Snoring is often the subject of humor and teasing, but snoring can have a serious affect on health and quality of life. Snoring has been documented to exceed 90 decibels, which is equivalent to sleeping next to a chainsaw or jackhammer. Snorers have been known to damage their own hearing with chronic exposure to the loud snore noise. Civil complaints have been filed by neighbors forcing loud snorers to close their windows at night. Snoring has been cited on legal documents as the grounds for divorce. When a husband or wife snores, 80% of these couples end up sleeping in separate beds. But, snoring can do more than make you an unpopular houseguest or chase away the bed partner.

Besides the social ramifications, snoring can also have serious effects on sleep quality and health. Snoring amounts to resistance in breathing and this resistance disturbs sleep and leaves one feeling tired the next day. Snoring leads to increased incidence of sleepiness-related accidents, memory problems and depression. In some cases, the snoring is associated with partial or complete blockages of breathing called sleep apnea. About 15% of snorers are found to have sleep apnea. Sleep apnea increases your risk of high blood pressure and possibly heart failure, stroke, an abnormal heart rhythm (atrial fibrillation) and heart attacks. Although someone with sleep apnea may be asleep for 7 or 8 hours, they may never achieve the deeper stages of sleep. When they wake up, they do not feel rested. Sometimes a bed partner will notice that the person seems to stop breathing when they are asleep, but the episodes that can be observed by others are usually the tip of the iceberg. The majority of sleep apnea sufferers are not aware that they have it. Sleep apnea can affect children as well as adults.

Diagnosis of sleep apnea is possible with a physical examination and specialized sleep tests that measures breathing during sleep. Though potentially serious, sleep apnea is highly treatable. There are a wide variety of effective treatments depending on the nature and severity of the problem. The most effective treatment for sleep apnea involves wearing in nasal mask during sleep that delivers air under pressure (to hold the airway open); this treatment, continuous positive airway pressure (CPAP), can usually eliminate 100% of the apnea and carries no serious side effects. One million Americans are treated with CPAP nowadays. Other treatments include surgical procedures to modify the airway, dental/oral appliances worn during sleep, weight loss, sleep position changes, and medications in select cases. Treatment can normalize breathing and restore sleep quality; this lifts the associated risk to heart and brain function.

For more information about sleep disorders, call the Elliot Sleep Evaluation Center at 663-6680 or Elliot On-Call at 663-4567.

Symptoms of a Sleep Disorder
• Snoring
• Breathing Pauses During Sleep
• Problems with Sleeping at Night
• Difficulty Staying Awake During the Day
• Unexplained Decrease in Daytime Performance
What is a Nurse Practitioner?

This is a common question that I get asked frequently during my day-to-day practice, and one I am happy to discuss with patients. Many people mistakenly believe that a nurse practitioner (NP) is a “mini” doctor or even a doctor in training, but this is very far from the truth. Nurse Practitioners, also known as Advanced Practice Nurses, were developed almost 50 years ago to provide healthcare services to those who lived in rural communities. Today, nurse practitioners provide high-quality healthcare services in every state and almost every city, and there are over 1,000 of us here in New Hampshire.

Much like physicians, NPs treat a wide range of health problems, but their primary focus is on healthcare promotion, maintenance, and education. NPs strive to focus on the whole person when treating specific health problems. Together with other members of the healthcare team, we support patients to make good health and lifestyle choices. In the state of New Hampshire, NPs are independent providers of health, which means they can act as your primary care provider. The role of the NP can differ slightly in other states.

In order to become a NP you must first have a basic undergraduate education as a nurse. After obtaining this degree you must then graduate with your masters (or doctorate) in nursing and log several hundred hours of clinical practice. Once this is achieved, the NP must pass their board examination by their certifying body. Following this, the individual can then become licensed in the state they chose to practice. Generally, NPs specialize in broad areas such as adult, family, or pediatric health, but there are some who become advanced enough to practice in sub-speciality areas such as cardiology, dermatology, and orthopedics. You may also hear of other specialist nurse practitioners, such as certified nurse-midwives, clinical nurse specialists, and certified registered nurse anesthetists. These specialized NPs have a more focused education for their degree so that they may practice in their highly technical fields.

Today you can find NPs everywhere, including clinics, hospitals, emergency rooms, urgent care sites, private practices, nursing homes, schools, colleges, public health departments, and even in politics! Studies indicate that over the next few years there will be a larger demand for healthcare providers due to our aging population, and NPs will certainly help play a large role in delivering high quality and affordable care to all of our patients.

Elizabeth Mitchell, NP, Elliot Pediatrics & Primary Care at Riverside, 20 Chambers Road, Suite 2200, Hooksett, NH 03106. For an appointment, call 641-5386, www.riversideprimarycare.com
• **Try 10-minute mini-workouts during busy times.** In the morning try 10 minutes of stretching and calisthenics, then a brisk 10-minute walk at lunch, and 10 minutes of resistance exercises in the evening. Just that little bit will help you stay on track and avoid feeling discouraged about your exercise program. Exercise is a great stress release! Always have your sneakers with you at work.

• **Wear a heart rate monitor.** It’s helpful and motivating to know the zones you are training in, the number of calories you’ve burned and the amount of time you’ve been exercising. It can help to push you to change it up from week to week and work towards different training goals.

• **Set realistic goals.** Set realistic and achievable goals to help you reach your long-term goal(s). Recognize that there will be setbacks in your training, listen to your body. Focus on achieving and living a healthy lifestyle by eating nutritious foods, exercising and managing stress healthfully on a regular basis, don’t over focus on just weight loss.
• **Make exercise a priority in your schedule.** Your health should be a priority. The best way to make time for exercise in a busy schedule is to put it into your schedule.

• **Add variety to your workouts.** Add variety to your workouts to keep them interesting and fun and to keep you motivated and prevent boredom. By doing a variety of activities you’re more likely to work many different muscles which will improve your overall fitness level and will help with avoiding hitting a plateau.

• **Plan ahead for workouts on the road.** If your job requires you to travel, plan ahead, book hotels with low or no-cost fitness facilities, always pack your sneakers and work in frequent walks before or after meetings. Pack a jump rope and resistance bands, these are light and portable --and you can get a total body strength workout in. Do exercises that require no equipment – walking, running, jumping jacks, push-ups, planks, yoga, stretching.

• **Mix up your fitness routine with metabolic workouts.** Circuits are an effective training modality that achieves both cardiorespiratory and resistance benefits. You can also step away from the machines and use medicine balls and dumbbells to change things up. Try to perform many multi-joint total body movements. Focus on total body functional training which are exercises that mimic tasks of daily life.

