

2021

Annual Report

To the Community

LITTLETON
REGIONAL HEALTHCARE



I.C.A.R.E.

Integrity
Compassion
Accountability
Respect
Excellence

Where good health begins.





2021 Volunteer Board of Trustees

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Dear Friends of Littleton Regional Healthcare



Robert F. Nutter
President & CEO



Jeff Woodward
*Chairman
Board of Trustees*

Our 2021 Fiscal Year (October 1, 2020 – September 30, 2021) brought new challenges, triumphs, and opportunities that we faced together as an organization and with the continued support of our region. Our resilient and devoted healthcare professionals, with whom we are honored to work alongside, made our accomplishments possible. Every team member, regardless of title or department, plays an important role in allowing us to provide the care our region deserves.

Our fight against COVID-19 continued through this past year while our commitment to our mission of providing quality, compassionate, and accessible healthcare remained strong. Our workforce has conquered adversity every step of this pandemic, going above and beyond their call of duty and fearlessly reporting to the frontlines, making sacrifices, and putting themselves and their families at risk. The availability of COVID-19 vaccines starting in December of 2020 brought hope. We worked diligently to implement vaccine distribution into our existing COVID-related service offerings such as widespread COVID-19 testing services.

The outpouring of support we have received, combined with the dedication of our workforce, is how we have carried on to where we are today. On behalf of the entire Littleton Regional Healthcare community, we wish to extend our deepest appreciation for the region's support this past year. We are

Mission

To provide quality, compassionate
and accessible healthcare in a manner
that brings value to all.

Vision

Littleton Regional Healthcare will be
the leading provider of healthcare and
the best organization in which to work.

Values

Integrity
Compassion
Accountability
Respect
Excellence

thankful to our community who has stood by us and continues to entrust LRH with their healthcare needs. As we enter our third year of battling COVID-19, it is more important than ever that we all do our part. We are, just as we have been since the beginning, in this together.

Despite the ongoing challenges presented by COVID-19, we pursued and achieved several strategic advancements in 2021, including breaking ground on a joint venture urgent care center in Lincoln, NH in partnership with ClearChoiceMD Urgent Care, a physician-founded and physician-lead urgent care company. This urgent care center is Phase I of our plan to better serve Lincoln, Woodstock, and the surrounding communities by providing access to high-quality, comprehensive healthcare that is fully supported by the resources and specialties available at Littleton Regional Healthcare.

As we look ahead, we are extremely optimistic about our future and eager to explore better ways to serve the greater North Country of New Hampshire and Northeast Kingdom of Vermont. We know the critical role LRH plays in our region and welcome the opportunity to cultivate service offerings, expand in critical areas, and build on our achievements in the New Year. United around our core values and prepared for the growth that lies ahead, we remain committed to our mission to provide quality, compassionate and accessible healthcare in a manner that brings value to all.

Respectfully,

Robert F. Nutter
President & CEO

Jeff Woodward
Chairman
Board of Trustees

2020 Statistics and Facts

Just a few interesting facts about Littleton Regional Healthcare...

- LRH is a 21-year old, 232,000 sq. ft. facility that rests in the heart of a 252-acre campus.
- LRH employs 411 full time, 20 part time and 103 per diem staff, for a total of 534 employees.
- LRH invested \$54,539,781 in annual payroll (including salaries, employee benefits, and the services of physician specialists).
- In 2021, the staff at the Sauter Birthing Suite welcomed 339 newborns – 170 boys and 169 girls. Each of the 339 newborns and their families received a children's book as part of LRH's early literacy program.
- Our Emergency Department responded to more than 9,861 patients presenting at the LRH ED.
- The LRH Physician Practices saw and treated 68,698 patients.





Giving Back to the Region We Serve

As a not-for-profit community hospital, Littleton Regional Healthcare is dedicated to improving the health and quality of life of the individuals and communities we serve. Our community benefit activities are fundamental to that mission. Each year, LRH develops a Community Benefits Plan identifying ways in which we meet the unmet healthcare needs of the North Country region we serve.

Our staff, physicians and volunteers work together to meet those needs through quality health services, wellness and educational initiatives, and charity care. We are fortunate to partner in many of these initiatives with outstanding health, cultural, educational, and civic and social service organizations who share our vision for a healthier community.

Here are a few ways that LRH has given back to the community this year:

- Charity Care Free or Discounted Health Care
- Community Health Education
 - Access to Up-To-Date Health Information
 - Diabetes Education
 - Emergency Medical Services (EMS) Conference
 - LRH Virtual Health & Wellness Series
 - Palliative Care Education
- Community Health Services
 - Birth & Parenting Programs
 - Drug Drop Box (secure)
 - Mom's Morning Out Support Group for new moms
 - Sharps Disposal Service
- Covid-19 Pandemic Regional Support
 - COVID-19 Hotline
 - Screenings
 - Vaccinations
 - On Campus
 - Area schools



COMMUNITY NEEDS A 501(c)(3) not-for-profit organization, LRH consistently provides additional free or charity care and wellness/health education programs in order to meet the growing healthcare needs of the region we serve.

