During a stay in the hospital, physicians order tests to diagnose and treat patients for injuries or illnesses. Many of the diagnostic tools used by medical professionals are tests that cannot be taken at the bedside, such as an MRI or CT scan. In order to give the physician what he or she needs to diagnose a patient's condition, the individual has to be “transported” to another department, such as radiology.

Transferring care from a hospital bed, to another department and back again has created opportunities to improve communication between hospital departments. At Elliot Hospital, we have initiated a new mode of information sharing for patient safety called A Ticket to Ride!

**How does A Ticket to Ride Work?**

The hospital currently uses an electronic transport request system which remains the manner in which “patient transport” is requested. Once the request for transport is completed, the nurse will be prompted to print out A Ticket to Ride. The form will be printed for the transporter and placed in the front inside pocket of the patient’s chart. The nurse will sign his/her first name in the “Transferring RN” field and complete any special instructions or additional comments. This will be verification that all information on the form is accurate and the patient is ready to leave the unit.

The receiving department will review the information on the Ticket to Ride to ensure that any instructions of care are noted. Testing can now be completed for the patient. When the patient is transferred back to the original nursing unit the “testing department” will complete the original Ticket to Ride indicating what was performed for tests and who is releasing the patient. The form is placed back in the front inside pocket of the patient’s chart and the patient is brought back to the unit. The nurse/secretary will ensure that the Ticket to Ride is present and verify with the patient’s nurse that there are no questions.

**The Benefits of A Ticket to Ride**

First and foremost, this process improves continuity of care on behalf of patients and improves communication between departments about each individual patient, their current health status, special needs, instructions and more. For the nurse, improved communication allows for a heightened understanding of what has taken place with the patient in their care while both on and off the unit. It will prompt the nurse to also check the electronic medical record for the latest and most up-to-date testing results that have occurred while the patient was off the unit. For the testing department, they will have knowledge of the name of the nurse caring for the patient as well as any other pertinent information to best care for the patient while he or she is in their department.

**What if a Patient has no Ticket to Ride?**

Patient transport will not transfer a patient without A Ticket to Ride form in the patient’s chart. Instead, they will obtain from the transferring nurse a completed form and then verify the patient name, code status, date of birth, isolation, and any other pertinent information regarding the patient. When the patient is ready to be picked up from an ancillary department, patient transport will again ensure that A Ticket to Ride form has been completed by staff.

The process of creating this new dimension of communication has been a team effort and the consensus is overwhelmingly positive as this clearly enhances patient safety and communication within the Elliot Hospital. While no one hopes for a hospital stay, it is comforting to know that initiatives such as A Ticket to Ride are improving quality of care for everyone at Elliot.
ver a decade ago, Elliot made a pivotal decision to initiate the placement of primary care doctors throughout the community with the goal of giving individuals and families access to a family doctor. The project became known as the Elliot Physician Network or EPN. This “network” of doctors practicing in areas of pediatrics, internal medicine, family medicine and geriatrics has grown to over 70 providers caring for over 85,000 people in eight towns.

With growth comes the need to continue to find ways to best meet the needs of our patients. In Londonderry, Elliot opened its first ambulatory care center. The reason for a “center” instead of a doctor’s office is that it allows the patient to have better access to ancillary services such as lab, imaging, specialty care and more, all while visiting their primary care doctor. The opening of the center in Londonderry has brought a great deal of success and positive patient feedback.

The model is one Elliot plans to replicate and the next location is set to open in Hooksett. By June 1, 2009, The Elliot at Hooksett will open its newest ambulatory care center and feature access to pediatricians, internal medicine physicians and family medicine doctors. The center will also provide access to services including lab, imaging, rehab and specialty services. This “under one roof” concept is anticipated to serve over 20,000 patients each year and create an easier means by which families from Hooksett, Bow, Manchester and beyond can access quality healthcare. The doctors and ancillary services are all supported by the Elliot’s electronic medical record and all patients using physicians within this facility will have the option to use MyEChart to access their personal health record, make appointments, see test results, email their physician and more, all from their personal home computers!

Join us as we expand and become part of The Elliot at Hooksett!
When Donna Indelicato cut the ceremonial ribbon to mark the opening of Dana-Farber/New Hampshire Oncology-Hematology (DF/NHOH) in Londonderry in December, she spoke of the opportunity the new center brings to cancer patients in southern New Hampshire and Northern Massachusetts. “This new center means so much to me,” said the Windham, NH native. “Hope will live within these walls.”

Indelicato had been a breast cancer patient at Dana-Farber in Boston while she lived in Massachusetts. After moving to New Hampshire, her cancer returned and she received care from physicians at New Hampshire Oncology-Hematology (NHOH), a well-recognized community oncology practice that sees approximately one-third of New Hampshire’s cancer patients. With the opening of Dana-Farber Cancer Institute’s 25,000 square foot medical oncology unit located at the Elliot Medical Center in Londonderry, patients benefit from a model of care that blends the strengths of a top national academic medical center with those of a leading community oncology practice.

“The combination of first-rate oncology care and the resources of Dana-Farber provide a unique opportunity for residents of southern New Hampshire,” says Lawrence Shulman, MD, Dana-Farber’s chief medical officer. “It will enable many patients to stay close to home and smooth the transfer of care to Dana-Farber’s Boston campus when needed.”
Dana-Farber is a pioneer in the development of cancer treatments used around the world and is rated by US News and World Report as the best cancer hospital in New England. “Dana-Farber offers innovative therapies and hope to patients from all 50 states and more than 52 countries” says Doug Dean, president and chief executive officer of Elliot Health System, “and I’m thrilled that they are bringing these services right into our backyard.”

Addressing the full picture of cancer care

The Londonderry center – which is Dana-Farber’s third satellite location – incorporates Dana-Farber’s philosophy of treating the “whole patient” with innovative medical care complemented by extensive support services. In addition to expert medical oncology, patients will have access to an array of services such as genetic screening and counseling, nutrition counseling, a survivorship program, a resource library for patients and families, pain and palliative care services, pastoral care, and second opinion clinics with Dana-Farber specialists. Patients will also have the opportunity to join clinical trials that explore new therapies for fighting cancer.