• **Surround yourself with fitness-minded people.** Put yourself in environments and situations that promote health and fitness. Seek out fellow employees who are living an active and fit lifestyle as it will make it easier for you to do the same. Find friends who are interested in fitness and be there for each other. Besides serving as workout buddies for motivational purposes, you can help each other stay on track.

• **Try something new.** Try something new like a group fitness class and/or a dance class. You might discover it’s not only a breath of fresh air for you personally, but your body will reap the benefits as well! You may meet new people with similar interests and goals.

• **Just do it.** Plain and simple: Stop thinking about it and just do it. Don’t delay, as something is better than nothing. Instead, just get up and get moving. It sounds very simple but it is an effective and easy way to push yourself. You can always perfect things as you go, but without doing it at all, you won’t get anywhere.

• **Try intervals for your cardio routine.** Incorporating interval training into your cardio routine will keep it interesting. Example, do a walk/jog interval on the treadmill, walk for two minutes then jog for one minute – increase/decrease your walking and/or jogging time as you feel necessary. Interval training will challenge and motivate you.

• **Change your exercise program with the seasons.** It’s good to occasionally change up your fitness routine to prevent boredom and to challenge your muscles. Try altering your exercise routine with the change of season. It’s easy to remember and doing so keeps things interesting and challenging, and can help motivate you with your workouts. If you have a favorite sport that you can only do in a certain season train for that sport during the off-season.

• **Keep a fitness journal.** Logging your daily fitness activities can be motivating and can help push you to achieve more. Keeping an exercise log and/or a food log helps you stay on track with your goals.

• **Move away from the all or nothing mentality.** When it comes to working out our intention is to always give 100% yet sometimes things happen during our day that can interfere with our plans. On days when devoting an hour to working out might not be possible, avoid the urge to simply skip working out all together and instead condense your workout session, a little exercise is better than none at all. Examples of ways to make your day more active without having to completely restructure your entire schedule:

  - Try to find ways to integrate small bouts of activity throughout your day
  - Set up a 15 to 30 minute circuit that blends strength training exercises with brief cardio intervals
  - Take the stairs instead of the elevator whenever possible
  - Park your car further away from your workplace
  - Take a 10 to 15 minute walk at lunch
  - Do some stretches at your work station
  - Take a 10 to 15 minute walk around the block with your family when you get home
  - Wind down from a hectic day with some yoga and stretches in the evening

**BE FIT & BE WELL!**

**Try to achieve 10,000 steps a day!**
Community Wellness
Take time for your health

GENERAL HEALTH EDUCATION

American Heart Association CPR & Basic First Aid
The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

Heartsaver CPR $37
EWC: Sat, Mar 6 or May 1, 8 to 11 a.m.

CPR for New Healthcare Professionals or those with expired certification $62
EWC: Sat, Apr 3, 8 a.m. to 1:30 p.m.

CPR Renewal for Healthcare Professionals $47
EWC: Sat, Mar 6 or May 1, 11:30 a.m. to 2:30 p.m.

Healthy Infant & Child First Aid & CPR for all ages $52
EWC: Wed, May 12 & 19, 6 to 9 p.m.

Shortness of Breath Seminar Free!
EHC: Tue, Feb 23, 3:30 to 4:30 p.m.
SHC: Wed, Mar 24, 1:30 to 2:30 p.m.
Call 663-2366 to register.
Learn about the causes of shortness of breath, possible treatment and rehabilitation options. People suffering from a diagnosed respiratory disease or whose daily lives are affected by shortness of breath are invited to attend.

Elliot Center for Tobacco Treatment
By appt., call 663-2201 for more information. Sessions reimbursed by Anthem.
• Four 1-hour private sessions $125
• Two private sessions $100
• One, half-hour private session $30
Studies show that intense support and counseling with a trained tobacco treatment specialist increase the chances you can quit smoking for good. Our certified counselor works with you privately to formulate a quit plan based on current clinical guidelines.

Safe Sitter Program $60
EWC: Sat, Mar 6, Apr 10 or May 22, 8:45 a.m. to 4 p.m.
For children ages 11 to 13 to learn basic babysitting skills. Includes manual and duffel bag.

Solving the Caregiver Puzzle Free!
SHC: By appt., call 603-663-7051
LON: By appt., call 603-552-1533
The Elliot Senior Health Primary Care Social Workers are here to help. Caregivers can schedule a private appointment with a social worker to address questions, concerns, and find out more information about caring for an older adult. This opportunity is free and open to all caregivers. Appointments are required.

Foot Clinic $20
LON: Every 4th Mon from 9 a.m. to noon
Marie Cole, RN will be in Londonderry, with one patient every 30 minutes to address your foot care needs from a clinical perspective.

Total Joint Replacement Pre-operative Patient Education Class Free!
EH, King Unit: 2nd & 4th Mon, 6 to 7:30 p.m.
Physician referral required.
Learn how to prepare for your knee or hip replacement surgery, plus what to expect following the procedure and through the therapy process. To participate, please speak with your surgeon.

Women’s Health Pre-operative Patient Education Class Free!
EH, King Unit: On-going. Physician referral required.
For women with scheduled gynecological procedures at Elliot Hospital. Learn how to prepare for surgery, what to expect following surgery, pain management and more. Your questions answered. Patients are encouraged to bring a family member or support person to this meeting. To participate, please speak with your surgeon.

LBI Health Management Assessment $20
Receive an individual health evaluation to identify your health goals and establish a comprehensive treatment plan to reduce your risk for disease or manage your condition. Call the Live Better Institute at 663-4LBI.

Understanding & Managing Chronic Pain $30
Thu, April 22 to June 24, 5:30 to 7:30 p.m.
Call 663-2767 to register.
Learn techniques to control pain, improve function, restore hope and improve quality of life. Taught by Lorry RN. Lorry has 20 years of experience working with chronic pain patients.

Sleep Better Live Better Free!
Elliot Sleep Evaluation Center at Homewood Suites, 1000 Perimeter Rd., Manchester: Wed., April 7, 6 to 7:30 p.m.
A good night’s sleep is essential to your health. If you’re not waking up feeling refreshed and energetic each morning and instead find yourself sleeping long hours only to wake up tired, or if you have trouble concentrating, have a bed partner whose snoring is keeping you up at night, join us and learn how you can get the rest you need to “live better.”

Advanced Care Directives Free!
EH, Maternity Conference Room: Tues., Mar 9, 3 to 4 p.m. Register by calling 663-4567.
Advance Care Directives help avoid having your family “guess” your wishes. These directives are legal documents that specify what actions should be taken for your health in the event that you are no longer able to make decisions due to illness or incapacity. Learn more about Advance Care Directive Planning.

Medication Management Free!
EH: June 3 and 10, 2010, a 2-part series, 4:30 to 6 p.m. Call 663-2767 to register.
For patients taking narcotic medication to relieve pain. Learn the risks and benefits of prescribed opioids.