Financial Health

Statement of Revenue & Expenses

For Fiscal Year Ending September 30, 2021 and 2020 (\$000)

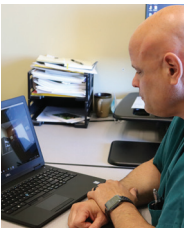
INCOME

CHARGES TO PATIENTS FOR SERVICES	2021	2020
Care for inpatients	32,440	33,668
Services to outpatients	171,363	145,531
Total amount of our charges	203,802	179,198
– Less Government program reductions and discounts	(105,450)	(86,215)
– Less patients who are unable to pay for our services	(5,828)	(5,780)
Therefore we have received or will receive from patients or from those paying on their behalf: NET	92,525	87,204
HHS Stimulus revenue	9,094	5,638
Other operating income	5,449	4,858
Thus, we have received, or will receive a total of	107,068	97,699

EXPENDITURES

	2020	2021
For salaries, employee benefits, and the services of physician specialists.	58,112	58,377
Medical and surgical supplies, drugs, food, and other expenses.	32,854	35,409
Heat, water, and electrical services	1,345	1,358
Insurance and interest expenses	2,484	2,125
This year's use of buildings and equipment	4,223	4,456
Earnings from operations to repay our debt and reinvest in the Hospital's future	8,050	-4,027
Therefore, this total is equal to the income received	107,068	97,699

Patient Testimonials



“Driving almost 2 hours to Littleton Regional Healthcare is absolutely worth it!” – Philip Hernandez

Philip Hernandez may live in Manchester, NH, but when it came to managing his back pain, Philip chose Alpine Pain Management Center at Littleton Regional Healthcare. “It was going to take a month to get help in Manchester. Then a colleague told me about Francis (Frank) Valenti, MS, CRNA, APRN, NSPM-C. He saw me the next week, ordered an MRI, and developed a plan of care,” says Philip.

The MRI revealed that Philip had suffered 3 herniated discs. He began driving the 100+ miles to receive epidural steroid injections once a month. “It’s a drive I happily make,” Philip says. “The injections have really helped relieve the pain and given my back time to heal using physical therapy. As a result, there’s a good possibility I won’t need surgery. I even use telehealth services for my follow-up visits. Plus, the level of care I receive just isn’t available in Manchester.”



“The staff at LRH have a special place in my heart!” – Austin Bailey

About 2 years ago, Austin Bailey developed a problem with his left leg. “I couldn’t lift my foot up to walk,” he recalls. Austin was diagnosed with a rare type of autoimmune disease in which the body’s immune system attacks the myelin that insulates and protects the body’s nerves.

To help him walk, Austin was equipped with a leg brace. In addition to the brace and part of his ongoing therapy, Austin visits the Oncology, Hematology, & Infusion Center at LRH each month to receive an infusion of immunoglobulins, antibodies that block the attack on his nerves.

The therapy and treatment make all the difference for Austin’s mobility. “I’ve never been treated so well before at any hospital,” said Austin. “I cannot say enough good things about the people at LRH. They’re my family!”



“Thanks to Dr. Fitzpatrick, I got my life back!” – Heather Rand

After years of suffering, Heather Rand was at the end of her rope. “I started having low-grade headaches when I was a young teenager,” Heather says. “Then, 14 years ago, I suffered a traumatic brain injury that resulted in chronic migraine headaches.” Heather finally decided to see Dr. Patrick Fitzpatrick, a Board Certified Facial Plastic Surgeon and Otolaryngologist (ENT) with Littleton Regional Healthcare.

“I had heard about Dr. Fitzpatrick from my friends and family,” Heather says. Heather’s treatment included a series of Botox® injections. The relief was amazing. “Before my treatment, I was having 5 or 6 headaches every week that were so debilitating, I couldn’t even sit up in bed,” Heather says. “Now I have about 3 low-grade headaches each month. I really wish I hadn’t waited so long to see Dr. Fitzpatrick. He changed my life completely!”



COVID-19 Statistics



21,117

COVID-19 Vaccines
Administered



262

Monoclonal
Treatments



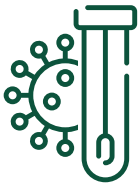
16,322

COVID-19 Hotline
Phone Calls



16

Vaccine Clinics at
Local Schools



12,360

PCR Tests



With Fond Memories

Littleton Regional Healthcare would like to honor the memory of two dedicated members of the LRH family who we lost in 2021.



