



ELLIOT
HEALTH SYSTEM

Your Wellness Matters



FALL 2003

HEALTH FACTS

FIND NUTRIENT INFORMATION ONLINE.

Wondering whether you're getting enough folic acid from the foods you eat? Or which types of beans have the most fiber? The U.S. Department of Agriculture offers an online directory for a quick, simple way to find nutrient and other information for more than 1,000 foods. Visit www.nal.usda.gov/fnic/foodcomp.



PLANNING YOUR NEXT VACATION MAY BE ESSENTIAL TO YOUR HEALTH.

Looking forward to pleasurable events triggers healthy changes in your body, such as reducing levels of tension, fatigue, anger and depression.

—University of California, Irvine,
College of Medicine

CLEAN YOUR CASE.

Certain germs can thrive in contact lens storage cases. Be sure to clean, rinse and air-dry the lens case each time you remove the lenses. Then put in fresh contact solution. Replace the case every six months.

—Federal Citizen Information Center



EMERGENCY CARE

SAVING
MORE
LIVES

NEARLY 100 MILLION PEOPLE SEEK CARE IN HOSPITAL EMERGENCY DEPARTMENTS EVERY YEAR. LAST YEAR AT ELLIOT HOSPITAL, EMERGENCY DEPARTMENT HEALTHCARE providers treated more than 48,000 people for various medical problems, and that number is expected to increase.

As the region's designated trauma center, Elliot's busy emergency department (ED) treats patients experiencing medical problems ranging from sprained ankles to life-threatening traumas. And at any moment, there's a possibility of mass casualties in the event of a large-scale emergency.

With advanced technology and a skilled staff, Elliot Hospital is improving and saving lives every day.

BEFORE PATIENTS ARRIVE Elliot has established a special link with paramedics who rush patients with chest pain to the hospital. The paramedics can now use advanced technology, called LifeNet®, to transmit cardiac information directly to Elliot staff members. This allows the staff to make treatment decisions even before the patients arrive.

If a patient is deemed an appropriate candidate, the ED staff can activate the cardiac catheterization (cath) lab team for angioplasty. Or they can prepare thrombolytic (clot-busting) therapy treatment to administer as soon as the patient arrives, saving precious time.

Elliot's cath lab has successfully completed more than 20 interventions since December 2002. And the staff members outperform the national average "door-to-balloon" time by nearly 30 minutes.

**Elliot Hospital's emergency department continues
to improve and save lives every day.**

SPECIALIZED CARE In an effort to improve direct patient care, Elliot has recruited a new medical director, Gregory Baxter, M.D., and a team of 11 board-certified emergency medicine physicians dedicated exclusively to Elliot.

These specialized physicians are trained in an array of medical care, including pediatric life support, trauma management, and cardiac and stroke care. This group strengthens the care patients already receive from nurse practitioners, nurses, respiratory care therapists, and allied health professionals.

Elliot Hospital welcomes Merrimack Emergency Physicians, who are



Merrimack Emergency Physicians and the Elliot Hospital emergency department staff care for patients with courtesy and respect.

ready to care for you 24 hours a day, seven days a week: Aida Cerundolo, M.D., Thomas D'Aprix, M.D., Nathan Elder, M.D., Leon Haas, M.D., James High, M.D., Sandy King, M.D., Richard Marcucci, M.D., Edward Sauris, M.D., John Seidner, M.D., Lee Steckowych, M.D., and Marc Weiner, M.D.

THE TRIAGE SYSTEM A trip to the emergency department typically involves waiting, unless a patient has a life-threatening injury. Trained staff members assess the symptoms to determine how urgently each patient needs care.

This process is called *triage*, from the French word meaning "to sort." Triage often leads to waiting, especially in such a busy trauma center. Elliot has implemented numerous initiatives in response to community feedback, and communication is key to the process.

Communication starts the minute a patient walks through the door. A patient assistant greets each person, ensures that their symptoms are quickly assessed by a nurse, and checks to be certain that each patient is as comfortable as possible. In addition, the patient assistant communicates the reasons for the wait (for example, a three-car accident) and may even offer refreshments.

Anyone who arrives during peak hours (typically Friday night through Monday morning) will notice staff members triaging and caring for patients to make sure that everyone's healthcare needs are met with courtesy and respect.

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www.elliotohospital.org





CANCER CENTER HOSTS SURVIVOR'S DAY EVENT

Celebrating life!

Elliot Health System hosted its 16th annual Cancer Survivor's Day Celebration on National Cancer Survivor's Day, June 1, welcoming 1,200 cancer survivors and their families from around the state to a celebration of life.

The event took place at the Center of New Hampshire in Manchester, where Elliot Hospital staff and volunteers celebrated with their guests, who had either previously received or were currently undergoing treatment at Elliot's Regional Cancer Center. The '50s-themed celebration included an American Diner Photo Booth, a barbecue-style buffet, art therapy, Reiki demonstrations, and live music by the "Continentalers," among others. "Elvis" also stopped by for a special appearance and performance.

"This is one of the most special days for a cancer survivor; it makes them feel proud to be recognized for their triumph of taking on and beating this horrible disease," says Jodie Milesky, mother of 4-year-old cancer survivor Hannah. "We are so grateful to the Elliot Hospital for taking the time to recognize this extraordinary group of patients," she says.

"Elliot Hospital was the first in the state to offer cancer care

(beginning in 1966) and continues to be a leader in cancer treatment with advanced technology, an expert staff, and an unwavering commitment to our patients," says Donald Weiss, M.D., Medical Director for the Cancer Center. "By hosting this celebration, our staff and volunteers have the opportunity to salute these individuals and celebrate their success after having journeyed with them through a truly tumultuous time of their lives."

The event was sponsored in part by Anthem Blue Cross and Blue Shield, the Center of New Hampshire, Northeast Delta Dental, Hannaford Brothers, Inc., New England PET Imaging, Novartis, Roche, Amgen, Pfizer, and WQLL-FM COOL 96.5.