Four oncologists – Fred Briccetti, MD, Meredith Selleck, MD, Douglas Weckstein, MD, and Jeanna Walsh, MD – transferred from NHOH’s Derry practice to the new facility in Londonderry. The physicians have access to the resources and subspecialists at Dana-Farber in Boston through case reviews, consultations, and educational seminars. And they have the benefit of an experienced support staff of nurses, social workers, research coordinators, nutritionists, patient coordinators, and more to provide patients with a full range of medical and support services.

The relationship between Dana-Farber and NHOH is not new. The two organizations have worked together for more than 25 years on clinical trials and physician consultations. In addition, Dana-Farber and NHOH jointly offer community education seminars in NH. This series – dubbed ‘Let’s Talk’ – has featured many talks on topics such as genetic counseling, smart drugs and new cancer therapies. Discussions on survivorship and breast cancer are planned for this spring and summer.

Patients weigh in

Though cancer is never easy, DF/NHOH tries to make people as comfortable as possible. The cancer center was developed with extensive advice from patients, staff, and clinicians. Patient input can be felt in the 20-bay infusion area where patients have the option of a private or communal bay, based on how they are feeling on a particular day. The area is also set up for wireless access, and patients and families are offered breakfast, snacks and lunch while in Londonderry for an appointment. In addition, the resource library on the first floor provides not only cancer information and resources, but also a respite from a busy clinic.

Kathleen Willard, a New Hampshire resident and Dana-Farber patient, says that the Londonderry clinic is a great benefit to people in the region. “I’ve heard from a lot of people from New Hampshire who have cancer who said that they would love to go to Dana-Farber but don’t because of the travel,” says Willard. “It is much more convenient to get the same level of care within a half hour of home.”

For more information, call 603-552-9100 or visit dana-farber.org/londonderry.
"SOME CLASSES MAY BE JOINED WHILE ALREADY IN PROGRESS."

### GENERAL HEALTH EDUCATION

#### Dare to C.A.R.E. Cardiovascular Health Seminar
**Free!**

EH: Wed, Sep 23, 4:30 to 6:45 p.m. **Must register.**

Educational series presented by 4 cardiologists and a vascular and thoracic surgeon. FREE cardiovascular screenings will be made available to qualified participants at a later date.

#### 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 First Aid
**$37**

EWC: Wed, Jun 10 or Aug 12, 6 to 9 p.m.

Learn techniques to give immediate care to an injured or suddenly ill person or to someone involved in a life-threatening situation; and when to alert medical personnel.

##### Heartsaver CPR
**$37**

EWC: Sat, Jul 11 or Sep 12, 8 to 11 a.m.

##### CPR for New Healthcare Professionals or those with expired certification
**$62**

EWC: Sat, Jun 6 or Aug 1, 8 a.m. to 1:30 p.m.

##### CPR Renewal for Healthcare Professionals
**$47**

EWC: Sat, Jul 11 or Sep 12, 11:30 a.m. to 2:30 p.m.

#### Healthy Infant & Child First Aid & CPR for all ages
**$52**

EWC: Wed, Jul 8 & 15 or Sep 9 & 16, 6 to 9 p.m.

#### NEW! Advance Care Planning
**FREE**

EH Conference Ctr: Tue, Jun 9, 3 to 4 p.m. or Jun 26 6 to 7 p.m. or Aug 18, 3 to 4 p.m.

This class will review the Durable Power of Attorney for Healthcare and the Living Will. Documents will be provided for your review and use. A discussion will be held about planning for your care in advance.

#### NEW! Long Term Care Insurance 101
**FREE**

LON: Wed, Jun 17, 6 to 7 p.m., registration required, call Barbara Pines at 552-1533.

Information will be provided on what long term care insurance is, what it covers, who should have it, how to select a policy, learning the terminology and more.

#### Medication Management
**Free!**

EH Conference Ctr: Th, Jun 4 or 11, 4:30 to 6 p.m. Call 663-2767 for more information.

#### Eliot Center for Tobacco Treatment

By appr., call 663-2201 for more information. Sessions reimbursed by Anthem.

- **Four 1-hour private sessions**
  - $125
- **Two private sessions**
  - $100

#### Shortness of Breath Seminar
**FREE!**

EH: Tue, Jun 16, 3:30 to 4:30 pm

LON: Wed, Jul 22, 1:30 to 2:30 pm

SHC: Wed, Aug 26, 1:30 to 2:30 pm

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.

#### 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.

#### Safe Sitter Program
**$60**

EWC: Sat, Jun 20, Jul 17, Aug 14, 8:45 a.m. to 4 p.m.

For children ages 11 to 13 to learn basic babysitting skills. Includes manual and duffle bag.

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

### 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.elliothospital.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**

#### 1-Day Surgery Ctr Tour for Children
**FREE!**

EH, 1-Day Surgery Center: First & Third Wed, Monthly, 3 p.m., registration required.

Parents, children ages 12 and younger, and their siblings are invited to attend our special pediatric tours. Meet with staff, review the surgical process and tour the facility.

#### LBI Health Management Assessment
**$29**

Receive an individual health evaluation, identify your health goals and establish a comprehensive treatment plan to reduce your risk for disease or manage your condition. To schedule an appt, call the Live Better Institute at 663-4LBI.

#### GENERAL FITNESS

##### 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.

**20-20-20**
**$56**

EWC: TTh, Jun 23 to Aug 6, 4:45 to 5:45 p.m.

Get a little of everything with this combination of cardio, strength training and stretching class (20 minutes each). Suitable for all fitness levels.

#### Total Body Strength and Conditioning
**$56**

EWC: TTh, Jun 23 to Aug 6, 6 to 7 a.m.

This class incorporates easy to follow interval training and sports conditioning moves to enhance overall strength and aerobic conditioning. All fitness levels are welcome. Showers available to those heading to work!

