Announcing…
New Hampshire’s Hospital for Children
Comprehensive Care Close to Home!

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Winter 2011/2012 • www.elliothospital.org

Treat yourself to a healthier mind & body, see classes on pages 6 to 8
A Spinal Cord Stimulator is a small, rechargeable implantable generator that produces tiny electrical impulses. These impulses interfere with the spinal transmission of certain pain signals and thereby provide relief from some pain.

A Spinal Cord Stimulator (SCS) does not block all signals, and thus, leaves the ability to feel certain pain signals that are protective. An example of protective pain: stepping on a nail is felt (even with a SCS on) thus alerting the patient to the event. Likewise, stepping on a hot coal in bare feet is felt (even with a SCS on) thus alerting the patient to the event. Also, some types of pain are poorly treated with SCS and these include arthritic joint pains, cancer pain, and muscular pains.

SCS is a treatment typically recommended when all other means of treating or eliminating the pain have either been non effective, contraindicated, or have side effects that are interfering with quality of life.

A psychological assessment of the patient is always obtained before any trial implantation is made. This is to assure that there are no unresolved issues that would interfere with long term benefit from such a device, such as untreated severe depression, secondary gain, etc.

Typically, patients who are considered possible candidates for this therapy meet with one of the pain physicians and discuss the procedure and whether or not it is something that can be recommended for that patient’s particular pain problem.

If they appear to be a possible candidate, the patient is given material and information to take home, read, and absorb. Once having digested the information provided, if the patient wishes to pursue SCS implantation further, an appointment is made for them to come back to the Pain Management Center and meet with the physician to discuss a trial implantation.

On the day of the procedure, the patient will arrive at the Pain Management Center one hour before their appointment time, having had nothing to eat or drink for at least 4 hours. Once at the Pain Center, the physician will meet with the patient and address any last minute questions. An IV is placed to allow for an antibiotic to be given.

Once in the procedure room, the patient will be asked to lie on their stomach on a special padded bed. The patient’s back will be prepared with an antiseptic solution and surgical drapes will be applied. The skin will be anesthetized with a local anesthetic using a very thin needle.

A special x-ray device (fluoroscopy) will then be used to assist in the placement of another needle into the epidural space. The epidural space is an area that is epi (around) the dura (or covering over the spinal fluid and spinal nerves). This space typically contains just fat and blood vessels.

Once the needle is located in the epidural space, a thin wire electrode or “lead” containing from 4 or 8 electrode contacts will be placed under fluoroscopy vision into the epidural space near the area of the spinal cord where the patient’s pain can then – hopefully – be blocked. With the “lead” (electrode) in place, a small electric current will be placed through it and the patient will be asked to relate where they feel the stimulation – typically felt as a gentle buzzing or tingling. In some cases, a second lead is used to allow coverage of more areas or of the middle back region.

During a trial, attempts are made to “overlap” this feeling of stimulation to the area(s) where the patient typically feels their pain. Once this is done, the needle is removed and the “lead” (electrode) is then taped to the skin of the patient’s back.

The patient is instructed in the use of the trial stimulator and the journal used to record experiences and benefits of this temporary stimulator.

Over the next 5 to 10 days efforts should be made to live as “normally” as possible. However, while the electrodes are in, patient must avoid:

- bending or twisting
- raising arms above the head
- stretching body at the waist
- lifting items more than five (5) pounds
- sitting for long periods of time
- climbing
- pulling or jiggling the leads
- shower or bathing (sponge bathe only)
- driving

After 5 to 10 days, the patient is seen and the temporary SCS is removed. Typically, the most “painful” thing about this is the removal of the tape that holds the electrode on the skin. If your stimulator trial is successful, you may be a candidate for implantation of a permanent system.

Dr. Hyatt joined the Elliot Pain Management Center in 2000 after completing his residency at Massachusetts General Hospital in Boston. Dr. Hyatt’s Internship in Internal Medicine was completed at Mount Auburn Hospital in Cambridge and his interest in pain management led to a Fellowship in Pain Medicine at Brigham & Women’s Hospital, Boston. He is Board Certified in Anesthesiology and has added qualification in Pain Management by the American Board of Anesthesiology.
**Barrett’s Esophagus**

Heartburn is a burning sensation felt in the chest and throat caused by stomach acid washing back into the esophagus, the tube that connects the mouth and stomach. This process is called gastroesophageal reflux disease, or GERD. If GERD is left untreated, or is poorly controlled, complications can develop, such as inflammation, ulcers, bleeding, and narrowing (strictures). Approximately 1 in 10 people with GERD develop a condition called Barrett’s esophagus, which increases their risk of esophageal cancer.