In addition to diagnosis and treatment, the Elliot Hospital Regional Cancer Center offers support groups, screenings, and resource information. Call the Cancer Resource line at (603) 663-5787 to learn more.



Golfers tee off for Elliot Breast Health Center

On June 5, the Elliot Hospital Associates hosted their fourth annual golf tournament to support Elliot Health System. Despite the threatening skies and misty weather, 124 golfers came out to play at Stonebridge Country Club in Goffstown, and the tournament was a success.

During the event, the Elliot Associates staffed a Vegas hole and the Hole-in-One Dobles Chevrolet hole, and they offered numerous gifts and prizes for the excellent and less-than-excellent golfers. The event raised more than \$27,000, with proceeds benefiting the Elliot Breast Health Center.

"We are very pleased with this year's turnout of players and contributing organizations, who gave of their time and financial resources for such an important cause," says Elizabeth Stewart, Associate President. "I am so thankful to all those who volunteered their time to ensure that this day was a success. This tournament gets better and better every year—we are already looking forward to next year's event."

Major sponsors included McKesson, Galligher Printing, Banknorth Investment Management Group, Varian Medical Systems, Pro Con Construction, Ernst & Young, and Lavallee Brensinger Architects. Sponsorship opportunities and foursomes are available for next year's scramble tournament scheduled for Thursday, June 3, 2004. For more information or to sign up to play, call Susanna Whitcher at (603) 663-8933.

The Elliot Hospital Associates have provided more than a century of caring and support for patients, families, staff, and the medical community. These dependable volunteers give of their time, interest, loyalty, and financial resources for the betterment of Elliot Hospital. For more information on the Elliot Associates or to join, call (603) 663-3051.



Help bring better breast care to the women of Manchester

Many women know all too well the inescapable fear when their regular mammogram appointments result in news of a mass or a lump. Getting answers to each woman's questions and a diagnosis is the best way to understand the meaning of the initial news. And obtaining immediate treatment is the only way to transition fear into empowerment.

Breast cancer care Elliot Health System has studied the screening, diagnosis, and treatment process in regard to breast cancer. We concluded that there is a serious need for improvement of care in the Greater Manchester area. Excellence in breast care can be achieved only through seamless care for every woman with very little delay in moving from the screening through necessary treatment.

Elliot has responded to the need for improved services with the Elliot Breast Health Center. We have employed the region's continually number 1 ranked and most experienced breast treatment/surgery group, led by Edward Dalton, M.D., F.A.C.S.* Dr. Dalton, along with breast surgeon Brian Gelfand, M.D., F.A.C.S., and their team of technicians, breast health specialists, and radiologists, pride themselves in providing prompt, definitive answers regarding mammograms and biopsies.

Located at 275 Mammoth Road in Manchester, the Elliot Breast Health Center will offer women the highest

level of breast healthcare in the region.

Raising vital funds In order to develop the Elliot Breast Health Center, the Mary & John Elliot Charitable Foundation (through a breast health advisory board) is embarking on a \$2 million capital campaign, called Save a Sister Funding Campaign, to fund this comprehensive, patient-centered Breast Health Center. The campaign invites gifts at all levels and offers naming opportunities for the facility and various rooms throughout the Center.

"Providing women with excellence in breast healthcare is demanding, challenging, and our responsibility to our community," says Dr. Dalton.

You can help make the Center a success by joining the Foundation in its support of this initiative. **Send the pledge card below to: Susanna Whitcher, Mary & John Elliot Charitable Foundation, 4 Elliot Way, Suite 301, Manchester, NH 03103.** Or contact us at (603) 663-8933 to discuss how you can become involved and best match your philanthropic interests with the needs of the Center.

*Edward Dalton, M.D., F.A.C.S., has been named New Hampshire Magazine's Top Doc (in breast surgery) four years in a row.



MARY & JOHN ELLIOT Charitable Foundation **Elliot Breast Health Center**

Name _____
 Address _____
 City, state, ZIP _____
 Amount of pledge \$ _____

Pledge period:
 One year
 Two years

Contribution is:
 Individual
 Couple
 Family
 Corporate
 Foundation

Payments to be made:
 Annually
 Semi-annually
 Quarterly
 Monthly

When to bill: Jan Feb Mar Apr
 May Jun Jul Aug Sep Oct
 Nov Dec

Donor signature _____

Date _____

Solicited by _____

For recognition purposes, how would you like your gift to read?

Is this gift in honor or memory of someone? If so, who?

I wish to remain anonymous.

Thank you!

Please write to us at our address if you wish to have your name removed from the list to receive fund-raising requests supporting Elliot Health System.

4 Elliot Way • Suite 301 • Manchester, NH 03103 • 603-663-8934

Don't miss these Elliot events!

- Sept. 7—Newborn Intensive Care Unit Reunion
Elliot Hospital
- Sept. 23—Elliot Breast Health Center Capital Campaign Kickoff
Bedford Village Inn
- Oct. 3—Associates Dinner Dance
C.R. Sparks; call (603) 663-3051 for tickets!
- Oct. 9—Autumn Donor Appreciation
Elliot Breast Health Center
- November—2003 Annual Appeal

Sponsorship and advertising opportunities are available. Call (603) 663-8933.



BUYING SHOES FOR YOUR KIDS

HOW TO GET A GOOD FIT

When it comes to back-to-school shoes, kids often want the coolest styles. But sometimes cool shoes are cruel to the feet, according to the American College of Foot and Ankle Surgeons (ACFAS).

Platform shoes or shoes with high heels, for example, can cause balance problems and lead to ankle sprains. Poorly fitting shoes can trigger blisters, ingrown toenails and other foot woes.

The following shopping tips from the ACFAS can help you ensure a good fit for your child's shoes.

THE SHOE ● The shoe should have a firm heel counter. (This is the stiff material on either side of the heel.)