#### Core Strength and Conditioning
**$28**

EWC: Fri, Jun 26 to Aug 7, 6 to 7 a.m.

This class focuses on core (abdominals, obliques, back muscles) and pelvis stabilization. Also, incorporates sports conditioning moves to enhance overall strength and cardiovascular.

#### Stability Ball with free weights
**$70**

Welliot Group Exercise Rm at Welliot Fitness Ctr, Ground Floor of Elliot Hospital; M/W, Mar 30 to Jun 8, Beginner: 6 to 7 p.m., Intermediate: 7 to 8 p.m.

You will learn how to strengthen your core muscles (abdominals and back) plus legs,
COMMUNITY WELLNESS

Gentle Yoga $60
EWC: Mon, Jun 22 to Jul 27, 9:30 to 10:30 a.m. EWC: Tue, May 12 to Jun 16, 6 to 7 p.m. EWC: Thurs, Jun 25 to Jul 30, 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 EWC: Th, Apr 30 to Jun 11, 6 to 7 p.m. $70 EWC: Tue, Jun 23 to Jul 28, 6 to 7 p.m. $60
Focus on core muscles (abdominals, obliques, back), pelvic 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.

Diet for Health $225
EWC: Wed, 6:30 to 7:45 p.m. Call 663-4LBI to register or for more information.
Improve your cardiovascular risk factors, promote fat loss plus support healthy insulin & blood sugar balance in this lifestyle change program.

Are You at Risk for Osteoporosis? $22
EWC: Third Thu 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.

Senior Health Foot Clinics $20
SHC: To schedule an appointment, call 663-7030.
Routine foot inspection and assessment, toenail trimming by a registered nurse.

Postpartum Emotional Support Group Free
EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Massabesic St., Manchester: Tue, 10:30 a.m. to 12 noon. Call Alison Palmer, RN, 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.

Living Beyond Breast Cancer Free
EH, Cancer Care: Second Wed monthly, 6 to 7:30 p.m. Call 663-1804 to register.
Provides mutual support and sharing for any woman who has experienced breast cancer.

Living with Cancer Free
EH, Radiation Therapy Dept.: Third Wed monthly, 5:30 to 7 p.m. Call 663-2355 for more information.
This ongoing monthly support group is for people with cancer, their families and/or support people.

Newly Diagnosed Breast Cancer Support Group Free
Elliot Breast Health Center, 275 Mammoth Road. Call 663-2355 for dates, 1:30 to 3 p.m.
Learn valuable tips about nutrition, relaxation, physical therapy, wigs and much more in this unique support group. Refreshments served.

Ladies Luncheon Free
EH, Conference Room A: noon to 1:30 p.m. Call 663-2355 for dates.
A monthly support group for women living with metastatic breast cancer.

Bereavement Support Group Free
LON: 4th Thu monthly, 4 to 5 p.m. Contact Barbara Pines, LICSW at 552-1533 to register or for more information.

Taking Care of Me Free
LON: 3rd Thu monthly, 2 to 3 p.m. Contact Barbara Pines, LICSW at 552-1533 to register.
Support group for Widowed Adults.

Caregiver Support Group – Londonderry Free
LON: 2nd Wed monthly, 6 to 7 p.m. Contact Barbara Pines, LICSW at 552-1533 to register.

Caregivers Support Group – Manchester Free
SHC: First & Third Thu monthly, 10 a.m. Call 663-7051 for more information.
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

VNA Hospice Bereavement Drop-In Center Free
SHC: Mon (except holidays) 10 to 11:30 a.m. Call 663-4005 for more information.
All ages welcome. No appointment necessary.

Prostate Cancer Free
EH, Wound Care Center: Call for dates.
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment. For info, call 663-2355.

Anonymous Obsessive Compulsive Free
EBHS: Wed, 7 to 8 p.m. Register at 401-3898, ask for Val.
12-step support group.

S.H.A.R.E. Free
Third Wed monthly, 7 to 8:30 p.m.
For parents who have experienced a miscarriage, stillbirth or neonatal death. For info, call 663-3396.

AICD (Automatic Internal Cardiac Defibrillator) Free
First Fri monthly, 11 a.m. to noon.
The only AICD support group in the tri-state area. Designed to help patients with internal cardioverter defibrillators and their families deal with unique issues. For info, call 663-2959.

Parkinson’s Free
Third Wed monthly, 3 to 4:30 p.m.
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease. For info, call 663-2156.

Chronic Pain Free
EH, Wound Center: Second & Fourth Tue monthly, 5 to 6:30 p.m. Call 663-2767.
Peer support & education for people with chronic pain and their families.

Men’s Breakfast Free
SHC: Fourth Fri monthly, 9 to 10 a.m. Call 663-4005 for more information.
For men rebuilding their lives after a spouse’s death. Light breakfast, social time & speaker.
COMMUNITY WELLNESS

SENIOR HEALTH and FITNESS

NEW! Slow Medicine: Elders, Families and the Health System Working Together Free!
SHC: Tue, Jun 2, 6 to 8 p.m.
Geriatrician, Dennis McCullough, M.D., author of the book “My Mother, Your Mother” has spent his life helping families to cope with their parents’ aging and eventual final passage, shares his personal experiences he faced with his own mother. In this presentation he explains his new approach, which he terms “Slow Medicine.” Caregivers, family members and loved ones of older adults are welcome to attend. Book signing to follow this presentation.

NEW! Fusion $55
SHC: TTh, Jun 2 to Aug 6, 5:30 to 6:30 p.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.

NEW! Strength Training $55
SHC: TTh, Jun 1 to Aug 6, 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.

NEW! Strength T raining $55
SHC: T/Th, Jun 2 to Aug 6, 5:30 to 6:30 p.m.
This is a 6-week educational program that is designed to stimulate the brain and improve cognitive functioning in seniors. The class uses a variety of fun and challenging exercises that sharpen mental proficiency in memory skills, flexible thinking, perception, and reasoning activities.

