frank, Holderness

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Every effort has been made to spell names correctly and acknowledge gifts as you prefer. If you see an error please accept our apology and contact the Development Office at (603) 238-2211 or donate@spearehospital.com to let us know.

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If you would like more information about the many ways you can support Speare, please call us at 603-238-2211 or visit our website: www.spearehospital.com. We are now able to accept secure online donations.

In Fiscal Year 2015 (July 1, 2014 – June 30, 2015), 498 donors and families gave gifts totaling over \$533,000. We deeply appreciate the generosity of everyone who decided to partner with Speare Memorial Hospital by including us in their annual giving plans.

Newfound Knitters



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