● The insole should be well-cushioned, and the shoe should have a built-in arch.

● The shoe should bend at the ball of the foot, not in the middle.

● Cross-trainers are fine for general athletics, but if your child plays one sport much more than others, look for a sport-specific model.

THE FIT ● Measure both feet. If they aren't the same size, fit to the larger foot.

● Have your child stand while sizing his or her feet.

● Let your child walk around the store for a few minutes wearing the shoes. Ask if he or she feels any pressure spots.

● Shoes should not slip off at the heel.

● There should be about a half-inch of space between the tip of the toes and the end of the shoe.

Shoes should be replaced if they become too tight or if the heels wear down. If your child's shoes wear out unevenly, that could indicate a walking problem which needs a doctor's attention.



CHILDREN NEED MORE: Help your kids say yes to nutritious lunches.

PACK A BETTER LUNCH FOR YOUR KIDS

BY VIRGINIA MASON, R.D.

Now that the kids are heading back to school, there's pressure on moms and dads to send their children off with "Lunchables." These prepackaged, highly marketed, expensive alternatives to real lunches have branched out to become a full line of snacks and lunches.

Kraft Foods knows their brand is cool food—with Lunchables, Fun Snacks, Mega Pack, and Fun Fuel. The newest product, Fun Fuel, was created in response to continuing nutrition-related criticism and is lower in fat than most of the other products. But are these new Lunchables any better?

Fun Fuels are definitely lower in fat—usually containing 13 to 15 grams. But their sodium content (800mg to 1,050mg) and sugar content (25 grams) are still high. And the dietary fiber content (3 grams) is still too low.

The prices range from \$2.79 to \$3.49 per meal, which is sometimes more than twice the average cost of a school lunch (\$1.50 in Manchester elementary schools; \$1.75 in middle and high schools).

FUN FUEL CHICKEN WRAPS	HOMEMADE TURKEY WRAP
\$3.49	\$2.21
440 average calories	380 average calories
13 grams average fat	7 grams average fat
860mg average sodium	730mg average sodium
3 grams average dietary fiber	3 grams average dietary fiber*
Fruit juice (100%)	Fruit juice (100%)
	*Add tomatoes, grapes, or carrots and increase fiber by 2 to 3 grams.

SECONDHAND SMOKE WORSENS KIDS' ASTHMA

Breathing cigarette smoke makes children's asthma worse, a national study confirms.

Researchers used blood levels of cotinine, a substance produced when the body absorbs nicotine, to measure the smoke exposure of 523 children between the ages of 4 and 16 with doctor-diagnosed asthma. The children in the study were a nationally representative sample of approximately 4.3 million U.S. children with asthma.

The researchers found that the children who breathed more smoke were apt to have more severe asthma, lower lung function and more school absences than those who breathed less smoke.



Kids who had severe asthma coughed and wheezed more, and had more respiratory illnesses. Lung function in children who inhaled more smoke was 8 percent lower than that of children who inhaled less.

Parents and others who care for children with asthma should understand the risks of exposing them to cigarette smoke and should reduce or stop smoking around them, the researchers concluded.

Parents can offer a Fun Fuel as a special treat, but for the best nutrition, purchase a school lunch or pack a lunch from home.

It's easy to make a home-version lunch kit with disposable, divided plastic containers and some fresh ingredients. Select the foods your kids really love and add fiber by putting in grapes, bite-size tomatoes, or whole-grain wraps or pitas. Pack a note or a silly joke for extra fun! You'll be surprised by what you and your child can concoct on your own that tastes great, costs less, and meets your kid's nutrition needs.

Lunch provides the fuel for the rest of the day, so it's important to get the right nutrition for growing bodies and after-school activities. For more information on school lunches, contact your local school.

Parents and caregivers should reduce or stop smoking around children with asthma.

'BONING UP' ON STRENGTH TRAINING

BY CHRIS GUTHRO

COMMUNITY HEALTH DEPARTMENT

Bones begin to lose their density at a rate of 1 percent per year after the age of 40. With women, it happens more rapidly after menopause, as they lose about 2 percent to 3 percent of their bone density each year.

When bone loss becomes excessive, the condition is called osteoporosis. Often called a "silent disease," osteoporosis occurs without symptoms. Many people don't know they have it until their bones become so weak that a sudden bump or slight fall may cause their vertebrae to collapse.

TAKE CARE OF YOUR BONES While osteoporosis is often thought of as an older person's disease, it can happen at any age. It affects more than 44 million Americans—80 percent of them women. According to the National Osteoporosis Foundation, one in two women and one in eight men older than 50 will have an osteoporosis-related fracture.

Osteoporosis risk factors include:

- Being female
- Being thin or having a small frame

Bone APPÉTIT

Attend Elliot's third annual Bone Appétit program on Tuesday, Oct. 28.

Enjoy a light, calcium-rich meal, and learn about osteoporosis from a physician, a registered dietitian, and a physical therapist. Take the opportunity to have a bone density screening too. Call ELLIOT ON-CALL at (603) 663-4567 to register.



- Having had a fracture as an adult
- Being older than 50
- Having a family history of osteoporosis
- Eating a diet low in calcium
- Having anorexia nervosa or bulimia
- Using corticosteroids or anticonvulsants
- Not being physically active
- Smoking cigarettes
- Drinking alcohol or caffeine excessively
- Not having regular menstrual periods (amenorrhea)
- Being postmenopausal
- Being a male with low testosterone levels

Strength training and exercises against gravity, such as walking or aerobics, are a way to battle this disease. A two-year study showed that strength training increased the bone density of the lumbar spine (low back) by 61 percent. In contrast, those who did not strength train lost bone mass.

BUILD YOUR STRENGTH Elliot Hospital is proud to bring the Strong Living Program, developed by Tufts University, to Greater Manchester. This 12-week strength

and balance program was developed for men and women ages 50 and older to improve their fitness, mobility, strength, and balance. All of the exercises are done using a chair and hand and ankle weights, and are great for everyone, whether or not they have strength trained before.

