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Cottage Hospital raising funds for geriatric behavioral health unit

New wing to be named for Ray Burton

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WOODSVILLE — In an effort to serve a local and regional need, Cottage Hospital is creating a behavioral health in-

patient unit for senior citizens. The ten-bed portion of the hospital will be named to honor the late Ray Burton, who showed a devotion to the hospital during his long

career in public service.

Karen Woods, Administrative Director, and Holly McCormack, Chief Nursing Officer, provided details about the hospital's plans, as

well as a big fundraiser in September, during a conversation with the Courier last week.

The name for the new inpatient portion of the hospital will be the Ray of Hope Geriatric Behavioral Health Unit. Woods said the decision to honor Burton was an easy one.

"He was a huge advocate of Cottage Hospi-

tal," she noted, in reference to Burton's 34 years as District 1 Executive Councilor, as well as more than two decades as a county commissioner.

"We felt honored that his family was in support of us," Woods added.

The new unit will focus on serving the mental health needs of the

elderly.

"We have a very large percentage of Medicare patients," Woods said.

The desire to improve the lives of elderly people with dementia, depression, and other problems are the focus of the plans for Ray of Hope.

Recreational therapy, as well as individual

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Selectmen talk with budget committee leaders, receive financial update

place, harmony pairs, and finally Schilling Beer Company.

The Chamber's application for the grant outlined several ideas for the funding. This includes permaculture

HOSPITAL

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and group therapy from social workers, are just two of the types of care the unit will provide.

McCormack noted that elderly patients have an array of specialized needs, including how they metabolize medications differently.

"All those things must be considered when you're making a treatment plan," she said.

The new unit is expected to cost about \$2 million, including about \$80,000 each for specialized beds.

"You have to put safety first," Woods said.

"Fall prevention is a key concept," McCormack added.

The new beds will have fall alarms as one safety feature.

Some portions of Cottage Hospital are shifting to the Rowe Health Center across the street to accommodate the new behavioral health wing, Woods said.

The hospital anticipates the new wing will serve local patients, as well as those from neighboring states. Woods said the planning for the unit was based on the fact that the closest similar specialized care "is a little over 60 miles south of us."

"The behavioral health system is bogged

ideas and avoid connecting

Some installations of artistic and cultural items could also be part of the grant, White said. She used the example of the musical harmony

down," Woods suggested.

Thus, Cottage Hospital determined the behavioral health focus for the elderly can "benefit the greater good," she said, both in New Hampshire and regionally.

The hospital is currently raising funds to pay for the new unit. A dinner party on Sept. 15 is also planned as a fundraiser.

The festivities will start at 6 p.m. at the Castle in the Clouds Lucknow Estate in Moultonborough. Dinner and dancing to the Wicked Smart Horn Band are part of the night's fun.

to leading the tour for the ArtPlace America team.

"We want them to feel the community support and see the vibrancy of Littleton," she concluded.

Tickets to the event, as well as details about how to become a sponsor of the evening's fundraiser, can be found at www.cottagehospital.org/support-us/ray-of-hope-fundraiser.

Those wishing to learn more can contact the Cottage Hospital community relations department at 747-9707.

The drive to assist people is at the center of planning for Ray of Hope. Focusing on those fundamentals is not new at Cottage Hospital.

As Woods concluded, "We are stewards of health care in our community."

a sounding board" for town ideas, but he also thinks more efficiency can be created if the selectmen help set early expectations.

Milt Bratz, chairman of the select board, said the selectmen will wait on making changes to the budget until after recommendations from un-

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