LOCATION OF CLASSES ARE DENOTED IN EACH DESCRIPTION
To register, call Elliot On-Call at 603-663-4567, unless otherwise noted. For additional program details, visit www.elliohlospelt.org.

• EH: Elliot Hospital, One Elliot Way, Manchester
• EBHS: Elliot Behavioral Health Services, 445 Cypress Street, #8, Manchester
• LON: Elliot Medical Center at Londonderry, 40 Buttrick Road, Londonderry
• EWC: Elliot Wellness Center, 1070 Holt Avenue, Manchester
• SHC: Senior Health Center, 138 Webster Street, Manchester
• CBE: Childbirth Education, 33 South Commercial Street, Manchester

Register online at www.elliohlospelt.org or call Elliot On-Call at 603-663-4567
**GENERAL FITNESS**

**Stability Ball**

$70 (10-week session)

EH, Welloit Group Exercise Room Ground Floor of Elliot Hospital: M/W, Mar 29 to Jun 9, 6 to 7 p.m. & 7 to 8 p.m.

Learn how to strengthen your core muscles (abdominals and back) plus legs, glutes, arms and chest using a Resist-a-Ball, giving you a total body workout! 20-30 min. of aerobic activity will be included in the class. Free weights are also incorporated into this workout, which can be adapted for the beginner as well as the advanced participant. You must bring your own 65cm Stability Ball; these can be purchased at Wal-Mart, Target or a sports/fitness store. Instructor: Thomas Berube, Certified ISSA Fitness Trainer.

**Intermediate Yoga**

$70

EWC: Wed, May 5 to Jun 16, 4:45 to 5:45 p.m.

This class is for the yoga participant looking for more of a challenging class through stretching, strengthening and relaxation. More difficult postures in a flow format will be taught. Instructor: Chris Guthro, RYT ACE Certified Group Exercise Instructor.

**Medical Fitness Center**

Exercise safely – receive individualized training designed for your specific fitness goals and medical health concerns. Lose weight, lower your cholesterol, blood pressure and blood sugar. If you want more than just a place to exercise, this is a great program for you. For more info, call 663-4LBI.

**GENTLE YOGA**

$70

EWC: Wed, May 6 to Jun 17 & May 15 to Jun 16, 9:30 to 10:30 a.m.; Th, Mar 4 to Apr 15 & May 6 to Jun 17, 6 to 7 p.m.

Gentle Yoga is designed to promote total health and well-being through stretching, strengthening and relaxing. This class uses breath and movement to feel the release of physical and mental tension and to increase body/mind awareness. Good for the beginner level participant.

**Intro to Pilates**

$70

EWC: Tue, Mar 2 to Apr 13 & May 4 to Jun 15, 6 to 7 p.m.

Focus on core muscles (abdominals, obliques, back), pelvis stabilization, spinal flexibility while strengthening and stretching the whole body to attain balance. Some basic yoga moves and stretches are added, all with a focus on body awareness, flexibility and strength. For beginners.

**NUTRITION**

**Diet for Health (formerly FirstLine Therapy)**

$150

EWC: Tue, 7:30 to 8:45 p.m. or Wed, 5 to 6:15 p.m. Call 663-4LBI to register or for more information.

**SCREENINGS and CLINICS**

**Do you know your Numbers? (Cholesterol Tests)**

EWC: Third Thur monthly, 8 a.m. to noon

**Fasting Lipid Profile with Glucose**

$24

**Non-Fasting Total/HDL**

$20

Find out if you are have an increased risk of heart disease. Appointments required.

**BREAST & CERVICAL CANCER SCREENINGS**

FREE breast and cervical cancer screening tests to eligible women. For more info, call 668-3067.

**Are You at Risk for Osteoporosis?**

$22

EWC: Third Thur monthly, 8 a.m. to noon

Safe, quick and painless test using ultrasound technology helps assess risk of osteoporosis. Recommended for both women and men. Confidential results provided to participants.

**SUPPORT GROUPS**

**NICU Parent Support Group**

FREE

EH, NICU Family Room, 5th Floor: Tue, noon. For more info, contact Littlemiraclegroup@yahoo.com or 663-4360.

**S.H.A.R.E.**

FREE

Third Wed monthly, 7 to 9 p.m.

For parents who have experienced a miscarriage, stillbirth or neonatal death. For info, call 663-3396.

**POSTPARTUM EMOTIONAL SUPPORT GROUP**

FREE

EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Massabesic St, Manchester: Tue, 10:30 a.m. to noon. Call Alison Palmer, RNC, MS, at 663-3052 for more information.

This support group is intended to help support women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after the birth of their baby. We will discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

**MIND/BODY MEDICINE**

**Stability Ball**

$70 (10-week session)

EH, Welloit Group Exercise Room Ground Floor of Elliot Hospital: M/W, Mar 29 to Jun 9, 6 to 7 p.m. & 7 to 8 p.m.

Learn how to strengthen your core muscles (abdominals and back) plus legs, glutes, arms and chest using a Resist-a-Ball, giving you a total body workout! 20-30 min. of aerobic activity will be included in the class. Free weights are also incorporated into this workout, which can be adapted for the beginner as well as the advanced participant. You must bring your own 65cm Stability Ball; these can be purchased at Wal-Mart, Target or a sports/fitness store. Instructor: Thomas Berube, Certified ISSA Fitness Trainer.

**MIND/ BODY MEDICINE**

**Gentle Yoga**

$70

EWC: Wed, May 6 to Jun 17 & May 15 to Jun 16, 9:30 to 10:30 a.m.; Th, Mar 4 to Apr 15 & May 6 to Jun 17, 6 to 7 p.m.

Gentle Yoga is designed to promote total health and well-being through stretching, strengthening and relaxing. More difficult postures in a flow format will be taught. Instructor: Chris Guthro, RYT ACE Certified Group Exercise Instructor.

**Medical Fitness Center**

Exercise safely – receive individualized training designed for your specific fitness goals and medical health concerns. Lose weight, lower your cholesterol, blood pressure and blood sugar. If you want more than just a place to exercise, this is a great program for you. For more info, call 663-4LBI.
Long Term Care...
Don’t let Medicaid Break the Bank!  Free!
SHC: Thurs, May 13, 6:30 to 8 p.m.
This compelling workshop will educate you on all the ways to finance long term healthcare. Topics include: What long term care is, local and national costs, what Medicare, Medicare Supplemental policies and Health Insurance cover, how to choose a good Long Term Care Policy, tax incentives and how to protect your financial independence and the ones you love. Includes workbook.

Tax Assistance  Free!
SHC: Mon, Feb 1 to Apr 12
Need assistance completing your simple IRS forms? Both the IRS and AARP have trained well-informed, friendly representatives from AARP’s Tax Counseling for the Elderly (TCE) Program. By appointment only.