Elliot hosts morning and evening Strong Living classes, as well as maintenance classes for Strong Living graduates. All of our Strong Living instructors have been certified through the Tufts University program, sponsored by New Hampshire Celebrates Wellness.

See the senior health and fitness section in the calendar on page 7 for class dates and times.

Sources: National Osteoporosis Foundation, Washington, D.C. 20037, and New Hampshire Department of Health and Human Services

Strength training and regular exercise, such as walking or aerobics, are a way to battle osteoporosis.

A LOW-COST SERVICE

WORKING WELL

IMPROVING the health of your employees with:

- ◆ Health assessments ◆ Health education
- ◆ Fitness programs ◆ Resources and referrals

IMPROVING your bottom line through:

- ◆ Increased productivity ◆ Decreased healthcare costs
- ◆ Increased employee morale

Call Working Well at (603) 663-8280 or e-mail pschauer@elliott-hs.org to learn more. Visit us on the Web at www.elliotohospital.org.

Working Well is a department of Elliot Hospital, 317 Lincoln St., Manchester, NH 03103, (603) 663-8280.

Just for the HEALTH of it!

SPECIALIZED CARE WITH A PERSONAL TOUCH

Meet Manchester's newest providers



JENNIFER WISE, M.D.
Derryfield Medical Group
275 Mammoth Road, Suite 4
Manchester, NH 03103
(603) 624-4380
Dr. Wise is board-eligible in internal medicine and is accepting new patients.



DEB MOORE-KUZMA, A.R.N.P.
SENIOR HEALTH PRIMARY CARE
Elliot Senior Health Center
138 Webster St.
Manchester, NH 03103
(603) 663-7030
Ms. Moore-Kuzma is accepting new patients.

Need to find a primary care provider?

CALL 1-800-2-Elliot-MD
(1-800-235-5468) Physician Finder



IN SEARCH OF NEW LIFE DIRECTION

REVITALIZING THE SPIRIT WHILE BRINGING HOME THE BACON

Studies have shown that as many as 70 percent of white collar workers are not satisfied with their jobs. Some might say that these and other workers who are not satisfied should consider themselves lucky to have a job in today's economy. Yet, for people whose work is nothing more than a way to pay the bills, the daily routine can feel like a jail sentence.

Perhaps dissatisfied workers are bored with their jobs or consider their efforts to be undervalued and their skills

Work that lacks satisfaction and purpose can have a negative impact on our well-being.

—SUSAN POSLUSZNY

underused. It could be that they are doing work that used to be enjoyable but has lost its sense of novelty and intrigue. Maybe they are overworked, underpaid, or simply yearning to do something meaningful.

MIND-BODY CONNECTION According to Susan Posluszny, a career coach with a private practice in New

Boston, N.H., "Work that lacks satisfaction and purpose can have a negative impact on our physical, emotional, mental, and spiritual well-being."

Posluszny, a nationally certified counselor and career professional with 19-plus years of experience in college- and corporate-based career and life development, indicates that it is common for career moves to be dictated by chance and circumstance.

"Many people who are unhappy with their work situation do not know what to do or how to begin to make a positive change," says Posluszny. "They may settle for work that is unfulfilling, and the cost of settling often has negative implications in other areas of their lives, including their health and well-being."

WORK WITH A PURPOSE

Ultimately, effective career and life planning involves gaining clarity about preferences and priorities and removing obstacles to work that is satisfying and personally relevant.

For those who are seeking a new perspective on current and future career and life-planning alternatives, Posluszny will be offering Living and Working With a Purpose workshops in October. Whether or not you are currently employed,



NEED A BOOST? Career coach Susan Posluszny offers life-planning workshops in October. Sign up today by calling (603) 663-4567!

come to a workshop to gain inspiration and support. Workshops are \$40 each and scheduled for **Thursdays, Oct. 2 or Oct. 9**, from 6:30 to 8:30 p.m. Call (603) 663-4567 to register or for information.



WHAT YOU CAN EXPECT DURING A MAMMOGRAM

Mammography is one of the best tools for early detection of breast cancer, especially when used in conjunction with breast self-examination and clinical breast examination by a health care professional.

This unique x-ray can show changes in the breast up to two years before you or your doctor can feel them.

And finding breast cancer early greatly improves your treatment options and chances of surviving the disease.

The American Cancer Society (ACS) and Elliot Hospital recommend that women have a first, or baseline, mammogram at age 40, and annually thereafter.

If you've never had a mammogram, you might not know what to expect.

Here is some basic information from the ACS and Elliot Hospital:

- The cost of a mammogram or at least a portion of it is



covered by Medicare, Medicaid and most private health plans.

- For the x-ray, you must undress above the waist. You will receive a gown to wear.
- A female technologist will carefully position your breasts for the test. Only you and the technologist will be in the

room during the procedure.

- Your breast will be compressed for a few seconds during the exam and may be uncomfortable, but it is essential for obtaining a good mammogram.

To lessen discomfort, try to avoid having a mammogram just before or during your menstrual period when breasts are often more tender.

- Your provider will receive the mammography results, and you will receive a summary of the results by mail.
- About 10 percent of women may need additional imaging. Try not to worry if this happens to you.

Only 8 percent to 10 percent of cases require a biopsy, and 80 percent of those will not be cancerous.

- Annual exams are important for good health and can be scheduled through your provider.

Women, TAKE CARE of yourselves!

October is Breast Cancer Awareness Month. Schedule your mammogram today at one of our convenient locations.



Elliot Breast Health Center
(opens fall 2003)
275 Mammoth Road
Manchester
(603) 668-3067

**Elliot Hospital
Breast Diagnostic Center**
One Elliot Way
Manchester
(603) 663-2180

Elliot Senior Health Center
138 Webster St.
Manchester
(603) 663-2180

Greater Manchester Imaging
275 Mammoth Road
Manchester
(603) 663-2663

COULD NEUROPSYCHOLOGY HELP YOU?