**Barrett’s Esophagus:** Barrett’s esophagus is a condition in which the cells lining the lower esophagus are replaced by tissue that is similar to the small intestine. This is called intestinal metaplasia. Barrett’s esophagus has no signs or symptoms, and because the new tissue is protected from contact with stomach acid, many people who develop Barrett’s actually notice an improvement in their reflux symptoms. Over time, these cells may become progressively more abnormal, leading to dysplasia (pre-cancer) and ultimately adenocarcinoma, or esophageal cancer, in as many as 5% of patients with Barrett’s.

**Making the Diagnosis:** Because Barrett’s esophagus does not cause any symptoms, doctors recommend that anyone who has had recurrent reflux symptoms for several years undergo an endoscopy (EGD) to check for the condition. An EGD is a quick, safe procedure done under sedation in which a gastroenterologist uses a thin, flexible camera to inspect the stomach and esophagus. During the procedure, the physician will obtain small biopsies of the esophagus to have examined under a microscope, looking for intestinal metaplasia or dysplasia.

**Prevention and Treatment:** Controlling reflux is the key to avoiding Barrett’s esophagus, and is critical to slowing progress of the disease if it has already developed. Lifestyle changes, such as avoiding alcohol and caffeine, quitting smoking, and losing excess weight are fundamental. Similarly, fatty foods, chocolate, mint, carbonated beverages, citrus juices, and tomato sauces all can promote reflux. Your doctor may suggest medications to reduce stomach acid, the most effective of which are a class of drugs called proton pump inhibitors. These include: Nexium (esomeprazole), Protonix ( pantoprazole), Prevacid (lansoprazole), Aciphex (rabeprazole), Dexilant (dexametabazole), Prilosec (omeprazole) and a few others. These are all equally effective at reducing stomach acid, but medications alone cannot reverse Barrett’s esophagus.

**If you have Barrett’s Esophagus:** If you have already developed Barrett’s esophagus, it is important to remember the fundamentals of reducing reflux, and to take an acid reducing medication daily. Certain patients may benefit from an anti-reflux surgery called fundoplication to help prevent progression. While reducing reflux likely lowers the risk of dysplasia (pre-cancer) and cancer, it is important to have regular endoscopies to check for worsening. If there is dysplasia, a procedure called radiofrequency ablation (RFA) can be used to destroy the abnormal cells allowing normal tissue to regrow.

If you have had heartburn more than a few times a week for over a year, discuss this with your doctor. With attention to risk factors, optimization of therapy, and appropriate screening, patients can expect to have excellent control of both reflux and Barrett’s esophagus.

Dr. Michael Kaczanowski is board certified in Internal Medicine, and Gastroenterology and has served the greater Manchester community for the past several years. He received his medical degree from St. George’s University School of Medicine, Grenada and completed his residency at Norwalk Hospital, Yale University teaching affiliate, Norwalk, CT. Here he held the position of Chief Medical Resident and obtained a Fellowship in Gastroenterology and Hepatology. Dr. Kaczanowski has published on the use of wireless capsule endoscopy for diagnosis of small bowel neoplasms and his area of special interest is in the detection of colon cancer, esophageal disease and swallowing disorders.
On Wednesday, September 14, 2011, Elliot Health System held a press conference to announce the opening of New Hampshire’s Hospital for Children. “There is no greater day at a hospital than one when a child’s life is saved,” explained Doug Dean, President & CEO. “We plan on having many of those days ahead and we are thrilled to announce that the highest quality pediatric care is available here at New Hampshire’s Hospital for Children.”

Comprehensive healthcare for the children of New Hampshire is now located in the heart of Manchester at New Hampshire’s Hospital for Children located at Elliot Hospital. “New Hampshire’s Hospital for Children has been established for the sole purpose of saving lives,” said Dean. “This year we expect to treat over 22,000 children in our emergency department and urgent care centers and each year we care for over 30,000 children in the primary care setting. Children often cannot wait to be transferred outside of the community for critical and specialized care. Yet, over 2,600 children were transferred out of state to Massachusetts for care last year,” Dean adds.

Elliot Health System has expanded the foundation of its pediatric services, brought in top quality specialists and is forever improving healthcare for children locally. Elliot has a strong history of caring for pediatric patients. The Newborn Intensive Care Unit staffed by board certified Neonatologists was established over 20 years ago. Elliot Hospital has the only pediatric/adolescent unit in the city of Manchester and has Pediatric Hospitalists caring for children at the bedside on a 24 hour basis. Elliot is also the site for Pediatric Surgery, Pediatric Emergency Medicine (the only dedicated Pediatric Emergency Department in southern New Hampshire) as well as Pediatric Critical Care.
The demand and volume for these services called for both expansion and addition of specialists such as Pediatric Gastroenterology, Neurology, Nephrology, Integrative Medicine, Pulmonary Medicine, Radiology, Anesthesiology and Critical Care.