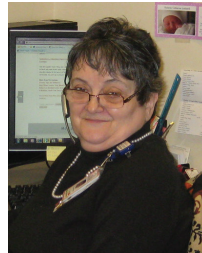
Cynthia Mitchell

September 4, 1956 – October 25, 2021

Cynthia Mitchell began her career at Littleton Hospital on July 17, 1978 dedicating 42 years of service providing compassionate care to each patient who had the pleasure of being cared for by such an amazing member of the LRH nursing staff. Cindy served in several units at LRH including the medical

surgical unit, orthopaedics, surgical services and post-surgical care unit. Cindy will be remembered for her keen memory and her ability to remember patients she cared for long after they received their care. Cindy brought so much joy to those who knew her. You could always count on being greeted by her with a wide smile and soft giggle.

She will be missed by so many at LRH and by her fellow Auxiliary members.



Mary Ann Duranty

November 9, 1947 – December 9, 2021

Mary Ann Duranty began her career at Littleton Regional Healthcare on February 26, 2000 dedicating 21 years of service to LRH and the patients, families and visitors we serve. Mary Ann played a key role in the Admissions Department at LRH

serving as registrar and receptionist. Mary Ann was known as “the voice of LRH.” Mary Ann was a “go to” person for so many. If you needed something done, she would do it. She never said “No.”

Mary Ann will be sorely missed by those who worked with her and knew her. She was a sweet, kind and dedicated employee who always went above and beyond in everything she did.

Welcome!

Littleton Regional Healthcare welcomed several highly skilled medical professionals in 2021, including:



Meg Amadon, APRN, MSN, FNP-C, CWON

Meg joined North Country Primary Care, Littleton Regional Healthcare's designated Rural Health Clinic. Working alongside the board-certified Family Medicine physicians, Meg provides wellness exams and management of acute and chronic conditions in patients ages 12 and older.



Derek Roberts, PT, DPT

Derek joined the growing Rehabilitation Services Department at Littleton Regional Healthcare. Derek's clinical interests include manual therapy and vestibular rehab. He works with both inpatient and outpatient physical therapy patients.



Jodi Tracy, APRN, MS, FNP-C

Jodi joined Dr. Anthony Salerni, MD, ABNS to serve patients of Alpine Spine Center at Littleton Regional Healthcare. Jodi primarily cares for patients suffering from disorders of the spine through non-surgical techniques, including injections in conjunction with other various therapies.



Tracia O'Shana, APRN, MSN

Tracia joined The Doorway at LRH, LRH's substance misuse, counseling, and recovery center that is part of a statewide initiative to address the growing opioid crisis. Tracia serves patients through screening, evaluation, and treatment for substance use disorders.



Kyle Gadapee, PT, DPT

Kyle joined the team of physical therapy professionals at The Alpine Clinic in Franconia, NH. Kyle works with patients to address outside factors that may contribute to their injuries such as sleep, nutrition, and stress. His clinical focuses include athletes experiencing lower back pain, injuries of the elbow, and ankle instability.

To learn more about the healthcare providers at Littleton Regional Healthcare, visit www.littletonhealthcare.org





Littleton Regional Healthcare Auxiliary

Dear Friends of the LRH Auxiliary,

When looking back on the letters written for the LRH Annual Report the past two years, I realize how little we were aware of how much the COVID-19 global pandemic was going to affect all of us. Fortunately, vaccines became available, and we have been able to finally work toward our mission of raising funds to support LRH and the communities it serves. I am quite happy and proud to say that we never stopped fulfilling our mission by distributing funds to many areas. In 2021, we were still able to provide:

- More than \$1,100 for the purchase of sweatshirts and sweatpants for the Emergency Department at LRH for patients needing clothing to wear home.
- A gift basket for LRH's first baby of the year.
- Scholarships totaling \$17,000 for local high school students and LRH employees.
- A gift of \$5,000 as the sponsor for LRH Virtual Health and Wellness Series offered to community members.

Our Moose Ledge Gift Shop finally reopened in July 2021. LRH staff were especially glad to see the gift shop reopen as they have grown to rely on this special resource for staff, patients, and visitors to LRH. It did not take long for sales to soar with purchases made by staff at LRH. We have also been able to host a few additional fundraising events for staff and patients to enjoy, including:

- 2nd Annual Themed Gift Basket Raffle with over 30 baskets for everyone to take a chance to win!
- Usbourne boxed card sets sale
- Holiday Cookie Sale
- Mulligan sales in the LRH Dr. Moose Golf Tournament.