BY CAITLIN MACAULAY, PH.D.

NEUROPSYCHOLOGIST

If you or a loved one has had a head injury, stroke, or seizure, the changes can range from mild to severe.

Have you been diagnosed with attention deficit disorder, multiple sclerosis, Parkinson's or Huntington's disease, a memory disorder, or other neurologic disorder? Or have you experienced problems with your memory or thinking abilities that you think is caused

Is your ability to function mentally changing daily?

You might benefit from a neuropsychological evaluation.

Q What is a neuropsychologist?

A A neuropsychologist is a psychologist who has a doctorate (Ph.D. or Psy.D.) and has completed graduate work,

any of these describe you and you haven't had a neuropsychological evaluation, one may be helpful.

a one-year internship, and a two-year postdoctoral fellowship in neuropsychology.

Q What is the purpose of a neuropsychological evaluation?

A The purpose of a neuropsychological evaluation is to evaluate your thinking abilities; your ability to pay attention, concentrate, learn, remember, understand language, express yourself, plan, solve problems, and organize; and your ability to see and manipulate information. An evaluation also helps to:

- Confirm or clarify a diagnosis.
- Determine your strengths and weaknesses to assist with treatment planning, guide rehabilitation, and/or educational and vocational services.



Caitlin Macaulay, Ph.D.

- Document changes in thinking abilities/functioning since a previous examination.
- Suggest techniques to improve thinking abilities.
- Recommend referrals to other specialists.

Q Who may benefit from a neuropsychological evaluation?

A People who are experiencing changes in their ability to pay attention, concentrate, learn, remember, organize, or express themselves through talking or writing, or are experiencing any other difficulties that may be affecting their ability to function at work or home, may benefit from an evaluation.

Q What does a neuropsychological evaluation involve?

A An evaluation involves answering questions and doing paper- and pencil-types of tasks, puzzles, and mazes. It does not involve taking any medication or giving blood.

To see if you might benefit from an evaluation, discuss any changes in function that you may be experiencing with your physician. For more information or to schedule an appointment, please call Manchester Counseling Services Center for Child and Adolescent Evaluation at (603) 623-5608.



FACING THE DEATH OF A LOVED ONE

Grief counseling is something we don't routinely talk about and all hope we never need. Unfortunately, the death of a loved one can put individuals and families on a journey that may be overwhelming and even debilitating.

The people at Visiting Nurse Association Hospice understand that grieving can drain our resources at every level. In an effort to assist those who have lost a loved one, VNA Hospice offers free bereavement support services, including a drop-in center and a weekend camp. Several unique support groups are also offered for children, adolescents, parents, adults, suicide survivors, and widows.

Children, in particular, have many unasked and unanswered questions. They often have feelings of blame, denial, guilt, and stress that, if left unchecked, can develop into unmanageable anger.

VNA Hospice offers free bereavement support services, including a drop-in center and a weekend camp.

A PLACE OF REFUGE VNA Hospice offers Camp Phoenix, an easily accessible weekend retreat surrounded by the natural beauty of lakes and forests. With the guidance of Chan Newton, Bereavement Spiritual Care Coordinator and Chaplain, and more than 30 dedicated hospice volunteers, the retreat is a place where people can begin healing.

Staff members offer their support to those dealing with



FIND REFUGE AND SUPPORT IN NATURE: If you've lost a loved one, you might be interested in Camp Phoenix. Call (603) 663-4005 for information about our upcoming September retreat.

all kinds of grief. Family members from infants to grandparents are welcome. Families who have experienced a loss are brought together to draw upon each other's strengths and promote healthy ways of grieving.

Camp Phoenix is a refuge of quiet beauty, where families have the opportunity to face their feelings of sadness, fear, guilt, and anger, while engaging in activities such as a high ropes course, rocket building, writing exercises, drumming workshops, and meditation. Around the campfire, campers meet others who share similar losses, and there they can share their stories and learn from one another.

Staff members work to offer an encouraging setting where families are no longer isolated. Participants are given tools and materials to build memorials for their loved ones while they seek to restore balance in their lives.

READY TO FACE THE WORLD Chan Newton, the camp staff, and volunteers hope that when campers leave, they are ready to begin trusting the world around them and know that there are people who truly care.

Call (603) 663-4005 for more information on Camp Phoenix or any of the VNA Hospice Bereavement Support Services.





Education, Health, and Wellness

COMMUNITY PROGRAMS



To register for a class, please call **ELLIOT ON-CALL** at **(603) 663-4567**, unless otherwise noted. And bring a friend!

Some course fees may be reimbursed by your insurance. Class size is limited, so early registration is important. Most major credit cards are accepted.

*Nursing contact hours are awarded for classes marked with an asterisk.

CLIP AND SAVE

GENERAL HEALTH EDUCATION

ADULT FIRST AID

Wednesday, Oct. 15, 6 to 8:30 p.m.

Learn basic first aid, how to take care of people involved in a life-threatening situation, and when to alert medical personnel. \$30 for the class; \$14 for the book (optional).

ARE YOU EXERCISING YOUR BRAIN?

Wednesday, Nov. 5

Noon to 12:45 p.m.

Did you know that we use only 10 percent of our brains? Bring your lunch and join Betty Welch, Ph.D., Director of Folkways, in a discussion that will help you increase your brain power as you age! \$10.

BONE APPÉTIT

Tuesday, Oct. 28

◆ Screening: 4 to 6 p.m.

◆ Program: 5 to 8 p.m.

Enjoy a light, calcium-rich meal, and receive osteoporosis education and exercise and dietary recommendations. Optional osteoporosis screenings will be offered for an additional fee. Instructors: a physical therapist, a registered dietitian, and a medical doctor. See page 4. \$25 (\$45 with screening).

CPR (cardiopulmonary resuscitation)

CPR for All Ages

Saturdays, Sept. 6, Nov. 1

8 to 11 a.m.