Matter of Balance  $20
SHC: T/Th, Mar 23 to Apr 15, 1 to 3 p.m.
EWC: M/W, Apr 26 to May 24, no class May 12, 1 to 3 p.m. New Location!
This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Designed for the community-dwelling older adult who is ambulatory (with or without assistive devices) and able to problem-solve. 4 weeks.

Your Physician’s Perspective – Fit after 50  Free!
SHC: Thur, Mar 11, 1:30 to 2:30 p.m.
Exercise is important at any age; however as we age it seems to be more of a challenge. Vasyl Kasiyan, MD explains how our body changes over time and why exercise is even more important after the age of 50. An Elliot Senior Health Physical Therapist and Senior Health Fitness Specialist share exercise tips and tricks to get you moving safely.

Your Physician’s Perspective – The Role of the Hospitalist in your Healthcare  Free!
SHC: Tue, Apr 20, 4:30 to 5:30 p.m.
The role of the Hospitalist is a new concept that is more visible within hospitals across the country and now at the Elliot Hospital. Anita Ritenour, MD – Assistant Vice President of Medical Affairs shares how care is now bridged with a patient’s primary care provider to improve continuity of care during a hospitalization. This program is beneficial for caregivers and older adults.

Fusion  $60
SHC: TTh, Feb 23 to May 13, 10:45 to 11:45 a.m.
This class is a dynamic mix of exercises all in one program, beginning with cardio movements to increase cardiovascular health, followed with strength training from head to toe to improve muscular endurance and ending with basic pilate and yoga moves to improve core strength and balance.

Strength Training  $60
SHC: TTh, Feb 23 to May 13, 10:45 to 11:45 a.m.
Improving strength and stamina with a 10 minute, low impact warm-up followed with a weight routine structured to improve mobility, strength and posture. Utilizing hand weights, balancing movements and floor mat exercises.

T’ai Chi Level 1  $60
SHC: Tue, Feb 23 to May 11, 9:30 to 10:30 a.m. or 1 to 2 p.m.
This is an exclusive trademark program called Senior Friendly T’ai Chi™ & Senior Safe T’ai Chi™. It is based on the Yang Style, the most popular in the world today, but modified just for seniors. It incorporates Qigong warm-up and then a form of slow, continuous and graceful movements to increase strength, range of motion, balance and relaxation. It also refers to T’ai Chi’s history as an art of self defense. Taught by the Oriental Healing Arts Association instructors. Health Benefit: Good for developing balance & strength and helps coordination and stress management.

T’ai Chi Level 2  $60
SHC: Tue, Feb 23 to May 11, 8:15 to 9:15 a.m.
This program builds on the Level 1 fundamentals and add more linear motion. It usually requires the completion of three of four Level 1 sessions before moving to Level 2.

Register online at www.elliothospital.org or call Elliot On-Call at 603-663-4567
COMMUNITY WELLNESS

Seniors in Motion $60
SHC: T/Th, Feb 23 to May 13, noon to 12:45 p.m.
The class consists of cardiovascular exercises that begin in the chair as well as standing while utilizing the chair for balance. Applying strength training for endurance and gentle flow movements to improve range of motion and mobility.

Gym Membership $65
SHC: Mon to Fri, Feb 22 to May 21, 6:30 a.m. to 7:30 p.m.
The fitness center consists of treadmills, bicycles, elliptical trainers and a full body strength training circuit. One-on-one orientations as well as personalized exercise programs to fit individual needs. The program also offers a large amount of free group exercises to incorporate into your program. Come work out in a safe, supervised and non-competitive environment. For people 50+

Cardio Sculpt $60
SHC: M/W, Feb 22 to May 12, 9 to 10 a.m.
A well balanced mix of cardio movements, strength training, and balance and stretching exercises. Designed to increase stamina as well as overall strength; ending with a relaxing mix of stretches to improve range of motion.

Fit & 50 $60
SHC: M/W, Feb 22 to May 12, 5:15 to 6 p.m.
A more advanced resistance exercise program using light to moderate weights with frequent repetitions to increase stamina as well as increase muscle strength and endurance; this class tests core stability as well as improve muscular balance by using free weights and floor mat exercises.

Fit & Feisty $40
EWC: T/Th, Mar 2 to Apr 15 & May 4 to Jun 17, 9:45 to 10:45 a.m.
Combination strength training and low-impact aerobics class. Uses easy-to-follow moves that will help burn fat and revitalize you. Incorporates toning exercises. Good for beginners.

Fit & Feisty II $40
EWC: T/Th, Mar 2 to Apr 15 & May 4 to Jun 17, 11 a.m. to noon
This class is for anyone 50+ who would like a more challenging class. Incorporates low impact aerobics, strength (using bands, balls and hand weights) and stretching to follow. Instructors: Jill Pelletier & Chris Guthro.

Chair Aerobics Plus! $55
SHC: M/W, Mar 1 to May 15, 10:30 to 11:15 a.m.
Light aerobic exercises using arm and leg movements and stretching are done in a chair. Participants will also perform balance exercises using the chair as support.

Lo-Impact Chair Aerobics $55
SHC: M/W, Mar 1 to May 12, 11:30 a.m. to 12:15 p.m.
Simply put, chair aerobics is doing exercises in a chair. It is ideal for seniors who want the benefits of group exercise but who do not have the stamina or balance to perform exercise while standing. The class will consist of light aerobic conditioning using arm and leg movement, muscle conditioning and light stretching.

Talk’n Diabetes Free!
SHC: Second Tue monthly, 10 to 11 a.m. Must register;
Open discussions to help you take control of your diabetes one step at a time.

Elliot Senior Health Center Open House Free!
SHC: Third Tue Monthly, 5 to 7 p.m.
Meet the director of Senior Health and take a tour of the Health Center.

VNA Blood Pressure Screenings Free!
SHC: Mon (except holidays), 1:30 to 2:30 p.m.
Screening & counseling on techniques to manage or improve blood pressure. Walk-ins welcome.

Senior Wellness Screenings Free!
SHC: Third Fri monthly, 8 a.m. to noon. Must register.
Total cholesterol with HDL breakdown and cholesterol ratio. No fasting required.
Lipid profile. Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hr fast required; no food, only water & meds.

Medicare D Assistance Free!
SHC: Mon & Wed by appointment only.
A representative from ServiceLink will offer assistance enrolling in a Medicare Part D plan. Bring your questions, list of medications and insurance cards. Please call to register.

Advance Care Directives Free!
SHC: Third Thu monthly, 9 to 10 a.m. To schedule an appointment, call 663-4567.
LON: First Thu monthly, 9 to 11 a.m. To schedule an appointment, call 552-1533.
Receive free assistance in planning.

