

LRGH Breaks Ground On New Construction

By LRGHealthcare

LRGHealthcare held a groundbreaking ceremony on December 10 for a 97,000-square-foot patient care addition that is now under construction at the Lakes Region General Hospital campus in Laconia. The addition is being constructed between the existing hospital facility and the Medical Office Building and will connect the two buildings.

The construction and renovation will add 15 Intensive Care beds and 5 step down beds, replacing the current eight-bed Intensive Care Unit. It will also increase the size of the Eldercare Unit from today's 13-bed unit to 20 beds. The new construction will house a new power plant and a renovated and reconfigured lobby, and the project will also include the renovation of approximately 2,200 square feet in the existing hospital facility.

One of the most notable components of this project is the fact that it will provide space to upgrade double patient rooms throughout the entire LRGH facility to single rooms – a vital step toward helping LRGHealthcare meet evolving infection control and privacy standards, as well as patient expectations for their hospital experience.

"This is an exciting day for all of us,"

said LRGHealthcare President and CEO Tom Clairmont. "This project is vital to our ability to meet the healthcare needs of our community both today and into the future."

"We appreciate the support that our staff, providers, elected officials, and community have shown for this project," said Clairmont. "Launching this construction is an important step, but it is just one step toward our goal of providing the very best care for our community both today and in the future. This construction will create the space we need, but moving forward, we will be looking to our friends and neighbors in the community to help us reach those goals, and optimize healthcare services for the community we serve."

The addition is expected to be completed and opened in late 2011.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, Affiliated Medical Providers, HealthLink, Community Wellness Centers, the Dental Resource Center, the Holistic Health Center, and other community-based services. LRGHealthcare is committed to making health care available, accessible, and affordable to you.

Lakes Region General Hospital Addition

Project Details

- 97,000 square foot addition
- A new 15-bed Intensive Care Unit and 5-bed Progressive Care Unit
- A new 20-bed Eldercare Unit
- The hospital plans to convert most existing patient rooms to single rooms.
- A new power plant will increase life-safety capabilities to better serve the community in time of crisis
- Connect the Medical Office Building to Lakes Region General Hospital
- Reconfigured lobby with space for future development of diagnostic and outpatient services.
- Anticipated completion: Late 2011
- Happening concurrently with renovation of the Emergency Department

at Franklin Regional Hospital and a new outpatient facility in Meredith.

Funding

A combination of borrowing, operations, and fundraising. We will be seeking additional support from our community.

Economic Benefits

The Department of Housing and Urban Development estimates that these construction projects will support 536 full-time jobs and provide an estimated economic stimulus of \$132.3 million to the community. Once completed, it is estimated the projects will provide an annual economic benefit of approximately \$73.4 million and support 451 jobs.

VNA Offers Support Groups

By Lake Sunapee VNA and Hospice

Lake Sunapee VNA and Hospice offers a variety of support groups, including our long-standing parent/child group; bereavement/grief support; Healing Through Grief (a six week program); Dealing with the Holidays After You've had a Loss; Ongoing Widow-to-Widow; and Caregiver Support.

Some people who have participated in support and bereavement groups say the experience gave them an emotional connection when they felt isolated from friends and family. A group can provide and share information ranging from disease research and new medications to how a bereaved person can cope during the first year after a loved one's death. People involved say this exchange of information is one of the most valuable elements of participating in a support or bereavement group.

Moreover, support and bereavement groups offer people the opportunity to release powerful emotions they may otherwise keep to themselves. Healthcare providers say support groups can improve a participant's mood and decrease psychological distress.

Research also indicates that attending support groups can be beneficial. Two cancer research studies indicated that patients who participated in support groups in addition to their medical treatments reported less anxiety and depression and actually lived longer than those who did not attend. It is speculated that having the social support of others in the group boosts the immune system by reducing the persons' anxiety and psychological stress.

For more information, contact our office at 526-4077 or visit LakeSunapeeVNA.org.

February Is National Heart Month

By Lake Sunapee Region VNA & Hospice

February is National Heart Month – a time to be more aware of your heart health! We encourage you to stop by Lake Sunapee Region VNA & Hospice at 107 Newport Road in New London for a free blood pressure screening. Screenings are held every Tuesday or Thursday from 9 AM to noon, and no appointment is needed.

For more information, call 526-4077. Over 450,000 Americans will die

from a first or recurrent heart attack this year. More than 1.2 million Americans will experience their first or recurrent heart attack.

Each year, more than 700,000 people suffer from a new or recurring stroke in the US. Over 150,000 of these people will die, making stroke the third leading cause of death.

To learn more about what you can do to reduce your risk of heart disease, visit AmericanHeart.org or CDC.gov.

A NEW APPROACH TO WOMEN'S HEALTHCARE



Caring for Women

LRGHealthcare and Laconia Clinic

are combining women's health and OB/GYN services into a single, collaborative practice. Caring for Women will provide every woman in our community with convenient options, better appointment availability, and a team of medical professionals to meet her healthcare needs.

- OB/GYN, Midwifery, and Primary Care for Women
- Menopause Consultation and Care
- Incontinence Care and Treatment
- Digital Mammography
- Ultrasound and Non-stress Tests
- Bone Density Testing
- Counseling for Women
- Women's Health Education Services

Locations in Laconia, Franklin, & Moultonboro. Call 527-1855 for an appointment today.

Opening in mid-February, 2010

Caring for Women's new, state-of-the-art flagship facility located on Main Street in Laconia. A wide range of women's health services in a single, convenient location!

LRGHealthcare
care. compassion. community.

www.lrg.org



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