\$35.

CPR for Healthcare Professionals

Saturday, Oct. 4, 8 a.m. to 2 p.m.

\$60.

CPR Renewal for Healthcare Professionals

Saturdays, Sept. 6, Nov. 1

11:30 a.m. to 3:30 p.m.

\$45.

Healthy Infant/Child First Aid and CPR

Wednesdays, Sept. 17 and 24,

Nov. 5 and 12, 6 to 9 p.m.

Receive certification through the American Heart Association for infant and child CPR (newborn through about age 8) and pediatric first aid. \$50 for both classes.

ELLIOT 1-DAY SURGERY CENTER TOURS

For Adults

First and third Wednesdays of each month, 6 to 6:30 p.m.

Tour for adult patients having surgery at the Elliot 1-Day Surgery Center. Free.

For Children

First and third Wednesdays of each month, 6:30 to 7 p.m.

For children 12 and younger and their parents to decrease the anxiety of an upcoming outpatient surgery. Take a virtual tour at www.elliott1-day.com. Free.

ELLIOT'S CHOOSING THE RIGHT WEIGH

6:30 to 8 p.m.

◆ Thursdays, Sept. 18, Sept. 25, Oct. 2

◆ Mondays, Oct. 6, Oct. 20, Oct. 27

SENIOR HEALTH AND FITNESS



Call (603) 663-4567 to register.

BLOOD PRESSURE SCREENINGS

Mondays, Sept. 15, Oct. 20,

Oct. 27, Nov. 24, Dec. 8

1 to 2 p.m.

Free.

LIVE (Low Impact for Vitality and Energy)

◆ Mondays and Wednesdays, Sept. 8 through Oct. 27

4 to 4:45 p.m.

◆ Tuesdays and Thursdays, Nov. 4 through Dec. 18, 11 to 11:45 a.m.

A low-impact aerobics class that uses easy-to-follow moves to help burn fat and revitalize you. Class is for beginners age 50 and older and may be taken along with the Strength-Training Maintenance program if you have no limitations. \$35.

SENIOR HEALTH CENTER GYM MEMBERSHIPS

Sept. 2 through Nov. 29

New hours: Weekdays, 7 a.m. to 8 p.m.; Saturdays, 8 a.m. to noon

Includes full use of cardiovascular equipment and our strength-training circuit. Members receive equipment orientation and continued supervision by an instructor. \$65 per 13-week session.

SENIOR HEALTH FLU CLINIC

Call for dates and times.

\$15.

Attend a free introductory session for Elliot's Choosing the Right Weigh. This 16-week program will help you get off the cycle of dieting and weight gain while improving your health and energy. The program is reimbursed by Anthem Blue Cross and Blue Shield.

GERD (gastroesophageal reflux disease)

◆ An Overview of GERD

Tuesday, Oct. 7, 6:30 to 7:30 p.m.

◆ Managing GERD With Proper Exercise and Nutrition

Tuesday, Oct. 14, 6:30 to 7:30 p.m.

Learn about what causes this disease, ways to prevent it, symptoms, treatment options, and how to live with it. Instructor: Deb Murphy, R.N. \$5 per class.

HEART HEALTH/WHOLE HEALTH

Wednesdays, Oct. 1 through Nov. 5

Learn how heart-healthy lifestyle choices can help decrease cholesterol levels, and find out the benefits of

a whole-foods diet. Includes a supermarket tour with a registered dietitian. \$10 per class (\$15 per couple); \$50 for series (\$75 per couple).

KNOWING YOUR LUNGS

Wednesday, Oct. 22, 2 to 3 p.m.

A general overview of different types of pulmonary diseases. Free.

LINE DANCING

Beginner Level

Mondays, Sept. 8 through Oct. 27, Nov. 10 through Dec. 22

6:30 to 7:30 p.m.

Learn the basics of line dancing. \$40.

Intermediate Level

Mondays, Sept. 8 through Oct. 27, Nov. 10 through Dec. 22

7:30 to 8:30 p.m.

An opportunity to learn more difficult steps. \$40.

LIVING AND WORKING WITH A PURPOSE

Thursdays, Oct. 2, Oct. 9

6:30 to 8:30 p.m.

STRENGTH TRAINING AND MAINTENANCE

Tuesdays and Thursdays, Nov. 4 through Dec. 18, 10 to 10:45 a.m.

For people who have completed the Strong Living Program. Incorporates free weights and bands, as well as floor exercises, and includes bone density screenings. \$35.

STRONG LIVING PROGRAM

Mondays and Wednesdays, Sept. 8 through Dec. 1, 10 to 11 a.m.

or 1 to 2 p.m.

Uses ankle and hand weights to help improve fitness levels, mobility, strength, and balance. Ideal for anyone 50 and older who has never strength trained before. Includes baseline osteoporosis screening. \$50.



FITNESS YOGA FOR SENIORS

Fridays, Sept. 5 through Nov. 21

9 to 10 a.m.

A modified beginner yoga class for seniors of all abilities. Yoga increases your overall health, energy, and vitality, as well as your strength and flexibility. It also helps reduce stress and improve posture and concentration. \$60.

See the article on page 5. \$40.

MAKE A HOLIDAY FOOD BASKET

Tuesday, Nov. 11, 6:30 to 8 p.m.

Learn how to make a variety of food jars—such as soups, cookies, and hot chocolate—for gifts this holiday season. Everyone gets two food jars with attached recipes. \$15.

CANCELLATION POLICY

Occasionally a program may be cancelled due to low enrollment. Our staff members make every effort to notify attendees at least 24 hours in advance.

Attendees receive a full refund and will be placed on a waiting list for notification of the next class.

Please call ELLIOT ON-CALL at (603) 663-4567 for more information.