Because of the generosity of so many people, we also host events to thank the staff here at the hospital. All of the employees at LRH work hard on a normal basis, but since COVID-19 they have gone above and beyond. On National Doctors' Day, which is celebrated yearly in March, we weren't allowed back in the hospital yet. Instead, we offered a gift certificate to the cafeteria for all of our doctors and other advanced practitioners. When National Nurses' Day came in May, we offered them the same. During National Hospital Week, we offered choices of ice cream treats to all hospital employees. They do so much for us all, and the LRH Auxiliary wants them to know how much they are appreciated.

Your continued support of the LRH Auxiliary is more important now than ever. I hope you will join us in supporting our fundraisers, shopping at our Moose Ledge Gift Shop, or making a gift to LRH Auxiliary. You can also support us by joining our organization and participating in the events we host each year. Your support matters. Thank you for all you do to help us.

Gratefully,


Laurie Morgan
LRHA President



Gail Clark, Director of Marketing and Community Relations and Laurie Morgan, President of the LRH Auxiliary hold up quilts made by Laurie for clients at The Doorway at LRH, a new program that helps people with opioid use disorders or other substance use disorders.



The LRH Auxiliary Moose Ledge Gift Shop re-opened after being closed for more than a year due to the pandemic. LRH staff were thrilled to see it re-open. The Moose Ledge Gift Shop is run by all volunteers and Auxiliary members. Proceeds from gift shop sales directly benefit Littleton Regional Healthcare.

Fundraising Makes a Difference

Dear LRH Family & Friends,

We want to thank the individuals, local businesses, corporations, Trustees, patients, volunteers, and staff who have generously supported Littleton Regional Healthcare through cash donations, sponsorships, and in-kind donations.

Despite the many disruptions and challenges the pandemic has placed on everyone at LRH, our dedicated supporters never wavered in their charitable contributions. LRH received more than 290 donations totaling more than \$197,000 in charitable donations.

Earlier in 2021, The Starfish Fund, a permanent endowment fund, was established by a generous gift from Carol Ann Gillis. The principal of The Starfish Fund will remain untouched with only the investment income being used for the fund annually. Investment income will provide funds to assist patients at LRH being treated for cancer needing financial assistance.

This past fall we honored the memory of Dr. H. Taylor Caswell, Jr., the first orthopaedic surgeon to serve patients at LRH. 2021 marked the 20th anniversary of Dr. Caswell's passing. The Dr. H. Taylor Caswell, Jr. Endowment Fund was established by his loving family. Investment income will provide funds to improve patient care in LRH's rehabilitation services department.

Because of the generous support of so many, LRH was able to provide funds to support the following for LRH:

- Renovations and equipment to LRH's Rehabilitation Services Department
- Helping Hands Fund – Employee financial assistance
- Assisted an LRH patient being treated for cancer
- Birth & Parenting Program – Swaddles for our LRH newborns
- Employee Nursing & Clinical Education Scholarship Fund
- Patient assistance through uncompensated care.

Again, thank you to everyone who generously supports Littleton Regional Healthcare. We are grateful for your help.

Respectfully,



Robert K. Nuttner
President & CEO



Gail P. Clark
Marketing
& Community Relations

You can make a difference today by donating at
www.littletonhealthcare.org/donate.



Sponsors and players enjoyed a round of golf at the OMNI Mt. Washington Resort in Bretton Woods, NH. The Dr. Moose Golf Tournament net \$40,000 in 2021. Proceeds from the golf tournament will provide scholarships to LRH nursing and clinical staff who are furthering their education in the healthcare field.



Littleton residents and patients of Littleton Regional Healthcare, Perry and Eschol Goodell, provide funding to support the purchase of 12 brand new wheelchairs at LRH. Photographed is Perry and Eschol Goodell handing their donation to LRH President & CEO, Robert Nuttner, and Director of Marketing & Community Relations, Gail Clark.



THANK YOU for your continued support...

Littleton Regional Healthcare gratefully acknowledges the commitment of all those individuals and businesses who supported our fundraising efforts with a contribution, pledge, sponsorship or in-kind donation in 2021. We also wish to recognize the quiet dedication of individuals who make annual contributions but wish to remain anonymous.

