

A PODCAST A DAY . . . : DHMC has launched a podcast series called "Healthy Highlights." The episodes are on topics ranging from medication safety to nutrition and tobacco cessation to aging. To subscribe, go to dhmc.org/goto/health.



Learning to live well—but not for revenge

Living well is the best revenge” is an aphorism that dates back half a millennium. But by turning the concept of “living well” on its ear, Dr. Robert McLellan and his team at Dartmouth-Hitchcock have devised a program for employees—called Live Well/Work Well (LW/WW)—with a less misanthropic premise. Instead of a lavish lifestyle, the program promotes a sensible diet, moderate exercise, diligent monitoring of health signs, and counseling. Not only does such a regimen benefit individual employees, but their better health results in improved efficiency and productivity in the workplace.

Word: Jody Barna, an early disciple of the program and a 15-year veteran of DHMC’s Blood Bank, spread the word among her coworkers at the very start of LW/WW. Her typical lunch shows her dedication: it’s a mix-and-match combination of items brought from home (iced coffee and bulgur salad) plus a chicken Caesar salad purchased in the DHMC cafeteria.

She thinks the best feature of the program is the free on-site exercise opportunities, including a fitness room with showers. Although she faces an hour-long commute home every evening, she puts in a 45-minute workout before hopping in her car.

Marion Cate, a fitness/lifestyle coach, is the manager of LW/WW’s Health Improvement Program (HIP). She spends half of her time on physical fitness coaching and half managing HIP. HIP’s offerings range from yoga classes to gatherings called Laughter Club. In addition, HIP personnel are available to discuss almost any aspect of an employee’s health.

Fitness and nutrition are important components of LW/WW, but it has other aspects, too. Another of its initiatives is the Employee Assistance Program (EAP), which is managed by Sara Koury. It provides support for employees facing psychosocial difficulties, such as smoking addiction, stress, weight reduction, grieving, or family relationship or behavioral

health issues. The EAP also offers counseling for financial and legal problems and is open to dependents and retirees as well as employees.

Benefits: New to LW/WW is the Workability Program, which helps employees while they’re recovering from an illness or injury and upon their return to work.

Each component of LW/WW has care managers who can provide information about employee benefits and advise employees on the overall coordination of their care.

According to McLellan, the medical director of LW/WW, and Karen Gollegly, its administrative director, parts of the program precede their involvement. When McClellan joined DHMC in 2003, there was already a Section of Occupational Medicine focused on workplace illnesses and injuries and safety in the workplace; the EAP was already well established, too.

But in 2009, LW/WW became one of DH’s five strategic initiatives. Many of the earlier efforts and some new ones were merged under a single umbrella. As McClellan puts it, “If we cannot improve the health of our own workforce, how will we be able to improve the health of the community?”

Data: McLellan’s team is already hard at work collecting the data that they are certain will eventually show improved employee health—and increased productivity.

ROGER P. SMITH, PH.D.

Worthy of note: Honors, awards, appointments, etc.

Three members of the DMS faculty were recently appointed to endowed professorships, one of academe’s greatest honors:

James Weinstein, D.O., copresident of Dartmouth-Hitchcock Medical Center, director of the Dartmouth Institute for Health Policy and Clinical Practice, and a professor of orthopaedics, was appointed to the Peggy Y. Thomson Professorship in the Evaluative Clinical Sciences. Established in 1994 by Dr. Andrew Thomson, DC ’46, in honor of his wife, it was the first endowed chair in the U.S. devoted to this health services field. For more about Weinstein, see the feature beginning on page 32 and dartmed.dartmouth.edu/sp10/v03.

Elliott Fisher, M.D., a professor of medicine and director of the Center for Population Health and Policy, was named to the James W. Squires, M.D., Professorship. It was established to honor Dr. Squires, director of the New Hampshire Endowment for Health and founder of the Matthew Thornton Health Plan. For more about Fisher’s work, see dartmed.dartmouth.edu/su09/f02 and dartmed.dartmouth.edu/w07/v01.

And **Jason Moore, Ph.D.**, a professor of genetics and director of bioinformatics, was appointed to the Third Century Professorship. This chair was established to recognize excellence in teaching and scholarship and to enable the incumbent to develop inno-

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Marion Cate, second from the right, pictured with some of her LW/WW colleagues, is a fitness/lifestyle coach.

Worthy of note

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vations in teaching and education. For more about Moore, see dartmed.dartmouth.edu/sp10/f03.

Robert Zwolak, M.D., a professor of surgery, was elected president of the Society for Vascular Surgery.

David Goodman, M.D., a professor of pediatrics, was appointed to the U.S. Department of Health and Human Services' Committee to Review Criteria for the Designation of Medically Underserved Areas and Health Professional Shortage Areas.

Dennis McCullough, M.D., an associate professor of community and family medicine, was named Family Physician of the Year by the New Hampshire chapter of the American Academy of Family Physicians.

Ardis Olson, M.D., a professor of pediatrics, was named Pediatrician of the Year by the New Hampshire chapter of the American Pediatrics Society.

David Malenka, M.D., a professor of medicine, was named to the American Heart Association's Research Committee.

Gregory Tsongalis, Ph.D., an associate professor of pathology, received the International Federation of Clinical Chemistry Award for his contributions to molecular diagnostics.

Stefan Balan, M.D., an assistant professor of medicine, was presented with the American Cancer Society's Lane Adams Quality of Life Award.

Michael Zubkoff, Ph.D., a professor of community and family medicine, was named a trustee of American University in Kosovo.

Liliane Sznycer, M.D., an adjunct assistant professor of pediatrics, received the Selma Deitch Commemorative Award from the New Hampshire Department of

Health and Human Services' Division for Children, Youth, and Families.

Robert Rosenbaum, an instructor in community and family medicine, was recertified as a Fellow of the American College of Healthcare Executives.

Cynthia Hahn, a third-year medical student, received a Trainee Research Award from the American Society of Hematology.

Thomas Link, administrative director of marketing, planning, and community relations at D-H Keene's Cheshire Medical Center, received the Evans Houghton Memorial Award for exemplary performance in health-care public relations.

Dartmouth-Hitchcock was again ranked among the best hospitals in the nation by *U.S. News & World Report*. The magazine evaluated almost 5,000 hospitals, and only 152 made the top 50 in one or more of 16 spe-

cialties. DHMC was recognized for its care in **gynecology** for the fourth straight year.

The Medical Center came in for recognition from several other quarters, too. Thomson Reuters ranked DHMC as one of the nation's 30 best providers of **cardiovascular** services; the top-ranked hospitals offered significantly lower 30-day mortality rates at 12% lower costs than similar hospitals. DHMC was also designated a Level 4 **epilepsy** center by the National Association of Epilepsy Centers. The Children's Hospital at Dartmouth was recognized by the American Diabetes Association for its **pediatric diabetes** education programs. And the Live Well/Work Well **employee health** program (see page 22 for more) received the Outstanding Achievement Award from the New Hampshire Governor's Council on Physical Activity and Health. ■

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