METABOLIC SYNDROME

**Tuesdays, Nov. 11 through Dec. 9
6:30 to 8:30 p.m.**

Having a hard time losing weight? If you have three of the following, this program is for you: an expanding waistline, high blood pressure, high triglycerides, borderline high blood sugar, or low HDL (the good cholesterol). \$100 per person; \$150 per couple.

NEW ENGLAND EMS INSTITUTE

First responder, EMT, intermediate, professional EMT, paramedic, and critical care transport classes are available. Call **663-4402**.

SAFE SITTER

**Saturday, Nov. 8
8:45 a.m. to 4 p.m.**

One-day training for ages 11 through 13 to learn basic baby-sitting skills. Includes manual and duffle bag. \$50.

WILDERNESS FIRST AID

**Tuesdays, Nov. 18 and 25
5:30 to 9:30 p.m.**

Learn how to survive with injuries while in the wilderness. Includes a skills book. American Red Cross instructor. \$55.

MIND/BODY MEDICINE

AROMATHERAPY

Tuesday, Nov. 4, 6:30 to 8 p.m.

Aromatherapy is the art and science of the therapeutic use of pure aromatic substances. Interactive, hands-on workshops on insomnia, anxiety, pain, and skin care. \$20.

FENG SHUI

Instructor: Diane Ryan, Feng Shui Consultant.

Introduction to Feng Shui

Thursday, Oct. 16, 6 to 8 p.m.

Includes a one-hour video, followed by a question-and-answer period with Diane Ryan. \$15.

Feng Shui: Learn the Basics

Thursday, Oct. 23, 6 to 8 p.m.

Learn how a few simple changes in the home or office can lead to a healthier lifestyle and a more attractive home. Prerequisite: Introduction to Feng Shui. \$35.

Feng Shui and Your Health

Thursday, Oct. 30, 6 to 9 p.m.

Learn how using feng shui helps to create optimal health. Prerequisite: Feng Shui: Learn the Basics. \$35.

MEDITATION

Introduction to Meditation

Tuesday, Sept. 9, 7 to 8:30 p.m.

A great way to sample the longer meditation course and learn meditative techniques to use daily. \$10.

Meditation Course*

**Tuesdays, Sept. 16 through
Oct. 21, 7 to 9 p.m.**

Learn meditation as a stress reduction tool. \$90.

MUSIC FOR HEALING AND TRANSITION PROGRAM

**Saturdays and Sundays,
Sept. 13 and 14, Nov. 1 and 2
8 a.m. to 5 p.m.**

Trains and certifies music practitioners to provide live music to create a healing environment for patients, families, and hospital staff. Call **663-8988** or visit the Web site at www.mhtp.org.

NIA

**Tuesdays and Thursdays, Sept. 9
through Dec. 9, 6:30 to 7:30 p.m.**

NIA tones your mind, body, and spirit by using dance, martial arts, and healing arts. NIA can be adapted to fit your personal needs and can be experienced by anyone at any age. \$100.

PILATES

**Tuesdays and Thursdays, Sept. 9
through Dec. 9, 5 to 6 p.m.**

Pilates focuses on flexibility, stabilization, strengthening, and stretching the whole body to attain balance. \$100.

REIKI

Reiki is a gentle, hands-on healing practice to reduce stress, pain, and anxiety.

Instructors: Reiki Masters Robert Willan and Deb McLean.

Reiki Clinic

**Third Wednesday of each month
7 to 7:30 p.m. and 7:30 to 8 p.m.**

Certified Reiki practitioners are on hand. Freewill donations are appreciated. Space is limited, so register early by calling **663-4567**.

Reiki I Training*

**Saturday, Sept. 13
9 a.m. to 5 p.m.**

Explore the definition and history of Reiki; the various levels; level I attunement; hand placements; and ethical, moral, and legal issues, and get hands-on practice. \$150.

Reiki II Training*

**Saturday, Oct. 25
9 a.m. to 5 p.m.**

Learn about the keys and their use and level II attunement, and get hands-on practice. Prerequisite: Reiki I. \$200.

T'AI CHI

**Thursdays, Oct. 23 through
Dec. 18, 7:15 to 8:15 p.m.**

This Chinese art incorporates physical, mental, and spiritual exercises to invigorate both the body and mind. Positive effects of this

gentle exercise include improved muscle strength, flexibility, balance, and relaxation. \$45.

TRANSFORMATIONAL BREATHWORK*

Friday, Oct. 10, 6:30 to 9 p.m.

Learn how to use your breathing to reduce stress, increase energy, and heighten self-awareness. \$25.

YOGA

Yoga improves flexibility, balance, and strength.

Ashtanga Yoga

**Tuesdays, Oct. 21 through Dec. 9
5:45 to 7 p.m.**

Ashtanga is the most physically challenging yoga practice there is. Please bring a towel, come hydrated, and limit your eating two to three hours before class. \$90.

Beginners' Yoga

**Tuesdays, Oct. 21 through Dec. 9
7:15 to 8:30 p.m.**

Learn integral yoga, a flexible combination of yoga styles. Instructor: Valerie Farrell. \$90.

Kripalu Yoga

**Mondays, Nov. 3 through Dec. 22
7:15 to 8:30 p.m.**

A great course for beginners or for those who would like a gentler yoga. Instructor: Martha Chabinsky. \$90.

PARENTING

BABY SIGNING, LEVEL I

**Thursdays, Sept. 25 through
Oct. 30, 9:30 to 11 a.m.**

Learn how to have meaningful communication with your infant. Not for people with hearing impairments; American Sign Language will not be used exclusively. Instructor: Ana Gonzalez, member of "Sign With Your Baby" Presenters Network. \$80.

BOOT CAMP FOR NEW DADS

**Saturdays, Sept. 27, Nov. 22
9 a.m. to noon**

Designed to bring new dads and dads-to-be together to discuss the joys and responsibilities of fatherhood. \$25 per person.

INFANT GROWTH AND DEVELOPMENT

**Mondays, Sept. 15, Oct. 20,
Nov. 17, 6:30 to 8:30 p.m.**

Learn the normal growth and development of an infant from 6 weeks to 1 year old. \$15 per person.