Summit Donors (\$10,000 and above)

Dr. Scott and Allison Brody
Carol Anne Gillis
Dr. and Mrs. John P. Sauter
LRH Auxiliary

Champion Donors (\$5,000 - \$9,999)

Allan and Gail Clark
CGI Benefit Solutions
New England Wire Technologies, Inc.
Sage View Advisory Group

President's Circle (\$1,000 - \$4,999)

Anonymous
Amundi Asset Management
Brentwood Communications, Inc.
Mr. S. Jeffrey Burt
Dr. and Mrs. Roland Chouinard
Bob and Anita Craven
Ms. Barbara Doty
Farmway, Inc.
Mrs. and Mr. Eschol Goodell
Harvey Construction
Intersurgical Co., UK
Kozak & Gayer, PA
Randall and Elizabeth Kunz
Lincoln Financial Group
Littleton Coin Company, LLC
Dr. Jennifer Lucas
Marcam Associates
Benjamin Merrill and Alice Rocke
MFS Investment Management
Nationwide Retirement Plan
New Hampshire Charitable Foundation
Daniel F. O'Neill, MD
Passumpsic Savings Bank
Mr. and Mrs. Henry Peterson
Prime Buchholz, LLC
Putnam Investments
Quorum Health Resources, LLC
Remedy Medical Properties, Inc.
Melinda Richmond
Securian Financial
Sheehan, Phinney, Bass & Green, PA
SMRT, Inc.
Robert and Lois Stiles
Transamerica
Union Bank
Jared Vandenbroek, CRNA
White Mountain/Connors Footwear

Benefactors (\$500 - \$999)

Mr. & Mrs. Roy Bailey, Jr.
Bank of New Hampshire
Cardinal Consulting, LLC
Garnet Hill
Mary Speer Grote
Mr. and Mrs. Doug Hadfield

The Haughey Company
H.P. Cummings Construction Company
Hutter Construction Corporation
Gary Karp
Littleshire Realty Associates
Ronnie Marvin Enterprises
Mascoma Savings Bank
Mass Mutual
Meridan Hill Maple Farm LLC
Mr. and Mrs. Robert Meserve
Mid-State Health Center
Mr. and Mrs. Robert Muh
Peabody & Smith Realty, Inc.
Robert and Lois Peraino
Principal Financial Group
PROMIS Prosthetics & Orthotics
Vermont Heating & Ventilating
Mr. Eli Vincent
Virtus Investment Partners
Whitney's, Inc.

Patrons (\$200 - \$499)

American Century
Anonymous
Aggy and Sam Chase
Mr. and Mrs. Sam Chase, Jr.
Gregory and Danielle Cook
Judith and Murray Danforth
Mr. and Mrs. David Ernsberger
FMR Investments
Ms. Florence Fogelin
Mr. and Mrs. Rick Force
Ms. Rae Frazer
Ms. Lisa L. Gillingham
Mr. Alan Glidden
John T. and Maria Hynes
Mrs. Carolyn Kirby
Ms. Carol Laflamme
Littleton Lions Club
Mr. and Mrs. Carl D. Martland
George and Laurie Morgan
Ms. Karen J. Quinn
Ms. Jeanne Sabin
Andrew and Jacqueline Smith
Stanley Elevator Company, Inc.
Mrs. Carol Stearns
Super Shoes
Mr. David M. Trono
Trumbull-Nelson Construction Co., Inc.
Mr. Larry Uertz
Mrs. Carlene Whitcomb

Friends (Gifts up to \$199)

Anonymous
William B. Adams
Amazon Smile
Mr. Donald Anderson
Ms. Ronda Andross
Douglas N. Arion

Diane Ashton
Mr. and Mrs. Peter Aydelott
Mr. & Mrs. Wilfred Ayotte
Ms. Amy Bahr
Mr. and Mrs. Dudley Bailey
Ms. Mira Baltus-Carlaw
Mr. & Mrs. Richard R. Boch
Mr. and Mrs. Richard G. Brisbois
Ms. Sharon Bush
Mr. and Mrs. Damian A. Canuto
Nancy B. Carter
Casey & Associates
Rudy and Barbara Chiarello
Mrs. and Mr. William Clewes
Ms. Lori A. Comeau
Ms. Lisa Conner
Mr. Gavin Cook
Tina and Michael Crowe
Joe and Mary Cushing
Daughters of the Charity of the Sacred Heart of Jesus
Dave and June Driscoll
Mr. and Mrs. Mark Dube
Ms. Audrey Dunn
Mr. Bruce P. Marston and Ms. Joyce Evans
Dean and Pattie Flynn
Mr. & Mrs. Richard Foote
Fernand J. Gagne Revocable Trust
Mr. and Mrs. Tom Gallagher
Granite United Way
Mr. and Mrs. Gerald Grassett
Don & Nancy Halgren
Mr. and Mrs. Russell Hart
Ms. Wendy Hazlett
Mr. Sean Haywood
Mr. Paul Higginson
Mr. and Mrs. Donald E. Hilliard, Sr.
Mr. James Hilton
Ms. Kimberly Hiltz
Mr. Peter Holbrook
Ms. Connie Huggett
Mr. and Mrs. Gerald Hussar
Mr. and Mrs. Brian Irwin
Mrs. Harriet Jackson
Ms. Sally Jensen
Joanne & Kevin Jones
Ms. Natalie Kennett
Ms. Wendy Kern
Ms. Tracy Kiernan
Mr. and Mrs. George A. Kirk
Emily and Reginald LaFlam
Mr. and Mrs. Leslie Laflamme
Mr. and Mrs. Richard Langworthy
Mr. and Mrs. Edward Lanoue, Sr.
Mrs. Ketha M. LaSalle
Mrs. Elise J. and Dr. Philip H. I. Lawson
Mr. and Mrs. Jean LeBlanc
Mr. and Mrs. Stuart B. Lord