NEW! Strength Training $55
SHC: M/W, Jun 1 to Aug 5, 9 to 10 a.m.
Beginner low-impact aerobics plus core strengthening movements and floor exercises geared to focus on aerobic endurance and core stability.

NEW! Slow Medicine: Elders, Families and the Health System Working Together Free!
SHC: Tue, Jun 2, 6 to 8 p.m.
Geriatrician, Dennis McCullough, M.D., author of the book “My Mother, Your Mother” has spent his life helping families to cope with their parents’ aging and eventual final passage, shares his personal experiences he faced with his own mother. In this presentation he explains his new approach, which he terms “Slow Medicine.” Caregivers, family members and loved ones of older adults are welcome to attend. Book signing to follow this presentation.

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NEW! Strength Training $55
SHC: M/W, Jun 1 to Aug 5, 9 to 10 a.m.
Beginner low-impact aerobics plus core strengthening movements and floor exercises geared to focus on aerobic endurance and core stability.

Mind Aerobics $20
SHC: Thu, starting Jun 18, 10:30 to 11:30 a.m.
This is a 4-week educational program designed to stimulate the brain and improve cognitive functioning in seniors. The class uses a variety of fun and challenging exercises that sharpen mental proficiency in memory skills, flexible thinking, perception, and reasoning activities.

Long Term Care Insurance 101 Free!
SHC: Thu, Aug 6, 6 to 7 p.m.
Understand the reasons to consider long-term care insurance, how to choose a carrier, average rates for LTC insurance in NH, what is covered, and how to get started.

Downsizing Dilemmas—Solved! $5
SHC: Tue, Jul 21, 10:30 to 11:30 a.m.
You’re at a time of your life when you are ready to simplify and downsize—whether you are moving or not. But you’ve been in your home for 25-40 years, so where do you start? Hear practical ideas for where to begin, how to decide what to keep and what to say goodbye to (“no regrets” decisions), where to give away what’s no longer wanted or needed, and how to find the time in already busy days to keep at it!

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

AARP’s Driver Safety Program $14
SHC: TTh, Jul 28 & 30 or TTh Sep 15 & 17, 1 to 5 p.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.

T’ai Chi for Seniors $55
SHC: Tue, Jun 2 to Aug 2, 8:30 to 9:30 a.m.
This classical and most popular Yang style incorporates Qigong warm-up. Slow, continuous and graceful movement increases strength, range of motion and relaxation. Taught by Oriental Health Arts Association instructors.

Fit & Feisty $40
EWC: TTh, Jun 23 to Aug 6, 10 to 11 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.

Cardio Plus Care $55
SHC: M/W, Jun 1 to Aug 5, 9 to 10 a.m.
Beginner low-impact aerobics plus core strengthening movements and floor exercises geared to focus on aerobic endurance and core stability.

Lo-Impact Chair Aerobics $55
SHC: M/W, Jun 1 to Aug 5, 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.

Pilates for Seniors $55
SHC: Tue/Thu, Jun 2 to Aug 6, 4 to 5 p.m.
Mat pilates is a mind-body exercise program that utilizes controlled core movements which improves muscle strength, flexibility, balance and posture. This class will offer many modifications making it perfect for beginners.

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.

Medicare D Assistance Free!
SHC: Mon, 1 to 4 p.m. Call 663-4567 for app't.
LON: Fourth Thu monthly, 9 to 11 a.m. Call 552-1533 for app't.
Basic information to help you select prescription drug coverage and assistance with applications.

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.

Senior Wellness Screenings Free!
SHC: Third Fri monthly, 9 a.m. to noon. Must register.

Senior Health Center Resource Library Free!
SHC: Open daily
Our library offers information about all local and statewide services available to seniors.

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.

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

**CHILDBIRTH and FAMILY EDUCATION**

**Breastfeeding** $50 per couple  
CBE: On-going, 6:30 to 8:30 p.m.  
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.

**Parenting Your Newborn** $50 per couple  
CBE: On-going, 6:30 to 8:30 p.m.  
Prepare for your new baby and the transition into parenthood. Learn about normal newborn appearance and behaviors, procedures after birth, basic care and more.

**Mommy & Me Stroller Circuit Class** $65  
CBE: Thu, May 5 to Jun 11, 9:30 to 10:30 a.m.  
This class keeps you moving with alternating intervals of cardio & strength training. You’ll warm-up, stretch, circuit train with strollers and bands, shaping your legs, butt, abs & arms all in 60 mins!

**Labor Series – 1 Day Intensive Class** $125 per couple  
CBE: Sat, Jun 27 or Jul 25, 9 a.m. to 4 p.m. (lunch included)  
This class prepares the expectant mother and her partner for aspects of labor and birth. This class will include knowledge of the natural labor process, as well as a variety of coping measures, ranging from relaxation and breathing, to available medical options. A tour of the Maternity Center is included.

**Mom’s Group Free!**  
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. Groups are led by a Child Life Specialist/Nurse and monthly guest speakers.

**Ongoing Classes**  
- Back To Work & Breastfeeding  
- Boot Camp for New Dads  
- Breastfeeding  
- C-Section Class  
- Great Expectations  
- Infant/Child CPR & Safety  
- Infant Growth & Development  
- Introduction to Underwater Birth  
- Labor Series  
- Maternity Tour  
- Mom’s Group  
- Parenting Your Newborn  
- Prenatal Yoga  
- Refresher Labor  
- Safe Sitter  
- Sibling Class  
- Testing Toddler  
- VBAC

Register online at www.elliottmedical.org  
or call Elliot On-Call at 603-663-4567

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Is there a difference between a DO and an MD?  
by Robert Dow, DO

If you are like most people, you have seen at least one doctor if not many for various medical concerns. What you may not know is that there are two groups of fully qualified medical doctors capable of providing the full scope of medical practice, MDs and DOs.