Elder Law Clinic Free!
SHC: Second Wed Monthly, 4 to 5 p.m.
Elder Law Attorney Paul Thornhill, Esq. will be available to answer questions pertaining to Durable Power of Attorney, Estate Planning, Medicaid Planning, Wills, Guardianship and much more. Appointments are requested.

AARP’s Driver Safety Program $10
SHC: T/Th, Mar 3 & 5 or May 5 & 7, 1 to 5 p.m.
LON: May 10 and 12, 8:30 a.m.
Must attend both sessions. Considered to be the most effective safe driving course in the country. Presented by a trained AARP volunteer. Discount available for AARP members. All ages welcome!

Computer Classes $20
SHC: Ongoing. Class size limited to 4 students each. Very, Very Basic Computer, Basic Word, Basic Excel, Intro to E-mail and Internet. Includes workbook.

CHILD BIRTH and FAMILY EDUCATION

Breastfeeding $50 per couple
CBE: On-going
Certified Lactation Consultants introduce expectant Mothers and their partners to the advantages of breastfeeding, proper techniques, and what to expect in the first few weeks at home. Further discussion includes choosing a breast pump, and collection and storage of breast milk.

Labor Series $125 per couple
CBE: On-going
6:30 to 8:30 p.m.
Prepare for your newborn and the transition into parenthood. Learn about normal newborn appearance and behaviors, procedures after birth, basic care and more.

Parenting Your Newborn $50 per couple
CBE: Wed, Call for times (age specific)
Offered to mothers and their babies as an opportunity to share and network. Weekly topics include: feeding, crying, sleep, caring for yourself, growth and development, dealing with relationships, nutrition, managing and preventing illness and more.

Ongoing Classes
Boot Camp for New Dads
Breastfeeding
Infant/Child CPR & Safety
Introduction to Underwater Birth
Labor Series
Maternity Tour
Mom’s Group
Parenting Your Newborn
Prenatal Yoga
Safe Sitter
Sibling Class

Register online at www.elliothospital.org
or call Elliot On-Call at 603-663-4567
Let’s face it, when you’re not feeling well, there’s just nothing like comfort food. You know the kind of food that makes you feel all warm inside like home made chicken noodle soup, macaroni and cheese or breakfast at night. Food is one of life’s many pleasures. It provides us with the essential nutrients vital to health and healing. Imagine being able to call for room service when you’re hospitalized? Patients at the Elliot can now call an internal telephone number between 6:30 a.m. and 6 p.m. and select their meals from an expansive restaurant style menu. “Patients’ nutrition improves when they can control what they eat and when they eat,” explained Joseph Stanislaw, Director of Food and Nutrition. “Bringing specialized, delicious meals to our patients’ bedside provides them with comfort, control and nutrition,” added Stanislaw.

The new Room Service program features a restaurant style menu and delivers a specialized meal bedside within 45 minutes of ordering. The program is easy to use. Patients receive their room service orientation and menu with their admission information. Elliot is the first hospital in Manchester to offer Room Service to qualified patients. “Qualified” means that the patients are capable of participating. If a patient is unable to call room service to place their order, a loved one can place the order for them or the nutrition assistant will visit the patient and then place the order on a handheld computer while visiting the patient.

“Room Service will provide options in the times meals are delivered. Nurses will work with their patients receiving insulin, or other medications affected by food, to coordinate meals with medication administration times,” explained Kristine Irwin, Manager of Nursing Practice and Education.

“Room Service is an interdisciplinary collaboration that is made possible by electronic medical record. Patient diet orders are electronically stored within their medical record which interfaces with the room service software. This is important for patients on special diets or with allergies,” explained Jan Turner, Project Leader from Elliot’s IT Department.

“The room service software provides checks and balances if you will. The program will not allow patients to order foods that they are allergic to,” added Turner.

The Elliot’s menu is expansive offering hand tossed pizza, Chef’s favorites, low salt and gluten free options and breakfast is available throughout the day.

“Room service empowers patients to be involved in their medical care and gives them control. It’s been proven that patients’ nutrition improves when they are able to select what and when they eat. We are proud to offer our patient’s high quality meals that can help them feel better,” concluded Joseph Stanislaw.

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**BREAST MRI IN LONDONDERRY:**

In January 2010, the Elliot began offering Breast MRI in Londonderry at The Elliot Medical Center at 40 Buttrick Road. The large bore MRI is an especially welcome feature for patients who are anxious about having an MRI and for those patients weighing over 250 pounds. The images are being evaluated by radiologists and results are discussed with the Elliot Breast Health Center surgeons. MRI biopsy capability is available when necessary.
Two local physicians join the Elliot to expand the primary care and pediatric care in Manchester and Londonderry. Dr. Collins has opened his new office at 190 Tartrytown Road, Manchester. For an appointment, call 626-5113.

Dr. Matthew Hajduk has opened a new pediatric office in Londonderry and will be joined by Dr. Lou Nackman. Elliot Pediatrics at Londonderry is located at 18 Orchard View Drive, Londonderry, and new patients are welcome by calling 552-1350.

Do you run a successful NH business?

CDFA Tax Credits are available now! These tax credits can be purchased and used against your Business Profit Tax, Business Enterprise Tax or the Insurance Premium Tax. By purchasing CDFA Tax Credits your company can leverage money you will pay anyway and also support the Elliot at River’s Edge with a naming opportunity. For more information, call Timothy Boynton at 663-2980.

The William S. Green Award recognizes the special efforts and lasting impact of someone within the Elliot Health System. Those who receive this prestigious honor are as highly regarded as the award’s namesake.

William S. Green, former Chairman of the Elliot Hospital’s Board of Trustees, was a leader whose legacy continues to inspire excellence and leadership. Admired for his great sense of discovery, he was always quick to find and celebrate the outstanding efforts of others. “Bill” Green was a friend to everyone at The Elliot. His impact is a lasting one.

So too has been the impact of Raymond Wieczorek whose peers consider him a great leader, a committed statesman and a friend. Ray has shown unparalleled dedication to Elliot, the patients, and the City of Manchester. As Mayor, he was the driving force behind the renovation of the Mill buildings, bringing the Civic Center to Manchester and the airport expansion. He has played a pivotal role in assuring citizens better access to healthcare both when he sat on the Board of Elliot and since that time as Elliot has opened critical services such as Urgent Care. Today, he continues to play a vital role in shaping the future success of our organization.
Annual Giving on the Rise Despite Hard Economic Times

On November 1, 2009, the Mary & John Elliot Charitable Foundation initiated its 2009/2010 Annual Appeal. Even with the uncertainty of an unstable economy, the outpouring of generosity from the community at large – and from Elliot Board members and staff – helped us double our original fundraising goal, for a grand total of $152,000 in donations.