Dick Mallion
 Ms. Francine Marceau
 Mr. Bruce P. Marston and Ms. Joyce Evans
 Ms. Cynthia Martin
 Mr. Robert Maximin
 Heather & Corey McKean
 Mr. and Mrs. Al Morancie
 Ms. Kristen Morey
 Mr. Myles Morneault
 Mr. Robert Motha
 Mr. and Mrs. Robert Nutter
 Ms. Holly Owsianik
 Mr. and Mrs. Robert Paddock
 Dr. Kathleen Pearson
 The Perry Family Revocable Trust
 Ms. Bobbi-Jo Perry
 Ms. Sheila Phillips
 Melissa Pinard and Sharon Sisle
 Peter and Patsy Pilgrim
 Mr. and Mrs. James Ramsey
 Richard and Patricia Reed
 Mrs. Eileen Regen
 Mike and Tammy Riggie
 Ms. Susan Schibanoff
 Mr. John Scott and Ms. Kim DeLutis
 Mr. and Mrs. Ryan St. Cyr
 Mr. and Mrs. Ronald Stevens
 Ms. Linda L. Stevens
 Mr. and Mrs. Rick Sundman
 Mr. and Mrs. John E. Tholl
 Mr. and Mrs. Howard B. Todd
 Mr. and Mrs. Kenyon Tuthill
 Mr. Larry Uertz
 Ms. Cornelia Veenendaal
 Mrs. Mary F. Weiler
 Mr. and Mrs. Tim Williams
 Mr. David Wood
 Meggen McKay Wright & Dean Wright

In-Kind Donations

Adair Country Inn and Restaurant
 Alpine Adventures / Whale's Tale
 Beal House Inn
 Bella Funk Boutique
 Bethlehem Country Club
 Carrie Myers
 Cary P. Clark
 Chef Joe's Catering
 Cherry Blossom Floral Design
 Copper Pig Brewery
 Details Interior Fashions
 Dunkin Donuts
 Evergreen Sports Center
 Farmway, Inc.
 Fitness Authority
 Foto Factory
 Fresh Salon and Day Spa
 Garnet Hill
 Girl Scouts of the Green & White Mountains
 GM Photography & Framing
 Gold House Pizza
 Gordi's Fish & Steak House
 Halo Branded Solutions
 Inn at Whitefield
 Iron Furnace Brewing
 Lahout's Ski Shop
 Little Village Toy & Book Store
 Littleton Dental Care
 Littleton Food Coop
 Loon Mountain Resort
 Lowe's Home Improvement

LRH Auxiliary
 Maplewood Country Club
 McLure's Honey & Maple Products
 Mittersill Alpine Resort
 Mountain Lathers Soap Company
 North Country Climbing Center
 North Country Pharmacy
 Omni Mt. Washington Resort - Bretton Woods
 Passumpsic Savings Bank
 Polly's Pancake Parlor
 Porfido's Market & Deli
 Restorative Health Therapies
 Santilli Family Dentistry
 Shaun Terhune Fine Art Photography
 Shaw's
 Spit & Shine Detailing
 Staples
 Sugar Hill Inn
 Sunset Hill House
 Super Shoes
 The Home Depot
 The Mount Washington Cog Railway
 Trend Innovative Business Solutions
 White Mountain Chapter - American Nurses Association
 White Mountain Footwear Group
 White Mountains Canning Company

Honor & Memorial Gifts

In Memory of Henrietta Aldrich

Ms. Sheila Phillips

In Memory of John Bartholomew

Ms. Diane Ashton

In Memory of Gerard "Jerry" Fournier Grandmaison Family Revocable Trust

Ms. Mary Retzlaff
 Mr. and Mrs. Ronald Stevens
 Mr. & Mrs. Dennis Wogaman

In Memory of Penny Jones

Anonymous

In Memory of Harry C. McDade, MD

Mr. Clarence V. Labonte, Esq.

In Loving Memory of Helen A. Rode

Mr. Jack M. Rode

In Memory of Henry C. & Anne B. Stearns

Mr. Daniel Stearns

In Memory of Larry & Jean Stinehour

Mr. Craig Stinehour

Please note the donations listed above were received in calendar year 2021. If we have inadvertently omitted or misspelled your name, please accept our sincere apology and notify us at 603.444.9304.