“We have a very strong team of specialists who joined Elliot because they understand that their skill and expertise is needed tremendously in this part of the state,” said Dr. Kevin Petit, Executive Director of Pediatrics. “Everyone feels a real sense of pride in establishing New Hampshire’s Hospital for Children because it means caring for our patients at the time and place that allows for successful patient outcomes and care close to home,” added Petit.

“I see these kids who need us and the parents who will suffer being so far from home and their support network when their children are fighting for their lives. We need to take care of children where they live and that’s here in southern New Hampshire,” exclaimed Brian Gilchrist, MD, Chief Pediatric Surgery.

“Nicholas suffered a number of issues and the worst for us was his lungs collapsing and his need to be on a respirator for seven days in the Pediatric Intensive Care Unit. The fact that we were surrounded by skilled physicians like Dr. Miller as well as nurses who not only took care of Nicholas, but also took care of us was amazing. We are confident that we could not have been in better hands and we watched these people save our son’s life.”
– Althea & Michael Chase

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<thead>
<tr>
<th>NEWBORN INTENSIVE CARE UNIT</th>
<th>PEDIATRIC NEPHROLOGY/PEDIATRIC INTEGRATIVE MEDICINE</th>
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<tbody>
<tr>
<td>Deborah Franzek, MD: Riley Children’s Hospital</td>
<td>Matthew Hand, DO: Barbara Bush Children’s Hospital/MMC (Division Chief)</td>
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<tr>
<td>Ernest Beale, MD: University of Florida</td>
<td><strong>PEDIATRIC HOSPITALISTS</strong></td>
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<tr>
<td>Margaret Bulanowski, MD: University of Rochester/Gollisano Children’s Hospital</td>
<td>Marjan Makatam-Abrams, MD: Cohen Children’s Medical Center (Long Island Jewish)</td>
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<tr>
<td>Kevin Petit, MD: Floating Hospital for Children/Tufts Medical Center</td>
<td>Amy Stone, MD: USC Medical Center</td>
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<tr>
<td>Kara Murphy, MD: UMass-Memorial</td>
<td>Megan Clark, DO: Geisinger Medical Center</td>
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<tr>
<td>Charles Eastwood, MD: Cincinnati Children’s Hospital</td>
<td>Rebeca Alvarez-Altalef, MD: Floating Hospital/Tufts Medical Center</td>
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<tr>
<td>Michael Witt, MD: Children’s Hospital Boston</td>
<td>Terry Spencer, MD: Children’s Hospital Boston</td>
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<tr>
<td>Amy Roy, MD: Yale-New Haven Medical Center</td>
<td><strong>PEDIATRIC INTENSIVE CARE UNIT</strong></td>
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<tr>
<td>Emily Zajano, MD: Hasbro Children’s Hospital</td>
<td>Michael Miller, MD: Cohen Children’s Medical Center, Long Island Jewish</td>
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<th>PEDIATRIC RADIOLOGY</th>
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<td>John Januario, MD: Children’s Hospital Boston</td>
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– Althea & Michael Chase

| Hallohari Shashidhar, MD: University of Kentucky Children’s Hospital (Division Chief) |**PEDIATRIC INTENSIVE CARE UNIT** |
|-----------------------------------------------------------------|Michael Miller, MD: Cohen Children’s Medical Center, Long Island Jewish |
|**PEDIATRIC HOSPITALISTS** | Kathleen Kalkbrenner, MD: Morgan Stanley Children’s Hospital (Columbia-Presbyterian) |
| Marjan Makatam-Abrams, MD: Cohen Children’s Medical Center (Long Island Jewish) | **PEDIATRIC PULMONARY MEDICINE** |
| Amy Stone, MD: USC Medical Center | Terry Spencer, MD: Children’s Hospital Boston |
| Megan Clark, DO: Geisinger Medical Center | **PEDIATRIC RADIOLOGY** |
| Uma Subramanian, MD: Columbus Children’s Hospital | John Januario, MD: Children’s Hospital Boston |
| Jennifer Steichen, MD: Baystate Medical Center | **PEDIATRIC SURGERY** |
| Joseph Toshach, MD: Floating Hospital for Children/Tufts Medical Center | Brian Gilchrist, MD: Floating Hospital for Children/Tufts Medical Center (Chief of Pediatric Surgery) |
| Denise Toshach, MD: Floating Hospital for Children/Tufts Medical Center | Ursula Kniessl, MD: Concord Hospital |
| John Januario, MD: Children’s Hospital Boston | **PEDIATRIC INTENSIVE CARE UNIT** |
| Michael Miller, MD: Cohen Children’s Medical Center, Long Island Jewish | Kathleen Kalkbrenner, MD: Morgan Stanley Children’s Hospital (Columbia-Presbyterian) |
| Amy Roy, MD: Yale-New Haven Medical Center | **PEDIATRIC PULMONARY MEDICINE** |

