



# The Heart of Health: Foundation for Healthy Communities News



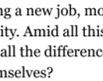
## Executive Director's Message

As we come to the close of 2025 and enter the season of reflection and gratitude, I find myself thinking back to where we began the year. We knew we were heading into a storm. The thunder and lightning have been real. Challenges in health care, in our communities and in the world at large have tested our resilience. And as we look ahead to 2026, we know the skies may not clear overnight.

But through it all, we have stood together, and that has made all the difference. Knowing we are in the storm together has brought strength, hope and a renewed sense of purpose.

As we enter the holiday season and prepare for a new year, my heart is full of gratitude for your trust, your collaboration and your unwavering belief in our mission. Because of you, we have not only weathered the storm; we've emerged stronger, more connected and more determined than ever to build a healthier future for all.

## Being ready for the worst isn't doom and gloom, it's smart



As young adults take their next steps toward independence, whether starting a new job, moving to a new city, or beginning college, it's a time of exciting change and new responsibility. Amid all this transition, there's an important conversation that often gets overlooked but can make all the difference in a crisis: Who will make medical decisions for that young adult if they can't speak for themselves?

Once a person turns 18, parents and legal guardians are no longer automatically authorized to make health care decisions on their young adult's behalf. That means if a college-age child is in an accident or has a sudden medical emergency, parents or other adults in their lives may not be able to access their medical information or guide their care — even if they're still paying the bills.

It's a jarring reality for many families. Fortunately, there's a simple, proactive step that can help — appointing a health care agent.

A health care agent is someone the young adult trusts to make medical decisions for them if they're unable to do so. Having one doesn't mean they're expecting the worst; it just means they're prepared, like wearing a seatbelt or carrying insurance.

The idea of talking about health care choices or end-of-life wishes might feel uncomfortable for both parents and young adults, but these conversations are about empowerment and peace of mind, not doom and gloom. They are an act of love and respect for each other's values.

So how do you get started?

A great first step is simply introducing the topic: "Have you thought about who you'd want to speak for you if something happened and you couldn't speak for yourself?" From there, resources can help guide the next steps.

The Foundation for Healthy Communities produces the New Hampshire Advance Directive Planning Guide. This guide has the information and legal forms that you need to create a legal advance directive naming the person that can speak for you. Just fill out the form and have it witnessed or notarized. Be sure to give a copy to the person named as the agent and also give a copy to your health care provider.

Advance care planning isn't just for the elderly or seriously ill. It's for anyone old enough to make their own decisions, and especially those just starting out on their own. Helping a young adult understand and document their wishes now could spare them and others from uncertainty and stress in the future.

As a young adult steps into the next chapter of life, give them this additional tool for independence. Because being prepared isn't just practical. It's powerful.

Janice McDermott is the coordinator for the Health Care Decisions Coalition, an initiative of the Foundation for Healthy Communities.

[Download the New Hampshire Advance Directive Planning Guide](#)

# NH NAVIGATOR

With Open Enrollment beginning November 1, 2025, and ending January 15, 2026, NH Navigator, an initiative of the Foundation for Healthy Communities (FHC), is pleased to announce free health insurance navigation services to New Hampshire residents who need to apply for and enroll in health insurance through the Federal Marketplace, Medicaid or Children's Health Insurance Program (CHIP). NH Navigator is funded by a grant from the Centers for Medicare and Medicaid Services (CMS) to assist consumers with enrollment services.

Navigators offer free assistance to people exploring health coverage options through [healthcare.gov](https://healthcare.gov), from reviewing available plans to assisting with eligibility and enrollment forms, and post-enrollment services such as using their coverage to get care. Navigators can also assist people in helping enroll in or renew Medicaid and CHIP coverage.

For assistance, or to learn more, visit [newhampshireremedy.com](https://newhampshireremedy.com) or call 1-877-211-NAVI.