LRH Programs and Services

LRH offers a wide range of inpatient and outpatient medical, surgical and diagnostic services, including:



24-Hour Board Certified Staffed Emergency Department

Emergency Medical Services
(EMS) Education

Allergy Medicine

Anesthesia Services

Audiology

Hearing Evaluations
Hearing Aid Fittings & Repairs
Vestibular (Balance) Function Testing

Case Management

Advance Directives
Discharge Planning & Continuing Care

Cardiology

Coronary Care

Cardiac Rehabilitation & Wellness
Cardiac Lab
Cardiac Stress Testing
Echocardiography
ECG Monitoring

COVID-19 Services

COVID-19 Hotline
COVID-19 Testing
COVID-19 Treatments
COVID-19 Vaccinations

Dermatology

Diabetes Education

Diagnostic Imaging

Wide Bore MRI
64-Slice CT Scan
Bone Density Scanner
Breast MRI
4-D Mammogram
3-D Ultrasound Imaging
Multi-Slice Spiral CT Scanner
Mammography
iCAD Second Look Mammogram
PET Scan

Emergency Medicine

Endoscopy Procedures

Eye Care

Optometry & Ophthalmology

Facial Plastics

Botox and Facial Fillers
Blepharoplasty (Eyelid Lift)
Rhinoplasty (Nose Surgery)
Laser Procedures
Surgical Dermatology

Family Medicine

Family Support Services

Alternative Therapies Program

Collaboration with Local Clergy
Collaboration with Mental Health Providers
Referral to Local Support Groups

Food & Nutrition

Cafeteria Services
Community Appreciation Dinners
Community Nutrition
Outreach Programs
Nutrition Education & Counseling
Patient Room Service

Gastroenterology

Colonoscopy
Upper Endoscopy
Treatment & Management of Diseases of the Liver, Colon, & Pancreas

Health Info Management (Medical Records)

Hospice Care

Hospital Medicine

Infection Control

Intensive Care

Internal Medicine

Laboratory Services

Lithotripsy

Neuro Surgery

Spine Surgery

Neurology

Obstetrics & Gynecology

Cervical Cancer Screenings
Breast Cancer Screenings
Menopausal Care
Prenatal & Postnatal Care
Contraceptive Counseling

Occupational Health Services

DOT – OSHA Exams
Drug & Alcohol Testing
Employee Wellness Clinics
Injury Treatment Services
Pre-Employment Examinations

Oncology, Hematology, & Infusion Center

Orthopaedics

Adult & Pediatric Sports Medicine
General Orthopaedics
Spine Surgery
Hand & Upper Extremities
Total Joint Replacement - Hip, Knee, Shoulder, & Elbow
Trauma Surgery

Otolaryngology (Ear, Nose, & Throat)

Pain Management

Palliative Care

Pathology

Pediatrics

Pharmacy

North Country Pharmacy

Primary Care

Psychiatry & Behavioral Health

Pulmonology (Tele-Medicine)

Quality Services

Radiology

Rehabilitation Services

Ergonomics
Industrial Therapy
Incontinence Program
Occupational Therapy
Physical Therapy
Speech Therapy

Respiratory Therapy

The Sauter Birthing Suite

Car Seat Safety Program
Childbirth Education
Lactation Consultation
Newborn Hearing Testing
Parent's Support Group

Sharps Disposal Program

Sleep Medicine

Substance Misuse

The Doorway at LRH

Surgical Services

Breast Surgery
ENT (Ear, Nose, & Throat)
General Surgery
Gynecological Surgery
Ophthalmology
Orthopaedic Surgery
Spine Surgery
Trauma & Critical Care Surgery
Urology Surgery

Tele-Medicine

Urgent Care

Urology Services

Adult & Pediatric

Volunteer Services

Wound & Ostomy Care

LRH Healthcare Providers



Allergy Medicine

603-444-2450

North Country Otolaryngology

Patrick Fitzpatrick, DO
Danny Ballentine, PA-C

Anesthesia Services

Sharon Bolton, CRNA
Beth Guckin, CRNA, MSNA
Michele Hannon, CRNA, CHA, CPC3
Hilary Seymour, CRNA
Christopher Toves, CRNA
Barry Townsend, CRNA, MSNA

Audiology

603-259-7692

Michael Lazarczyk, Au. D.