Pledge cards kept coming, and we kept calculating, and we have never been so proud of all of the support that came from the community and all of the employees here at EHS. New this year, many people took advantage of our new online pledge system, developed by our IT department to simplify the process.

Money raised will help sustain the mission of the Mary & John Elliot Charitable Foundation, which is supporting the resource needs of the Elliot Health System. Given the tremendous success of this year’s campaign, it is no wonder that EHS was honored with so many industry awards in 2009, including Healthcare Business of the Year Award by Business NH Magazine, Top Ten Hospitals in New England Award by Advance for Nurses Magazine, Press Ganey Summit Award (4 years in a row), Partner for Change Award, and Consumer Choice Award.

Without the individual excellence of Elliot professionals and support staff, we are only bricks and mortar. Thanks to all of you, for your commitment to excellence and your generosity beyond all expectations, this was a banner year for the Mary & John Elliot Charitable Foundation.

For more information regarding the Mary & John Elliot Charitable Foundation, please feel free to contact Timothy Boynton, Development Specialist at 603-663-2980 tboynton@elliot-hs.org.

Bank of America honored for support of COMMUNITY HEALTHCARE

“The Bank of America Charitable Foundation’s commitment to the Elliot Health System has been outstanding. Recently, they studied the positive impact that the Elliot at River’s Edge will have on low income families and children,” said Naccach-Hoff. “Their grant of $250,000 to bring a state-of-the-art conference center to River’s Edge allowing for new and innovative educational programs geared toward children is extraordinary.”

John Weeks, Bank of America State President, explained, “Bank of America has a particular interest in supporting the needs of low-income families and children. The Elliot at River’s Edge is a project that we believe will have a profound impact on this community and our support is a tool to help bring education, resources and excellent healthcare to a population in Manchester that is currently underserved.”

March 27th: Liz Longley Benefit Concert at Boynton’s Taproom, to support the Mary & John Elliot Charitable Foundation. $20 for tickets, call 663-2980.
June 10th: Elliot Hospital Associates 11th Annual Golf Tournament to benefit the Elliot Breast Health Center – Stonebridge Country Club
**WHIPLASH**

by Timothy M. Sievers, MD, Pain Management Center

**What is whiplash?**

Whiplash is a relatively common injury that occurs to a person’s neck following a sudden acceleration-deceleration force, most common from motor vehicle accidents. The term “whiplash” was first used in 1928. The term “whiplash injury” describes damage to both the bone structures and soft tissues of the cervical spine. “Whiplash associated disorders” (WAD) describes a more severe and chronic condition.

Whiplash is typically not a life threatening injury but it can lead to a prolonged period of partial disability, with significant economic implications that reach 30 billion dollars a year in the United States as a result of medical care, disability, sick leave, lost productivity, and litigation.

**What causes whiplash?**

The most common scenario is one of a rear impact motor vehicle accident. High speed camera-crash test dummy studies reveal that after the rear impact, the lower cervical vertebrae are forced into a position of hyperextension while the upper cervical vertebrae are in a hyper flexed position. This abnormal s-shape forcefully causes damage to the soft tissues that hold the cervical vertebrae together (ligaments, facet joints capsules, muscles) with a potential stretch injury to the spinal cord in severe cases.

**What are the symptoms of whiplash?**

The most common symptoms related to whiplash include: neck pain and stiffness, headache, shoulder pain and stiffness, dizziness, fatigue, jaw pain, arm pain/weakness, visual disturbances, ringing in the ears, and associated low back pain. The more severe and chronic case of “whiplash associated disorder” symptoms can include: depression, anger, frustration, anxiety, stress, drug dependency, post-traumatic stress disorder, sleep disorders, litigation, and social isolation.

**How is whiplash treated?**

Treatment for WAD grade 1 – 3 includes gentle mobilization, range of motion exercises, heat and ultrasound, analgesics and non steroidal anti-inflammatory drugs with periods of relative rest (use of cervical collar). Cervical collar should not be used for longer than 72 hours. Some data suggests that prolonged immobilization leads to a higher likelihood of more chronic conditions.

Traumatic cervical facet syndrome involves refractory pain from the facet joints due to capsule trauma. In some cases, steroid-based intra-articular injections or medial branch blocks can diagnose and assist in pain control with enhanced mobility. Radio frequency lesioning techniques can then be offered for more long-term control by interrupting sensory feedback from the facet joints.

**Quebec task force grades of Whiplash Associated Disorders (WADs):**

- Grade 0: No neck pain, stiffness, or any physical signs are noticed.
- Grade 1: Neck complaints of pain, stiffness or tenderness only, but no physical signs are noted by the examining physician.
- Grade 2: Neck complaints and the examining physician finds decreased range of motion and point tenderness.
- Grade 3: Neck complaints plus neurological signs such as decreased deep tendon reflexes, weakness, and sensory deficits.
- Grade 4: Neck complaints and fracture or dislocation, an injury to the spinal cord.

Timothy Sievers, MD, Amoskeag Anesthesia PLLC, One Elliot Way, Suite 200, Manchester. For an appointment, call 663-2315.
Sauces and Rubs

The Mediterranean Rub

- 1/2 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tsp Kosher salt
- 1 tsp fresh ginger
- 1 medium chopped onion
- 1 each diced habanero pepper
- 1 Tbsp brown sugar
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1/2 tsp parsley, fresh/chopped
- 1/2 tsp basil, fresh/chopped
- 1/2 tsp oregano, fresh/chopped
- 1/2 tsp parsley, fresh/chopped
- 1/2 tsp basil, fresh/chopped
- 1/2 tsp oregano, fresh/chopped

Procedures
1. Peel and finely chop fresh ginger for 1 tsp.
2. Chop 1 medium onion to 1/2 inch dice.
3. Clean and dice habanero pepper. Be careful not to touch your eyes after cutting pepper.
4. Add olive oil to non-stick pan, place on medium heat.
5. Add onions and habanero to pan and sauté until onions are translucent.
6. Add Low Sodium Soy Sauce, ginger and brown sugar to pan, remove from heat, stirring to mix.
7. Once sauce is cooled add your favorite protein and allow to marinate for at least 30 minutes.
8. Grill meat on a hot seasoned grill to desired doneness.

Sweet Jerk Rub

- 1 diced habanero pepper
- 1 chopped scallions
- 2 Tbsp brown sugar
- 1/2 tsp ground allspice
- 1/2 tsp ground cinnamon
- 1/2 tsp cilantro, fresh chopped
- 1/2 tsp Kosher salt
- 1/2 tsp black pepper
- 1/2 tsp paprika

Procedures
1. Cut habanero and remove seeds and white membrane. Dice habanero very fine. Place in bowl. Be careful not to touch your eyes after cutting pepper
2. Clean and chop scallion into very fine pieces. Add to habaneros.
3. Add brown sugar, allspice, cinnamon, cilantro and salt to bowl, mix well.
4. Add olive oil to bowl and combine all ingredients until you have a paste.
5. Rub paste over your desired protein and refrigerate for at least 30 minutes.
6. Grill protein on a hot seasoned grill to desired doneness.