INFANT MASSAGE

**Tuesdays, Oct. 21 and 28
10 to 11:30 a.m.**

Relax and soothe your baby while deepening the parent/child bond. This two-part class is for parents and their babies 6 weeks and older. \$30 per couple.

KIDS AND FOOD

A three-part series. Instructors: Michelle Olsen, R.D., and Virginia Mason, R.D. \$10 per class; \$25 per series.

Part I: The Challenge of a Picky Eater

**Tuesday, Sept. 9
6:30 to 7:30 p.m.**

Learn tips on easing the stress of feeding your picky eater and making sure your child is getting all the nutrition needed for proper growth.

Part II: Kids and Sports Nutrition

**Tuesday, Sept. 16
6:30 to 7:30 p.m.**

Are you concerned that your athletic child is not eating properly? Bring your athlete and learn ways to fuel the body for optimal performance and health.

Part III: The Overweight Child

**Tuesday, Sept. 23
6:30 to 7:30 p.m.**

One in five children are overweight or obese, and the number is growing. Join this discussion about why kids become overweight and ways to prevent it.

PARENTING YOUR NEWBORN

Ongoing, 6:30 to 8:30 p.m.

Helps prepare parents for their new babies and their transition into parenthood. \$50 per couple.

PREPARING THE FAMILY FOR ANOTHER CHILD

**Tuesdays, Sept. 16, Nov. 18
6:30 to 8:30 p.m.**

Explore issues surrounding the addition of a brother or sister to the home. \$15.

SIBLINGS WITHOUT RIVALRY

**Thursdays, Sept. 18 through
Oct. 23, 6:30 to 8:30 p.m.**

Learn how to help your children live together so you can live too. Learn what increases and decreases hostility between children. \$65 per person.

THE TESTING TODDLER

Tuesday, Oct. 7, 6:30 to 8:30 p.m.

Explore the normal growth and development of a child 1 to 3 years old. \$15.

ONGOING CLASSES

- ◆ **Back to Work and Breastfeeding**
- ◆ **Boot Camp for New Dads**
- ◆ **Breastfeeding**
- ◆ **Exercise and Your Pregnancy**
- ◆ **Grandparents' Update**
- ◆ **Great Expectations**
- ◆ **How to Talk So Kids Will Listen**
- ◆ **Hypnobirthing**
- ◆ **Infant/Child CPR and Safety**
- ◆ **Infant Growth and Development**
- ◆ **Infant Massage**



Looking for some more information about Elliot Hospital?



www.elliotthospital.org

CARING FOR YOU AND YOUR FAMILY



To find a primary care provider, call

1-800-2-ELLIOT-MD today!

- ◆ **Introduction to Underwater Birth**
- ◆ **Labor Series**
- ◆ **Maternity Tours**
- ◆ **Moms' Group**
- ◆ **The Parent Connection**
- ◆ **Parenting Your Newborn**
- ◆ **Prenatal and Postnatal Yoga**
- ◆ **Preparing the Family for Another Child**
- ◆ **Refresher Labor Class**
- ◆ **Sibling Class**
- ◆ **Siblings Without Rivalry**
- ◆ **The Testing Toddler**
- ◆ **VBAC (Vaginal Birth After Cesarean)**

SUPPORT GROUPS

AICD (Automatic Internal Cardiac Defibrillator)

First Friday of each month

Designed to help patients with internal cardioverter defibrillators and their families.

CHRONIC PAIN

First and third Tuesdays of each month, 4 to 5:30 p.m.

For support and education regarding pain management. To preregister, call Lorry Roy, R.N., at **663-6730**.

LIVING WITH CANCER

**Third Thursday of each month
6:30 to 8 p.m.**

For people with cancer and their families and friends. Call **663-5787**.

OBSESSIVE-COMPULSIVE

First and third Tuesdays of each month, 7:30 to 9 p.m.

GOALS—Give Obsessive-compulsives Another Life-Style. Each session involves education, self-help, goal setting, and socializing.

PARKINSON'S

**Third Wednesday of each month
3 to 4:30 p.m.**

For people with Parkinson's disease and their family members and friends. Coordinator: Mary Blevens, P.T.

PROSTATE CANCER

**Fourth Monday of each month
6:30 to 8 p.m.**

For people with prostate cancer and their families.

PULMONARY DISORDERS

Mondays, 2 to 3 p.m.

For people with a chronic lung disease. Discussions, tips, social events, and friendships are promoted.

S.H.A.R.E.

**Third Wednesday of each month
7 to 8:30 p.m.**

For parents who have experienced a miscarriage, stillbirth, or neonatal death.

VNA HOSPICE BEREAVEMENT DROP-IN CENTER

1850 Elm St., Manchester

◆ **Mondays (except holidays)
9 to 10:30 a.m.**

◆ **Third Monday of each month
6 to 7:30 p.m.**

For anyone grieving the death of a loved one. Call the bereavement coordinator at **663-4005**.

YOUR WELLNESS MATTERS is published as a community service for the friends and patrons of ELLIOT HOSPITAL, One Elliot Way, Manchester, NH 03103, telephone (603) 669-5300, www.elliotthospital.org.

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CLIP AND SAVE

Your Wellness Matters

CLINICS AND SCREENINGS

FITNESS EVALUATION

**Third Friday of each month, 8 a.m. to 3 p.m.
Wellness Center**

Includes fitness/health risk appraisal; sub-maximal cardiorespiratory evaluation; body composition; strength, endurance, and flexibility assessments; and education. \$40.

SCREENINGS

◆ **Third Thursday of each month, 8 a.m. to 3:30 p.m.
Wellness Center**

◆ **Third Friday of each month, 8 a.m. to noon
Senior Health Center**

Lipid profile—\$22; total cholesterol—\$18; osteoporosis screening—\$20; body composition—\$20. Call **663-4567** for these screenings.