Over 100 years ago, a physician by the name of Andrew Taylor Still, MD, became dissatisfied with the current state of medicine and developed an alternative form of medicine called Osteopathic Medicine. In the late 1800’s, Dr. Still felt that there should be a better approach to medical treatment. He developed a system of medical treatment focusing on the adjustment of the musculoskeletal system and improvement of circulation that provided a change from the treatments of that time that often seemed to cause more harm than good.

Over time, the Osteopathic Profession has changed and grown. With development of newer Osteopathic Techniques and a recognition of the place of medication and surgery, DOs are currently able to provide the a complete scope of medical care including diagnosis and treatment of medical conditions with a combination of Osteopathic Manipulative Treatment (OMT), medications and surgery when appropriate.

Although the focus from disease to patient centered care has blended MDs and DOs, OMT still remains an important difference. I feel it is safe to say that both MDs and DOs today generally provide a patient-centered approach to medicine. There are many similarities:

Both DOs and MDs:
- Usually complete 4 years of College followed by 4 years of Osteopathic (DO) or Allopathic (MD) Medical School. (There are several schools that offer a combined 7 year program.)
- Complete an Internship/Residency for at least 3 years depending on the specialty of choice.
- Take similar or identical Board Exams for their specialty.
- Are required to hold a medical license to practice medicine.
- Are represented in all medical and surgical fields.

So what’s the difference? Despite the similarities, there are some differences:
- DOs represent about 6% of the physician population. Although there are DO’s in all fields and specialties of medicine such as neurosurgery, neurology, cardiology and ophthalmology, 65% of DOs specialize in primary care (Internal Medicine, Family Medicine, Pediatrics and OB/Gyn).
- DO’s are trained to use Osteopathic Manipulative Medicine (OMT). Some MDs with additional training have incorporated this into their practice as well.

What is OMT? OMT (Osteopathic Manipulative Treatment) is a hands-on approach to diagnosis and treatment of many medical conditions. It can help to improve/restore normal function to the body and is designed to improve blood flow to body tissues. There are many different techniques used by DOs to accomplish this. Most involve working with the muscles, bones and other tissues of the body in various ways to improve function and can involve any area of the body. There are a variety of methods used to accomplish the goals of finding health. Most people find the treatments very relaxing.

Continued on page 11, see Osteopathic Medicine
Elliot has been named Business NH Magazine’s 2009 Healthcare Business of the Year! Elliot is being recognized for its contributions to the healthcare industry and its strong commitment to civic involvement at all levels of the organization. “As a community healthcare system, I’m proud to receive this award because it is truly recognition of our doctors, nurses and staff and all that they do both within Elliot and outside of Elliot each and every day,” said Doug Dean, President & CEO. “This is a very dedicated team and I am honored to work among the most talented people who love caring for people!”

**Elliot General Surgical Specialists**

**Welcomes William Wilson, Jr., MD, FACS, FAAP**

William R. Wilson, Jr. is a board certified surgeon and thoracic surgeon. As a thoracic and vascular specialist with Elliot General Surgical Specialists, he will work with Lawrence M. Hoepp, MD, FACS, to provide surgical services to Southern New Hampshire.

Dr. Wilson received his Medical Doctor degree from the University of Connecticut School of Medicine and completed a surgical internship and surgery residency at Medical Center Hospital of Vermont. Dr. Wilson also completed a Cardiothoracic Surgery Residency at Case Western Reserve University and a Pediatric Cardiovascular Surgery Fellowship at The Heart Institute for Children at Christ Hospital and Medical Center. Dr. Wilson is board certified by the American Board of Surgery and the American Board of Thoracic Surgery.

**SERVICES OFFERED BY DR. WILSON**

Dr. Wilson will specialize in diseases of the chest and vascular system that require surgery, such as aortic aneurysms, carotid artery stenosis, peripheral vascular disease, mediastinal disease, lung cancer and trauma.

**AT THE ELLIOT HOSPITAL, DR. WILSON WILL PERFORM:**

- Arterial revascularization and grafting
- Pulmonary and mediastinal surgery
- Surgeries for aneurysms, traumatic disruption, cardiac and vascular trauma
- Endograft and stent procedures
- Angiography for vascular disease

**DR. WILSON’S PRACTICE IS LOCATED AT:**

- Elliot General Surgical Specialists
  184 Tarrytown Road, Manchester, NH 03103
- Elliot Medical Center at Londonderry
  40 Buttrick Road, Londonderry, NH 03053

To schedule an appointment for either location, call 627-1102.

**Practice Green Health**

On May 19th in Chicago, at the CleanMed 2009 Environmental Excellence Awards, the global conference for healthcare’s environmental leaders, Elliot Hospital was awarded a **Partner for Change Award** and a **Making Medicine Mercury-Free Award**. Doug Dean, President & CEO exclaims, “The work our Green Team has done to virtually eliminate mercury and to reduce waste and prevent pollution has earned them national recognition! We are all proud to have such a dedicated group of people who are tireless in their efforts to improve our environment and make a positive impact on the greater community!”

**Sign Up for E1 News**

Elliot Health System is going green! Help us decrease paper use by signing up for the email version of Your Wellness Matters. You’ll receive four information-packed issues a year, plus useful health alerts when needed.

If you would like to participate, visit www.elliothospital.org and click on the link for Your Wellness Matters. Or email us at elliothealthnews@elliothospital.org with your current mailing address so we can remove it from our mailing list.

Elliot does not share its email list with anyone.
Who can benefit from OMT? Many conditions can benefit from OMT. The most obvious are muscular complaints such as back pain. Surprisingly, there are many other conditions that can be improved as well. Some of these include: tension headaches and migraines, recurrent infections both viral and bacterial such as sinus and ear infections, TMJ, COPD and asthma.

OMT for children: This is where I focus my attention. I have found treating children with OMT very rewarding. Treating early can prevent complications in certain conditions and the benefits can last a lifetime. The conditions in children that I find can benefit most from OMT are:
- Tension headaches
- Autism
- ADD (especially with hyperactivity)
- Behavioral issues
- Anxiety
- Scoliosis
- Bedwetting
- Asthma
- Sleep issues
- Colic
- Torticollis
- Back pain
- Autism
- ADD (especially with hyperactivity)
- Behavioral issues

Please note that this is not meant to assume that these conditions can be cured with OMT but we may be able to improve the situation with fewer or no medications in some situations.

