

FOUNDATION FOOTNOTES

YOUR GIFT AT WORK AT ELLIOT HEALTH SYSTEM

Walking for Hope: Lauren's Journey

At 40 years old, Lauren Stevens, MSN, RN, was busy balancing a full-time teaching career at St. Anselm College as a nursing faculty member and clinical instructor with keeping up with her two children, 7-year-old Molly and 4-year-old Declan. She also works as PACU nurse and had just accepted a per-diem position at The Elliot working as a nurse in the PACU.

In November 2025, she checked a major milestone off her "to-do" list: her very first mammogram. She had no family history. She felt healthy. She got called back for additional imaging which then led to a biopsy on December 22nd. On Christmas Eve, while celebrating her daughter's 7th birthday, she received a phone call from the Radiologist who did her biopsy after receiving notification in her patient portal that was concerning. The news was jarring, but follow up calls from the Breast Health Center brought some clarity.

Lauren was diagnosed with Stage 0 DCIS (Ductal Carcinoma in Situ). It was Estrogen Positive, meaning the cancer cells were fueled by the body's natural hormones—a key piece of information that helps doctors "starve" the cancer and prevent it from returning. Because Lauren went for her screening at age 40, her cancer was caught at the earliest detectable stage.

The holidays brought a double-test of strength for Lauren and her family. Just a day after Christmas, Lauren's mother revealed she was facing her own battle with a rare form of melanoma. Despite the weight of two diagnoses in one family, Lauren moved forward with treatment at The Solinsky Center for Cancer Care at The Elliot. She proceeded with genetic testing and a panel of 77 genes confirmed she was negative for BRCA and CHEK2, the genes that increase your risk for breast cancer. To help Molly and Declan understand what was happening, Lauren worked with Elliot Child Life specialists, using age-appropriate books to explain her journey in terms a 7-year-old and a 4-year-old could process.



In early February Dr. Lana Shikhman performed what she refers to as "Breast Conservation Therapy" (a lumpectomy), preserving as much healthy tissue as possible. "This was my first surgery ever," Lauren shares. "It has given me a completely different insight and a deep empathy for the patients I've spent the last 18 years caring for."

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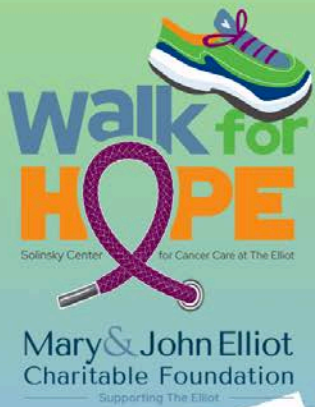


Lauren has just recently completed 20 radiation treatments—three weeks targeting the general breast area, followed by a one-week "boost" to the specific area the cancer was found. Even on treatment days, she stayed physically and mentally active, walking at least 30 minutes a day on top of chasing two children around to help maintain her strength and resilience.

As a way to spread awareness and give back to the Solinsky Center for Cancer Care at The Elliot, Lauren decided to participate in the Walk for Hope and start a team – Mom & Me!

She walks for herself, her mother, and her community. Her story is a vital reminder for all of us. With NH ranking 5th in the nation for breast cancer incidence, early detection through screenings like Lauren's is critical.

Lauren's journey from a healthcare provider to a patient has fueled her passion for caring for others even more. We invite you to walk with Lauren and hundreds of others in our community at The Walk for Hope on Sunday, June 7, 2026 at 8:00 am at the SNHU campus in Manchester. Register at donate.elliotechospital.org/walkforhope



HOPE IS HERE

Join us for a day of inspiration and hope!

**JUNE 7, 2026
8:00 AM
SNHU CAMPUS**

walkforhope@elliott-hs.org

donate.elliotechospital.org/walkforhope

Raising funds for programs & services at the Solinsky Center for Cancer Care at The Elliot.

visit
us
online

register here



Women's Leadership and Health Breakfast



On February 18 we held our inaugural Women's Leadership and Health Breakfast. This sold out event supported Elliot Health System's Maternal Health Services. Guests were welcomed with a delicious breakfast from Laney & Lu, fun pop up shops, a gourmet coffee bar, and great networking opportunities prior to the session.

Both the leadership and health panels discussed topics from leading with creativity and courage, while also being consistently resilient, to the importance of self-care, getting appropriate health screenings on time and prioritizing your overall health. It was a morning filled with women educating, supporting, and inspiring one another.

Our entrepreneurial and leadership panel included Jennifer Wilder of Laney & Lu, Palette, and Ginger Fox, Andrea Hechavarría, President & CEO of New Hampshire Life Sciences, Carrie Decato Ayers, MD, an anesthesiologist with Amoskeag Anesthesia and Elliot Hospital and owner of six Playa Bowls locations across New Hampshire. The women's health panel featured Maria Braley, DO, medical director of primary care for The Elliot, Jessica A. Sutherland, MD, FACC, Elliot cardiologist, Lara Hanlon, MD, FACOG from Bedford Commons OB-GYN, and Lana Shikhman, MD, FACS is Director of Breast Surgery, Co-Director of Elliot Breast Health Center.

Thank you to all who attended, our gracious sponsors, and inspirational panelists for making this event such a powerful experience! We look forward to hosting this event again next year!



Elliot Labor and Delivery Update

To accommodate the increased demand for care, The Elliot Labor and Delivery Unit is expanding! Renovation has been completed on ten patient rooms and one nurse station. The newly renovated rooms include new tubs for relaxation and comfort, extra storage for convenience, and contemporary furniture for a cohesive, welcoming feel. These renovations will further enhance comfort, safety, and overall experience for our patients and families.

Adult Step-Down Unit Opening

The new 12-bed Adult Step-Down Unit, on the fifth floor of the hospital, opened for patient care on Tuesday, March 17. It will expand Elliot Hospital's capacity to serve patients who have varying critical care needs and need a higher level of hospital-based services.

President and Chief Executive Officer of Elliot Health System, Dr. Gregory Baxter, said, "As Southern New Hampshire's comprehensive provider of cardiac services and Greater Manchester's only Level II Trauma Center, opening a designated unit specifically designed for patients who no longer need our highest-level, around-the-clock bedside care is a logical step. This new unit allows our highly skilled physicians, nurses, and advanced practice clinicians to tailor the level of critical care needed for each patient, opens beds for our most vulnerable adult patients, creates a space for our open-heart surgery patients to heal, and brings patients with improved health one step closer to going home."



2026 *save the dates*

Elliot Health System Garden Party
Thursday, May 7, 2026
Manchester Country Club

Elliot Health System Walk for Hope
Sunday, June 7, 2026
SNHU Main Campus

Elliot Health System Golf Classic
Thursday, June 4, 2026
Passaconaway Country Club

Delta Dental/Elliot Road Race
Thursday, August 6, 2026
Veteran's Park

Elliot Health System Gala
Friday, October 9, 2026
DoubleTree Manchester