Cardiology/Electrophysiology

Anil K. Mukerjee, MD, 603-444-9605
FACC, FACP, FASE, FASNC, FSCCT

Dartmouth-Hitchcock Cardiology

Mary Katherine Dowd, MD 603-444-9390
Rajbir Sangha, MD
Daniel Storms, MD
Susan D'Anna, APRN

Dermatology

603-259-7706

Dartmouth-Hitchcock Dermatology

Charles Hammer, MD

Emergency Medicine

André Beauboeuf, MD
Edward L. Duffy, MD, MBA, FACEP
David Hirsch, MD, FACEP, MPH, FAEMS
Jonathan Klingler, DO
Philip H.I. Lawson, MD
Richard Levitan, MD
Andrew Borghese, PA-C
Amy Lucas, PA-C

Facial Plastics

603-444-2450

North Country Otolaryngology

Patrick M. Fitzpatrick, DO

Gastroenterology

LRH Gastroenterology

603-259-7798

Jonathan Lamphier, MD
Peggy Piette, APRN

No. Country Gastroenterology

603-444-0272

Howard Mitzi, DO, FACOI

General Surgery

603-444-0997

Surgical Associates at LRH

Alice F. Rocke, MD
Daniel Underbakke, MD

Hospitalist

Stephen Goldberg, MD
Michael Rhodes, MD
Linda Barton, APRN
Mary Van Alstyne, APRN

Neuro Surgery

603-575-6300

Alpine Spine Center

Anthony Salerni, MD
Jodi Tracy, APRN

Neurology

603-444-9609

Neurology Associates

Gopalan Umashankar, MD

Obstetrics/Gynecology

603-444-9371

North Country Women's Health

Scott Brody, MD, FACOG
Nicholas Marks, MD, FACOG
John Sauter, MD, FACOG
Emily Kelly, APRN

Occupational Health

603-444-9294

Oncology, Hematology, & Infusion Services

603-444-9376

in partnership with Dartmouth-Hitchcock Norris

Cotton Cancer Center

Sergey Devitskiy, MD, Ph. D.
Nancy Thomas, APRN

Ophthalmology & Optometry

Shippee Family Eye Care, P.C. 603-444-2484

Jay Darjee, OD
Stephen Phipps, MD
Samuel Shippee, OD
Maddison Wilson, OD

Orthopaedics

603-823-8600

The Alpine Clinic

Andrew Chen, MD, MS, FAAOS
Virginia Mike, PA-C
James L. Glazer, MD, FACSM
Jeffrey Kauffman, MD, FAAOS
Haley Ireland, APRN
Jean Langevin, MD, FRCSC
Julie Ferland, APRN
Dougald MacArthur, DO
Holly D. MacArthur, APRN
Eric Mullins, MD, MS, FAAOS
Shawn Richardson, APRN
Daniel O'Neill, MD, Ed. D., FAAOS

Otolaryngology (Ear, Nose & Throat)

North Country Otolaryngology

603-444-2450

Patrick M. Fitzpatrick, DO
Danny Ballentine, PA-C

Pain Management

603-575-6300

Alpine Pain Management Center

Gregory Aprilliano, APRN
Francis Valenti, APRN

Palliative Care

603-444-9055

North Country Palliative Care

Philip H.I. Lawson, MD

Primary Care

603-444-7070

North Country Primary Care: RHC

Behavioral Healthcare

Stacy Charron, MD
Erinn Fellner, MD

Family Practice

Kylee Finn, MD
Richard McKenzie, DO
Kathleen Pearson, DO
Meg Amadon, APRN

Pediatrics

Jessica Jacobs, MD
Richard McKenzie, DO
Sunit Patel, MD
Kate Noel, APRN

Pulmonology (Tele-Medicine)

603-663-3770

in partnership with Elliot Hospital

Radiology

603-444-9536

Eric Emig, MD

Sleep Medicine

603-259-7780

North Country Sleep Center

Irving Smith, DO

Substance Misuse

603-259-1659

The Doorway at LRH

Andrea Berry, DO
Debra Towle, MS, LADC
Tracia O'Shana, APRN

Urgent Care

603-444-9294

Littleton Urgent Care

Cori Elliott, APRN
Rebecca Hutchinson, PA-C
Benjamin Tipton, PA-C

Urology

603-444-0385

Littleton Urological Associates

Jennifer Lucas, MD
Sonya Morse, APRN

Ammonoosuc Community Health Services

Melissa Buddensee, MD 603-823-7078
David Nelson, DO, MBA 603-444-2464

Linwood Medical Center

603-745-8136

Rodney Felgate, MD

Littleton Internal Medicine

603-444-2002

Rebekah L. Reeves, MD, FACP
Kevin A. Silva, MD, FACP

Mid-State Health Center

Bristol Office 603-746-6200
Plymouth Office 603-536-4000

White Mtn Family Health

603-444-2010

Marvin Kendall, MD
Angela Hawkins, PA-C

LITTLETON REGIONAL HEALTHCARE

Where good health begins.

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