What else should I know? Although all DOs are trained in OMT, some do not use this skill and some do not use anything but this skill. Be sure to ask first. Also, some MDs have had training in these treatments as well and may be able to use them. Referrals to DOs are also possible and in most cases, these treatments are covered by insurance.

Although difficult to conduct, there are current research projects going on in OMT including a large study at the University of New England College of Osteopathic Medicine in Maine to try to demonstrate whether there is a statistical effect on repeated ear infection in children treated with OMT.

In New Hampshire, there are currently over 200 DOs. In the Manchester area there are DOs represented in several fields including: Family Practice, Internal Medicine, Emergency Medicine, General Surgery, Nephrology (Kidneys), Hospital Medicine including Intensive Care Medicine and Pediatrics.

Feel free to explore the official American Osteopathic Medicine Website at www.osteopathic.org www.osteopathic.org.
Join us in congratulating and celebrating the people who deliver quality healthcare to this community.


We celebrated National Volunteer Week on Monday, April 20.

Nurses were celebrated on Wednesday, May 6th for National Nurses Week.

All of the hospital and support staff were celebrated the week of May 11th for National Hospital Week.

JOIN THE 17TH ANNUAL CIGNA/ELLIOT 5K CORPORATE ROADRACE

To Benefit Elliot Health System

Thursday, August 13
6:20 p.m.
Veteran’s Park • Manchester, NH

To sign-up and/or make a donation go to: www.elliothospital.org
ITS NEVER TOO LATE to make healthy lifestyle changes! Whether you are looking to manage high blood pressure, diabetes, weight loss or other medical conditions, or just looking for an opportunity to exercise safely, ask your physician to refer you to the Live Better Institute for a Live Better Assessment. The assessment will help you create a realistic wellness plan that is just right for you.

“It’s an integration of services that are all working to help me,” said Ann Knox of Londonderry. Ann underwent a Live Better Assessment that helped her identify areas of concern and provided her with the tools she needed to uncover and control a daytime sleep disorder that contributed to her medical conditions. As part of Ann’s plan, she enrolled in the Elliot Medical Fitness Center, 1070 Holt Avenue, Manchester. “I really hate to exercise but I love to exercise at the Medical Fitness Center. The exercise physiologist and others encourage me and work with my doctor when needed,” explained Ann. After three months of exercising, nutrition counseling and applying what she has learned, Ann is exercising 5 days a week and making progress towards lowering her blood pressure and cholesterol numbers. “I never thought I would exercise as much as I do but I feel that I have a responsibility to myself because of the support that I receive from the team,” said Ann.

The Live Better Assessment costs $29 and is a 90-minute appointment that examines your current health status, your risks and goals. A physician’s referral and your most recent lab values will be needed. To begin, call the Live Better Institute at 663-4LBI (4524).

At your scheduled visit, you’ll meet one-on-one with a Health Management Nurse, who is experienced in cardiovascular risk assessments, overall health management and motivational strategies. You will also meet with an Exercise Physiologist who will evaluate your physical activity needs. Together with the Health Management Nurse you will set goals that are obtainable and appropriate. Your plan may include: an appointment with a nutritionist, diabetes educator, tobacco treatment specialist, physical therapist or a membership to our Medical Fitness Center. These services may be fee-for-service programs or covered by insurance. A report of these recommendations will be given to you and your physician.

After three months, you will meet again with the Health Management Nurse to follow up on your progress and needs.

We are the team you need to create and live your health plan. For more information, call 663-4LBI (4524).
Procedures:
Grilled Mahi-Mahi Provencale
1. Place on baking pan, season fillets with salt & pepper, drizzle with olive oil set aside.
2. Saute onion and garlic in olive oil until translucent. Add tarragon. Add wine, reduce by half. Add tomatoes and bring to simmer. Cook 15 minutes. Season with white pepper.
3. Place fish under broiler and brown. Top fillets with 1 oz sauce and finish in oven until cooked through. Garnish with chopped parsley and serve.

Ingredients:
4-5 oz Mahi-Mahi fillets, skinless
1/8 tsp Kosher salt
1/8 tsp ground white pepper
2 Tbsp olive oil
1/2 cup diced tomatoes in puree
1/4 cup chopped onions
2 fl. oz white wine
2 tsp tarragon

Shopping List:

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<th>Herbs/Spices</th>
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Sleep is a Sound Investment in Tough Economic Times

The state of the U.S. economy has many losing sleep. In fact, the 2009 National Sleep Foundation’s annual poll found that one-third of Americans are losing sleep over personal finances, work, or the state of the economy. Although concern is understandable, sacrificing sleep is the wrong solution. Sleep is one of nature’s best defenses against stress. With a good night’s rest, we feel energized, refreshed, focused, and prepared to face life’s challenges. We can solve problems and think more creatively after adequate sleep. On the other hand, insufficient sleep leaves us feeling tired, frazzled, and unable to concentrate. Sleep deprivation may be due to worry, lifestyle, or a sleep disorder. Regardless of the cause, chronic sleep deprivation reduces quality of life.

Self Help for Sleep: We can train ourselves to associate certain restful activities with sleep and make them part of our regular bedtime ritual. Establishing consistent, positive sleep habits as a lifestyle strengthens the internal body clock and helps us to resist temporary stress. Fortunately, there are specific sleep-promoting behaviors that one can adopt and follow on their own. The acronym SLEEP cues the essential elements for healthy sleep practices: Schedule, Liquids, Environment, Exercise, and Peace.

Schedule a regular sleep-wake schedule that includes at least 7-8 hours in bed. Go to bed and wake up at the same times each day, including on the weekend. Avoid napping or dozing during the day. Sleeping only at night and maintaining a consistent bed and wake-up time reinforce the regular rhythm of your body clock.