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## The Foundation for Healthy Communities, Unravel Healthcare, and the NH PQC kick off TeamBirth New Hampshire

What is TeamBirth? TeamBirth is an evidence-based communication model that puts the person giving birth at the center of their labor, delivery, and postpartum experience. It was developed through Ariadne Labs (a collaboration between Brigham & Women's Hospital and the Harvard T.H. Chan School of Public Health) with the aim of addressing breakdowns in communication and teamwork, which are known to contribute to disparities in care and adverse events. TeamBirth has been implemented in hundreds of hospitals throughout the United States and internationally including statewide implementations in Washington, Oklahoma, and New Jersey.

TeamBirth in New Hampshire. In 2024 Exeter Hospital independently launched TeamBirth. After sharing their overwhelmingly positive experience with members of the New Hampshire Perinatal Quality Collaborative (NH PQC), the Foundation for Healthy Communities and NH PQC were inspired to explore expanding TeamBirth to all birthing hospitals in the state.

A statewide implementation benefits both families and hospitals. Families will have access to consistently high-quality, patient-centric communication and experience no matter where they give birth in the state. Hospitals benefit from shared learning with local peers who understand the landscape of maternity care in NH and who have established relationships through existing work in the NH PQC and NNEPQIN.

TeamBirth NH Process. FHC is collaborating with Unravel Healthcare (a spinoff of Ariadne Labs) to lead two consecutive cohorts through a year-long implementation process. During the first six months the hospitals will engage in team building, huddle board design, training, and baseline data collection. Cohort members will formally launch the TeamBirth model in their hospitals in April and will use patient and staff feedback to further refine and improve their processes.

The members of the first cohort provide care to families from the Seacoast and Merrimack Valley to the White Mountains and Great North Woods and represent both acute care and critical access hospitals. We are excited to kick off with this diverse team of birthing units on October 1.

The second cohort will kick off in October of 2026.

For questions about this initiative, please contact Rori Dawes-Dyment at [rdawes-dyment@healthynh.org](mailto:rdawes-dyment@healthynh.org) or 603-415-4274.



[Access a copy of Hope, Healing and Heroes here.](#)

## FHC Seeks to Learn More in its Support of ReGen Valley Please Complete Survey Today

The Foundation for Healthy Communities is proud to support the creation of ReGen Valley, a new economic tech hub in the Manchester region that is anchored by the fast-growing Regenerative Medicine industry.

We'd love to hear from you! To better understand how health care providers view these emerging fields, we've created a short 5-minute survey. As a thank-you for your time, you'll receive a \$10 OnMe virtual gift card by email to enjoy at your favorite coffee shop.

[\[Take the survey here\]](#)

## 2025 Community Benefit Report Now Available

Hospitals invest in the communities they serve and are the anchors of our communities - stalwarts committed to investing in us, our families and our communities. Check out the 2025 Community Benefit Report to learn more about the breadth and depth of the work they do to better care for the individuals and families they serve in our communities.

[Access a Copy of the 2025 Community Benefit Report Here](#)



## Building Data Confidence in Health Care Register Today!

**Building Data Confidence in Health Care: A Three-Part Data Literacy Webinar Training Series**

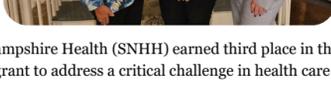
This free webinar series is designed to strengthen data literacy and improve confidence in the health care professional to collect, compare, and communicate data to their patients, peers, and management in their own practice. The series will include practical resources, examples and interactive learning to build skills necessary for better patient care and organizational success.

**Part 1: Identifying & Evaluating Data**  
Wednesday, December 10, 2025, 2:00 - 3:00 pm  
Participants will explore the different types of data, understand the sources of data, and learn how to evaluate the quality and reliability of data.

**Part 2: Analyzing & Using Data for Improvement**  
Wednesday, December 16, 2025, 2:00 - 3:00 pm  
Participants will explore the different types of data, understand the sources of data, and learn how to evaluate the quality and reliability of data.

**Part 3: Presenting Data & Making Recommendations**  
Wednesday, December 23, 2025, 2:00 - 3:00 pm  
Participants will explore the different types of data, understand the sources of data, and learn how to evaluate the quality and reliability of data.