Garlic Vinaigrette

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tsp Kosher salt
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1/2 tsp parsley, fresh/chopped

Procedures
1. Combine all ingredients into a mixing bowl, mix well.
2. Pour over desired meat to marinade and refrigerate for at least 30 minutes.
3. While grilling meat you can brush marinade on meat for a more intense flavor.

Spicy Teriyaki Sauce

- 1 cup low sodium soy sauce
- 1 tsp fresh ginger
- 1 medium chopped onion
- 1 each diced habanero pepper
- 2 Tbsp brown sugar
- 1 Tbsp garlic, fresh diced
- 1 Tbsp scallions, fresh diced
- 1 Tbsp olive oil

Procedures
1. Finely chop fresh herbs and place in mixing bowl.
2. Add salt, pepper and paprika to bowl.
3. Finely chop garlic and scallions and add to bowl. Mix all ingredients thoroughly.
4. Add olive oil to bowl and mix until you have a paste.
5. Rub paste over your desired meat and refrigerate for at least 30 minutes.
6. Grill meat on a hot seasoned grill to desired doneness.
Vitamin D: It’s not just for rickets

by Melissa Borthwick, MD, Elliot Family Medicine at Glen Lake, 89 South Mast Road, Goffstown, NH 03045. For an appointment, call 497-5661.

Vitamin D? Isn’t that for rickets? Yes. But now we know vitamin D does so much more than that. We’ve known for a while that vitamin D is essential in helping the body absorb calcium, in maintaining bone density, and in preventing osteoporosis. But new research suggests it may also help protect against chronic diseases such as cancer, type 1 diabetes, rheumatoid arthritis, multiple sclerosis, and autoimmune diseases.

Yet many adults have low blood levels of vitamin D. Why? Vitamin D is not abundant in our usual food choices, so we get most of the vitamin from sun exposure and multivitamins. The problem is that the sun is not a reliable source for everyone.

The season, time of day, geography, latitude, level of air pollution, color of your skin, and your age all affect your skin’s ability to produce vitamin D. But not all sun exposure is the same, and many factors help determine how much we absorb. In general, the further away you are from the equator, the more efficient the vitamin D production, but cloud cover and air pollution can hinder the sun’s ultraviolet (UV) rays.

Many people living in the Southern United States can get enough vitamin D by getting about 10-15 minutes of sun exposure on their arms and face a few times a week – as long as they don’t use sunscreen, which blocks some of the UV rays necessary to make the vitamin.

So how much exactly do I need? Evidence suggests that infants and adults can tolerate 1,000 IUs a day as safe, without risk of toxicity.

How can I get enough vitamin D? Take a daily vitamin D3 supplement of 1,000 IUs or get safe sun exposure to maintain proper blood levels of vitamin D. Good dietary sources are fortified foods such as milk, yogurt, margarines and cereals, catfish, sardines, salmon, tuna and egg yolks.

In short, chances are, you are not getting enough vitamin D for good health. So boost your D with safe sun exposure, or supplement your diet with 1,000 IUs of vitamin D3 a day. And be sure to eat a variety of foods rich in vitamin D. Also, check with your doctor about guidelines for safe sun exposure, supplements that are right for you, and if you need to be tested.
Help for Caregivers

by Joanne Fadale Wagner, Director, Personal Services, VNA of Manchester and Southern NH

Caregiving for elderly or chronically ill family members is a complicated issue. According to recent AARP statistics, almost one third of adults in the United States (more than 67 million) are now caregivers. For many people, care giving can amount to a part-time job. Particularly for those who have their own young family at home, it can become exhausting and overwhelming. Loss of job productivity, depression, fatigue, and illness are not uncommon in caregivers.

Clearly, it is a critical issue, and it is surprising that an issue which garners so much attention, research and analysis, and which affects so many people, has not yet been universally addressed.

One issue might be that caregivers are often highly functioning multi-taskers who don’t even know they’re exhausted. Sometimes the care they are providing has escalated so slowly and steadily, they might not notice the greater demands on their time and energy.

Other times, the needs of someone who requires assistance change so suddenly, a caregiver has little time to even consider the impact on their own physical, emotional, psychological, and sociological well-being.

Caregivers often need the objective point of view if they can’t step back and see the situation on their own.

If you are a caregiver, make sure you are seeing your own doctor and telling him or her about your circumstances. If you don’t consider the risks associated with your care giving, you may get hurt, exhausted, or worse. Consider who will be there to take care of you AND your loved one if that happens? If you get hurt, exhausted, or ill, you will need twice the help you needed before.

Asking for help, whether discussing it with your own healthcare provider, your family, or exploring a service like the VNA can help you determine and better address the needs of your loved one, your own needs, and the needs of your family. Asking for (and getting) the help you need can help you better enjoy your life, your family, and those you care for, but most importantly, it can prevent a crisis.

Many home healthcare services such as VNA Personal Services can provide the help you need.

Services include specially trained licensed nursing assistance and personal care service providers to help with personal care; homemakers to help with housekeeping, errands, laundry, meal preparation, reminders, supervision, transportation, and even assistance at medical appointments. VNA home phlebotomy service means that if your loved one needs their Coumadin checked or their blood drawn for lab testing, there’s no need for you to take time off work or to arrange for transportation.

VNA Personal Services helps keep people safe and comfortable in their own homes and offers respite to caregivers. We provide care anywhere from 2 hour blocks to 24 hours, 7 days a week; the services are tailored to individual needs.

Planning is an essential part of care giving and aging. Our geriatric care management program, known as Senior Life Planning can assist in meeting short term needs and planning for long term needs. Our skilled team of nurse and social worker can assist you in creating a comprehensive plan and service package to meet you and your loved ones needs.

Another service clients and caregivers find very helpful is Telehealth, a home monitoring system. Telehealth is particularly helpful managing chronic illness such as Congestive Heart Failure, COPD, Hypertension and Frail Health. By placing a small electronic unit in the home, a skilled nurse can monitor blood pressure, oxygen saturation and weight reports all via the telephone.

The Elliot Adult Day program is also a wonderful respite option for caregivers. It allows clients to socialize, have lunch, and get appropriate care, medication management and supervision, outside the home for the day. This respite option is particularly helpful for working caregivers or elderly spouses who need a break.

Contact us at 33 South Commercial Street, Suite 401, Manchester, NH 03101, (603) 663-HOME (4663), 1-800-624-6084, or e-mail: info@manchestervna.org to arrange for services your loved ones and for you!
TRANSITIONAL CARE...