Liquids should be limited to 3 hours before sleep, particularly beverages containing caffeine or alcohol. Liquids increase awakenings to urinate. Caffeine and alcohol are associated with poorer sleep quality.

Environment should be dark, quiet, cool and comfortable. Remove television, and other noise and light sources. These devices are stimulating to the human brain and are incompatible with sound sleep. Cool temperatures help induce sleep.

Exercise is known to increase the duration and depth of sleep. However, exercise can have a temporary alerting effect; so, working out too close to bedtime may interfere with sleep. For maximum benefit, exercise regularly but try to get your exercise at least five hours before going to bed.

Peace and relaxation invites sleep. Avoid worry, planning, and conflict with others during the evening hours before bed. Meditation, prayer and other mentally relaxing activities can occupy the mind while in bed and help keep worries at bay.

Sleep Disorders: Sometimes, our best efforts to maintain good sleep habits do not solve the problem. Poor sleep or daytime sleepiness that cannot be resolved by adopting healthy sleep habits raise suspicion of a sleep disorder. Although there are more than 80 sleep disorders, a few red flags signal the most common disorders (see Checklist). Breathing complaints (snoring, gasping, witnessed pauses in breathing), daytime sleepiness, persistent difficulty falling or staying asleep, and abnormal movements or behaviors during sleep should be discussed with one’s primary healthcare professional. Consultation with a sleep specialist may be needed. Diagnoses are usually made based on pertinent history, physical examination, and sleep laboratory testing. Specialized overnight sleep tests are conducted in a sleep laboratory and measure brain waves, breathing, movement, blood oxygen levels, heartbeat and behavior. Sleep disorders are highly treatable with a wide variety of effective treatments depending on the nature and severity of the problem.

“Suite” Dreams for Patients Undergoing Sleep Testing: Patients are often advised of the importance of environment in achieving a good night’s sleep. The Center for Sleep Evaluation has recently taken our own advice in improving the sleep environment for patients undergoing sleep laboratory testing. The Center now offers sleep laboratory testing in the comfortable home-like atmosphere of a hotel suite, designed for maximum comfort and privacy. Elliot Hospital offers a technologically-advanced sleep laboratory in a secure wing at Homewood Suites. The new location combines the comfort of a hotel suite with the quality testing process. Patients undergoing testing can enjoy meals and other hotel amenities while they are treated as a guest and cared for as a patient.

For more information about sleep disorders and sleep laboratory testing, please contact the Center for Sleep Evaluation at Elliot Hospital at 663-6680.
Physicians throughout the region are now able to refer older patients to the Geriatric Consultation Clinic at the Elliot Senior Health Center for specialized geriatric consultation services. This means that primary care physicians can tap into the highest level of specialization and medical expertise in our community with regard to frail older patients dealing with multiple complex health issues. Common problems seen in the Geriatric Consultation Clinic include not only memory loss and other cognitive changes, but also, a host of other geriatric syndromes including gait disorders, mood and behavioral disorders, pain syndromes, and polypharmacy. A social worker is also available to assist the patients and their families identify and arrange appropriate senior resources, including for caregiver stress.

A Geriatric Consultation is helpful by providing the primary care physician, the patient and the caregiver with the expertise of a geriatrician and their geriatric medical team. A Geriatrician is a medical doctor who has been specially trained in caring for older adults. The goal of the Geriatric Consultation Clinic is to complete an overall assessment of the older adult including their physical, mental and psycho-social well being. The assessment also identifies their ability to perform activities of daily living including dressing, bathing, grooming, and meal preparation for example. An older adult’s social network and community resources are also factored into the assessment.

The outcome from the multidisciplinary team report is then sent to the patient’s primary care physician for review. The patient’s primary care physician in collaboration with the patient and/or caregiver can then determine a plan of care based on the Geriatric Consultation.

A Geriatric Consultation is ideal for patients who have multiple medical diagnoses, take multiple medications daily, and experienced a recent change in their overall health – such as a cognitive change, fall, fracture, or surgery. The Geriatric Consultation can also be helpful for an older adult who may have minor health issues, however would like to establish a plan for future medical and health needs.

The Geriatric Consultation requires a referral from the patient’s primary care physician. Most insurance providers will cover the consultation at the same level of payment for an office visit. Consult your individual insurance carrier for more information. The Geriatric Consultation Clinic is scheduled every Tuesday at the Elliot Senior Health Center. For more information talk with your physician or contact the Elliot Senior Health Center at 603-663-7030.
THE ELLIOT CELEBRATES
Seven Years of
Continued Commitment to
SENIOR HEALTH SERVICES...

Approximately seven years ago The Elliot made a substantial commitment to meeting the needs of our elderly in the community by building the Elliot Senior Health Center. Within this Center, a team of geriatricians, nursing practitioners, nurses and other medical support service personnel comprise the Senior Health Primary Care practice. Today, the primary care practice serves close to 2000 senior patients living in the greater Manchester and Londonderry areas. Seniors benefit from the expertise and skills of trained geriatricians to meet their medical needs in an environment that is comfortable and senior-friendly. New patients are always welcomed to join the Senior Health Primary Care practice.

Over the past year, the Elliot Senior Health Center has developed many other “Senior Specialty Services” that seek to meet very specific needs and are open to elderly patients from any primary care practice in the community.

Additionally, the Senior Health Center offers community educational programs and classes to keep seniors and caregivers up-to-date on current health issues affecting the elderly. These programs embody the Center’s commitment to community outreach under “Seniority Matters” Health Education & Resource Center. This past year, approximately 1,200 seniors and caregivers have attended “Seniority Matters” classes and programs. To find out more about upcoming classes at the Senior Health Center call Elliot on Call at 663-4567.
Great lyrics. Bad advice. No matter how old you are, sitting in the sun all day isn’t a good idea. For our elders, it can be particularly dangerous. Heat exhaustion, heat stroke, heat cramps, heat rash, and dehydration are all potential health threats when it comes to sitting in the sun. They don’t make for great lyrics: Each can send you straight to the emergency department.