## HealthForce NH Helps Kickstart Innovative Health Care Career Development Program



In April 2025, Southern New Hampshire Health (SNHH) earned third place in the HealthForce NH Innovation Challenge, receiving a \$40,000 grant to address a critical challenge in health care workforce development.

Their winning project, "Career Quest: Charting Your Healthcare Pathway," tackles a problem that has long plagued the industry: the difficulty of developing internal talent pipelines and providing clear career advancement opportunities for employees. The challenge is compounded in New Hampshire, where limited seats in specialized health care programs leave many unable to access training, while others drop out when career realities don't match their expectations. Meanwhile, many working adults remain unaware of health care roles that might be ideal fits for their skills and interests.

### A Personalized Approach to Career Discovery

To solve this problem, SNHH partnered with Career Quest to create a customized career development program using advanced matching software. Participants complete 28 reflective exercises designed to identify their strengths, interests and values. The software then generates personalized health care career pathways tailored to each individual's profile. Throughout the eight-week program, participants work with mentors at critical touchpoints to refine their goals and navigate their chosen path.

The program's first cohort will welcome 50 participants, with case managers serving as mentors. It's designed to serve a diverse population: residents of transitional living programs, adults re-entering the workforce, motivated individuals seeking professional careers and current health care employees ready for a new challenge but uncertain about their next step.

### Enthusiastic Community Response

On September 24th, SNHH officially launched the program at a community partner event. The organization shared program details and expected outcomes, answered questions and distributed applications for case managers and partners to share with their clients. The response from community partners was overwhelmingly positive, signaling strong support for this innovative approach to health care workforce development.

## 2025 Granite State Health Care Coalition (GSHCC) General Membership Report a Success

The 2025 Granite State Health Care Coalition (GSHCC) General Membership Virtual Meeting was held on November 5th, bringing together over 90 partners from across New Hampshire's health and emergency preparedness sectors.

Participants represented a wide range of organizations, including ambulatory surgical centers, assisted living facilities, associations, dialysis providers, emergency management and EMS, home health and hospice agencies, hospitals, long-term and skilled nursing care, behavioral health services, nonprofits, public health agencies, regional partners, state agencies, and urgent care centers.

During the meeting, attendees:

- Received updates on recent and upcoming activities from GSHCC and the NH Department of Health and Human Services (DHHS), Division of Public Health (DPH), Bureau of Emergency Preparedness, Response, and Recovery (EPRR).
- Participated in educational sessions covering:
  - Lessons learned from the American Red Cross response to the Lewiston, Maine shooting
  - Insights from the Granite Ledges evacuation
  - Best practices and forecasting in Artificial Intelligence (AI) in health care

## FHC Announces Awards at 2025 Annual Meeting

At its Annual Meeting recently held October 19-21, 2025, the Foundation for Healthy Communities (FHC) bestowed its Patient Safety and Quality Improvement Award on Elliot Health System. The award honors a team of health care professionals who demonstrate a continued commitment to providing quality care to their patients, leading the charge for quality improvement, promoting transparency to improve health care and achieving better outcomes through the implementation of a strong culture of safety.

Elliot Health System, Manchester, was recognized with the Honoring Excellence in Patient Safety & Quality Improvement Award due to its commitment to delivering the highest quality of care through its Glycemic Management Workgroup. Since 2019, this group has led focused efforts to reduce preventable hypoglycemia, achieving a 69 percent initial reduction that year, and continuing with a 58 percent further decrease in events from fiscal year 2022 to fiscal year 2025.

In addition, FHC honored Monadnock Community Hospital's Laura Moran, RN, with the Clint Jones New Hampshire Nursing Award. The Clint Jones Nursing Award was developed in honor of Clint Jones, who worked with extraordinary enthusiasm and commitment at the Foundation and several other New Hampshire organizations, to encourage people to pursue a nursing career in hospitals, schools, long-term care facilities and community practices. Moran consistently demonstrates outstanding commitment to patient care, both through direct clinical interactions and by initiating improvements that benefit a broader patient population.



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