A central theme in reforming our healthcare system

by Malcolm Perry, Director, Elliot Senior Services

As the U.S. Congress debates major changes to our nation’s healthcare system aimed at lowering costs, improving access and enhancing quality care, one of the more talked about and promising approaches centers around transitional care for the chronically ill and the elderly. Presently, our healthcare delivery system often operates in silos and is too fragmented to achieve the desired healthcare outcomes, making care transitions for the elderly and for those with chronic illnesses costly and does not always deliver the desired healthcare outcomes for this patient population.

A care transition refers to the movement of a patient between healthcare practitioners or care settings as their condition and care needs change during the course of a chronic or acute illness (Coleman, 2006). For example, in the course of an acute on-set of an illness, a patient might receive care from a primary care provider (PCP) or medical specialist (i.e. cardiologist) in a doctor’s office setting, then transition to a hospital physician and nursing team during an inpatient hospital admission before moving on to yet another care team at a skilled nursing facility. Finally, the patient might return home, where he or she might receive care from a visiting nurse. Each of these shifts from care providers and settings is an example of a care transition.

The Transitional Care a patient may receive during these transfers include a broad range of time limited interventions and/or services designed to ensure care continuity, prevent avoidable hospitalizations and promote safe and effective patient handoffs between different locations and or different levels of care. Transitional Care, which encompasses both the sending and the receiving aspects of the transfer, is essential for persons with complex care needs. It includes logistical arrangements of the transfer, patient and caregiver education, and coordination among the health professionals involved with the patients care.

So central a component to transforming our health care delivery system, the Elliot recently launched a new project aimed at improving care transitions for Elliot patients. The Elliot Alliance for improving Care Transitions, or The A.C.T. – Now Project, will identify opportunities to implement new interventions and services to enhance patient safety during care transitions, strengthen overall care coordination among multiple care providers in the community, and improve health outcomes for at-risk populations and patients with chronic illnesses. The Elliot continues its long standing commitment to explore new innovations in healthcare delivery models, such as the Medical Home, the Senior Services TRACE Program™, and Transforming Care at the Bedside, to improve the quality and cost-effectiveness of the care delivered to our patients and the community we serve.
Introduces a New Educational Series:
YOUR PHYSICIAN’S PERSPECTIVE

In 2010 the Elliot Health System, as part of its Seniority Matters community programs, has launched a new monthly education series focused on improving awareness of health and wellness for older adults and their caregivers. Physicians, and other providers, specializing in the care of older adults will present topics relevant to the needs of adults in our community.

Bone Health and Heart Health were the first topics presented in our series that launched at the Elliot Senior Health Center. Future topics include Peripheral Vascular Disease presented by Consuelo Alvarez, MD, Fit after 50 by Vasyl Kasiyan, MD, and Transitional Care, presented by Mary Anne Totten, MD. Participants who attend a presentation have the opportunity to receive materials related to the topic and ask questions of the physician or featured presenter. Feedback from our initial presentations validated the need for increased health education geared toward older adults.

Seniors and their caregivers often have questions about various health topics yet most of these questions can’t be covered in a short doctor office visit. These presentations are open to all older adults and caregivers in our community as well as patients of the Elliot Health System. If you or friends are interested in attending, we ask that you call to register. Information about upcoming presentations can be found in the Senior Health and Fitness Section on the Community Wellness page of this publication. We look forward to welcoming you at the Elliot Senior Health Center for our upcoming series presentations.
Q: What’s the difference between normal memory loss and dementia?
A: As we age our body produces less of the chemicals that our brain needs to function. This affects the way our brain stores information and makes it more difficult to recall stored information. As a result, our memory may not be as sharp as it had been in our youth. Normal memory loss is sometimes forgetting where you placed your keys, forgetting which word to use or a name of a person. It’s when your memory issues start to impair your ability to function that it’s a concern. Dementia is the general term used for the loss of memory and other cognitive functioning that is severe enough to interfere with our everyday life. It’s a progressive illness that leads to a decline in your ability to perform everyday tasks.

Q: Are there any medical problems that could account for my memory loss?
A: Yes, there are numerous illnesses which may affect your memory. For example, hypothyroid, B-12 deficiency and depression can all cause memory loss. Medications can also affect a person’s memory. Analgesics, anti-hypertensive, anti-psychotic, anti-depressant, and anti-Parkinson’s medications, as well as hormones and steroids can affect an individual’s memory. Speak with your healthcare provider or pharmacist for more information.

Q: Are there ways that I can improve my memory?
A: Yes, studies have shown that we have more influence over our brain fitness and memory then we realize. It’s important to challenge yourself daily with new tasks so that you can stimulate your brain. Take a different route home from work, start learning a language, or learn a new hobby. Exercise your mind just as you would your body.

Q: When should I seek help?
A: When you notice a change in your memory it’s important to consult your physician. As stated above, it could be a medical issue, a reaction to a medication or stress related. It’s important to keep your physician informed so that you can get the appropriate treatment.

For more information on Memory Loss, ask your doctor or healthcare professional.
Our DOCTORS are in!

**DANIELA CONNELLY, MD**
Elliot Primary Care at Londonderry
40 Buttrick Road
Londonderry | 552-1400
www.elliotdoclondonderry.com

Dr. Connelly earned her Doctorate of Medicine at the University of Cuenca School of Medicine in Ecuador as well as her masters in Public Health from the Boston University School of Public Health. She completed her residency in family medicine at NH Dartmouth Family Medicine and has recently joined the Elliot Primary Care Network. Dr. Connelly is interested in women’s health, teen care and she is fluent in French, German and Spanish.

**JENNIFER JEFFRIES, MD, MPH**
Elliot Family Medicine at East Manchester
345 Cilley Road | Manchester
606-6977
www.elliothospital.org

Dr. Jeffries attended the Boston University Schools of Medicine and Public Health where she earned her Medical Doctorate and Masters in Public Health. Thereafter, she completed her residency and internship in family practice at University of Massachusetts Family Medicine and later worked in private practice. Dr. Jeffries is interested in family focused primary care and she is currently taking new patients.

**LISA HATZOS, MD**
Elliot Peak Internal Medicine at Windham
127 Rockingham Road | #103
Windham | 890-0266
www.elliothospital.org

Dr. Hatzos is a graduate of Tufts University School of Medicine where she earned her medical degree. She later completed her internship and residency at St. Vincent Hospital in Worcester, MA., where she served as Chief Medical Resident. Dr. Hatzos has enjoyed a successful private practice in Windham focusing on obesity, complementary and alternative medicine as well as nutrition, before she joined the Elliot Physician Network.

**OUR DOCTORS ARE ACCEPTING NEW PATIENTS.**