Heat is deceptive. It’s important to consider not just high temps, but also the humidity. Sound familiar? “It’s not the heat, it’s the humidity,” is not cliché, it’s critical. Humidity prevents perspiration from evaporating off your skin, which is your body’s way of cooling itself: its greatest defense against heat. Weather reporters long ago began defining heat by combining the temperature with the humidity levels to measure the heat index, also aptly described as a misery index.

Avoiding a dangerous heat index* altogether is the best strategy for a safe summer and it is fairly easy to do if you are careful. Some other tips for keeping cool and safe in the summer include:
- Drink a lot of fluids, even if you aren’t thirsty.
- Avoid alcohol and caffeine.
- Stay out of direct sunlight, particularly between the hours of 11 and 2.
- Wear light-colored, loose clothing.
- Head for the mall or a movie, and if needed, find a friend or relative who has air conditioning or seek out a nearby heat-relief shelter.
- Use an umbrella, wear a hat, use sunglasses and apply sunscreen. Sunscreen is particularly important for our elders if they are taking certain medications which can cause skin to be more sensitive to the sun. Ask your doctor or pharmacist if that is a concern.
- Wear well-ventilated shoes but try not to sacrifice the safety of a good sturdy shoe to prevent falls. Keep feet dry and toenails clipped. After “going barefoot” check your feet for small cuts and potential infections.

* It’s important to note the heat index can be dangerous for our seniors, but also for young children, and for people with medical conditions such as heart disease, diabetes, or conditions which require certain medications.

Susan H. Larman, RN, MBA is Vice President, Home and Community Services at the VNA of Manchester and Southern NH. The VNA provides home healthcare, personal services, and hospice. The VNA has served the Manchester community for more than 100 years.
Soon or later, the majority of adult children must wrestle with one of life’s most complicated and painful decisions: What’s the best way to care for aging parents in their last years? And how can concerned families separate good interventions from the marginally beneficial – or perhaps even dangerous – when dealing with declining loved ones’ health and well being?

Those caring for aging parents today find this journey a difficult one, despite the benefits and miracles of contemporary medicine. There’s no getting around the inevitable necessity for physicians and families alike to undertake the care of aged loved ones over months, or even years, of decline and on through the actual work of dying. Yet, so often today physicians, despite intending to do the best work they can, face a medical care system that seems to work at odds with patients’ stated desires and wishes – “to die at home” or “to let go when the time comes”.

American medicine is best at managing acute crises and supplying specialized elective procedures, such as joint replacements, organ transplants, eye surgeries, cosmetic changes – all of them modern technological wonders. As for the more ordinary and common management and support of elders and families dealing with the chronic problems of aging and slow-moving diseases, our medical care system has not done so well. The vast machinery of modern medicine, which can be heroically invoked to save a premature baby, when visited upon an equally vulnerable and failing great-grandmother, may not save her life so much as inhumanely complicate her dying.

Slow Medicine refers to the approach by our healthcare professionals to value comfort and kindness and incorporating traditional and holistic elements as frailty develops in elders and eventually death nears. Emphasizing quality of life on an equal plane as quality medical care, this gentle strategy encourages reflective thinking, careful negotiation, active listening and palliative efforts rather than aggressive remedies.

This approach encourages medical professionals to take the time to listen and understand, both elderly patients and their family’s desires and wishes. To encourage early conversations with patients about the realities – and limited rewards – of hospitalization and costly, aggressive treatments and operations. To weigh what the medical literature prescribes as the “best-practice” with what’s best for the individual.

This essay is adapted with permission from the book My Mother, Your Mother: Embracing “Slow Medicine,” the Compassionate Approach to Caring for Your Aging Loved Ones, published by HarperCollins in 2008. Written with warmth, sensitivity and insight, the author, Dr. Dennis McCullough walks readers through each step of this profound final journey while illuminating its challenges, hardships and blessings.

Dr. Dennis McCullough will present this topic at the Elliot Senior Health Center on June 2, 2009 at 6 p.m. See details in the Community Wellness programs and classes section of this publication.
Our DOCTORS are in!

Molly Rossignol, DO
Elliot Family Medicine at Hooksett
20 Chambers Road  |  Suite 1200
Hooksett  |  624-8652
www.elliotdachooksett.com

Dr. Rossignol is Board Certified in Family Medicine and received her Osteopathic degree from the University of New England College of Osteopathic Medicine, Biddeford, ME. She has a special interest in sports medicine.

Wieslaw Walczak, MD
Granite State Medical Center
190 Tarrytown Road  |  Manchester
603-626-5113
www.wwalczak.com

Dr. Walczak is board certified in Internal Medicine and has over 14 years of medical training and experience at University hospitals in Poland and West Germany. He obtained his degree as a Doctor of Medicine from Pomeranian Academy of Medicine (1971) Szczecin, Poland. Thereafter, he completed his residency and internship at the University of Connecticut. Dr. Walczak speaks Polish, German and Russian.

Brenda Foley, MD
Pediatrics Health Associates at Bedford
Pine Tree Place  |  Unit 8  |  360 Rt. 101
Bedford  |  472-5860
www.pediatrichealthassociates.com

Dr. Foley is Board Certified in Pediatrics and has special training in allergics and immunology. She received her medical degree from Tufts Medical School in Boston, MA.

Elliot Health System is a non-profit organization serving your healthcare needs since 1890.

ELLIO T CARES ABOUT PATIENT SAFETY
If you have a concern regarding the safety or quality of care given to our patients, we want to hear from you! We encourage you to contact our Patient Relations/Safety line at 603-663-2666, or contact the Joint Commission at 1-800-994-6610 or the State of New Hampshire at 1-800-852-3345.

Elliot Hospital
Your Wellness Matters
NEWS TO HELP YOU LIVE BETTER!

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Information in YOUR WELLNESS MATTERS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos and illustrations.