

*Partnering to improve health for all.*

Foundation for Healthy Communities

April 2021

## Executive Director's Message

As we come out of a long winter, we join in the anticipation that one day soon we will be able to see each other in person as vaccine distribution continues. At the same time, we remain vigilant and know that we must continue to take all the necessary precautions that save lives and protect the most vulnerable.

We join our partners in the campaign to encourage all Granite Staters to #SleeveUp when they have the opportunity to receive the vaccine. In addition, we extend our deepest appreciation to the volunteers, medical staff, state employees, National Guard, and all others who have helped enable the vaccination sites to operate in communities across the state. Our colleagues here with the Granite State Health Care Coalition, as well as the New Hampshire Hospital Association, have been active partners in vaccine planning and distribution, and the collective effort of so many has been inspiring.

Yours in Health,

Peter



Peter Ames, MPH  
Executive Director



## Foundation for Healthy Communities Releases 2020 Annual Report

The Foundation for Healthy Communities recently released its 2020 Annual Report highlighting the successes and accomplishments of its programs over the last year, none of which would have been possible without the support and dedication of our community partners, funders and Board Members. The Foundation provides a critical platform in New Hampshire to create the space for thoughtful discussion, learning, and strategic action to make a difference.

The Foundation recently revised its mission, which is **to build healthier communities for all by leading partnerships, fostering collaboration, and creating innovative solutions to advance health and health care**, and we look forward to achieving this mission alongside our partners in an effort to help create a healthier New Hampshire for all.

## Granite State Health Care Coalition Releases COVID-19 Mid-Event After Action Report

The Granite State Health Care Coalition (GSHCC) recently conducted a [COVID-19 Mid-Event After Action Report \(AAR\)](#) process covering the time period of January 2020 through September 2020 in the hopes of capturing both areas for improvement and successes along the way. This report covered up to but does not include the vaccination phase of this response. The AAR process was both eye-opening and informative. The GSHCC solicited input through a survey, interviews, and an after-action meeting. Members and representatives across healthcare, public health, EMS, emergency management, in addition to other key stakeholders, contributed to the AAR. Analyzing the observations, findings, and results, resulted in two documents: the [COVID-19 Mid-Event AAR Executive Summary](#) which presented higher-level findings of successes and areas for improvement in a quick read, and the [COVID-19 AAR](#), which went into further detail of the findings in an attempt to determine root causes and possible mid-course corrections. Both documents are from a statewide coalition lens encompassing the entire healthcare system and may not apply to an individual sector or discipline. Additional AAR phases for COVID-19 are anticipated, and the GSHCC Team welcomes ongoing stakeholder input in this process. If you have questions, want to provide input, or request these reports, please send an email to [GSHCC@healthynh.org](mailto:GSHCC@healthynh.org). Thank you for your dedication, perseverance, and most of all your partnership as we work to provide needed assistance to the people we collectively serve!

[Visit GSHCC Online](#)

## New Hampshire Celebrates National Healthcare Decisions Day April 16, 2021

The Foundation for Healthy Communities, along with many other organizations across the state, will join a national movement in observance of **National Healthcare Decisions Day** on April 16<sup>th</sup> to highlight the importance of advance healthcare directives.

“**National Healthcare Decisions Day** is a reminder to talk with your provider, your family or friends about your healthcare wishes in the event of a medical crisis,” said Brian Kugel, Program Coordinator at the Foundation for Healthy Communities. “Engaging in the conversation and completing an advance directive allows you to decide who will make your healthcare decisions you ever lack the capacity to do so, and it’s one of the most important conversations for families to have with each other, especially during times like these.”

A new study just released by the Foundation for Healthy Communities with the 26 community hospitals in New Hampshire found that while 48% of patients reported having an advanced directive when asked at time of admission, only 38 percent of 1,508 patients had advance directive information in their medical chart on record with the hospital or provider. An advance directive guides care when a person lacks the capacity to make their own health care decisions.

“The focus of **National Healthcare Decisions Day** is on education, for families and for healthcare providers,” Kugel added. “Its goal is to increase the number of people who understand the importance of advance care directives and planning for serious illness or end-of-life care.”

[Click here to learn more about Advance Care Planning](#)

## Foundation Opens On-Site Lactation Room to Support New Mothers

Women who wish to continue to breastfeed after returning to work often face barriers. However, the literature suggests that support for breastfeeding in the workplace benefits not only families, but employers.

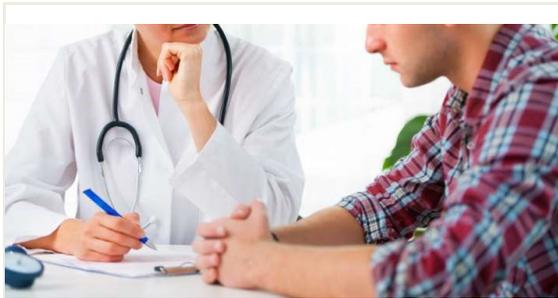
As an important effort to help support women to breastfeed their infants for a longer duration after they return to work, the New Hampshire Department of Health and Human Services recently offered funding opportunities to New Hampshire employers interested in creating or improving lactation support policies and programs at their worksite.

The Foundation prides itself on being a family-friendly organization, but in addition, shares its building with tenants and hosts meetings for various organizations throughout the year. This funding enabled the Foundation to renovate space within its facility into a private, safe and supportive environment for women who wish to continue to breastfeed after returning to work.



*In addition, the new lactation space shares artwork from local artist Becky Field of FieldWork Photos, titled Burundi-AmericanMother and Baby, Manchester, 2012 from the eight-year photo project documenting NH's cultural diversity.*

## Upcoming Events



### Overview of Motivational Interviewing May 4, 2021

This three-hour workshop is designed to familiarize participants with the theoretical underpinnings, central concepts, and key skills of **Motivational Interviewing (MI)**. Participants will discuss the research surrounding and supporting the method, will view and assess demonstrations of the approach, and will have opportunities to participate in conversations in which Motivational Interviewing is used.



### Age Friendly Health Systems: A Step Forward in Falls Prevention May 13, 2021

As hospitals and health systems prepare to care for our aging population, many are using the **Age-Friendly Health Systems initiative** to provide care focused around the 4Ms: *What Matters Most, Medication, Mentation, and Mobility*. Learn how these are being implemented in NH and beyond and how they can increase patient safety and outcomes, increase patient and family engagement, reduce harm from falls, and decrease

As a result of attending this training, participants will:

>Describe the theoretical basis of & research support for MI

>List three key skills of MI

>Contrast the concepts of change talk and sustain talk

Register Today

hospitalizations.

*This event is being held in partnership between the FHC Partnership for Patients & Northern New England Geriatric Education Center in collaboration with the NH Falls Risk Reduction Task Force.*

Register Today

Foundation for Healthy Communities | (603) 225-0900 | [www.healthynh.org](http://www.healthynh.org)

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