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LOCATION OF CLASSES ARE DENOTED IN EACH DESCRIPTION
To register, call Elliot Direct 603-663-1111, 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
- RE: The Elliot at River’s Edge, 185 Queen City Avenue, Manchester

Understanding & Managing Chronic Pain $35
RE: Thurs, Apr 12 to June 12, 5:30 to 7:30PM. Call 663-2767 to register.
Learn techniques to control pain, improve function, restore hope and improve the quality of life. Taught by a Pain Management Center nurse with years of experience working with pain patients.

Total Joint Replacement Pre-operative Patient Education Class Free!
EH, King Unit: 1st & 3rd Thurs, 1 to 3PM
Learn how to prepare for your knee or hip replacement surgery, what to expect following the procedure and through the therapy process.

Elliot Center for Tobacco Treatment
RE: By appointment, call 663-2201 for more information. Sessions may be reimbursed by Anthem or other insurance companies.

- Four, 1-hour private sessions $125
- One, 1-hour private session $45
- One, hypnosis private session $90

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.

1-Day Surgery Ctr Tour for Children Free!
RE, 1-Day Surgery Center: First & Third Wed monthly, 3PM, 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.

Health Coaching $29
RE, Elliot: Various appointment times, call 663-4200 to register.
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. Ongoing sessions available upon request.

Picky Eating and Feeding Difficulties in Infants and Children Free!
WC: Wed, Jan 25, 6 to 7:30PM. Call Judy Ilacqua, Clinical Leader Outpatient Pediatric Rehab 663-5777 to register.
Janice Freehey, M.S., SLP, CCC, Cora Kelley, M.S., SLP, CCC and Karen Dussault, M.S., OTR, from Elliot Pediatric Rehabilitation Services, will present information regarding the complex, but surprisingly common and stressful problems related to feeding and swallowing for infants and children. Discussion will include the range of causes, including feeding difficulties in children with autism, prematurity, neurological disorders, and even “picky eaters.” Treatment approaches, ideas to implement at home.

General Fitness

Full Body Fusion $80
RE, Elliot: TTh: Nov 8 to Dec 29 or Jan 10 to Mar 1, 6 to 7PM
This is an 8-week total body workout split between two days. It’s a fusion of strength training exercise using body weight and hand weights, cardiovascular intervals, plyometrics, yoga, pilates, core work and stretching. Always a little different…keeps your body guessing. You’ll never get bored. Instructor: Nicole Hansche.

Pilates (all levels)
RE, Elliot: Wed, Nov 9 to Dec 21, 6 to 7PM, 7-weeks $70
Wed, Jan 11 to Feb 29, 8-weeks $80
This class focuses on core (abdominals, obliques, back muscles) and pelvic stabilization, spinal flexibility and stabilization as well as strengthening and stretching the whole body to attain balance. This all-levels class is for those individuals who are just learning Pilates and for those who want to progress and be challenged. Instructor: Exercise Express.

Register online at www.elliothospital.org or call Elliot Direct 603-663-1111
Comprehensive Weight Management Program

**Gentle Yoga**
RE, Wellington: Mon, Jan 9 to Feb 27, 4:45 to 5:45PM, 8-weeks $80
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. Instructor: Chris Guthro.

**Total Body Strength and Tone**
RE, Wellington: Wed/Fri, Nov 16 to Dec 23, 5:45 to 6:45AM, 6-weeks $60
Jan 11 to Mar 2, 8-weeks $80
Start your day right with this total body workout. It offers strength training to all the major muscle groups and abs using a variety of exercise equipment. This class is ideal for beginners to advanced exercisers. Instructor: Exercise Express.

**Healthy Holiday Eating**
Free!
LON, Dana-Farber/NHOF: Tue, Nov 29, 1 to 2PM. For more information, call 603-552-9134. Food is an important part of the holiday. Come learn how to enjoy special foods while keeping a balanced and healthy diet. With registered dietician Michelle Horan, RD, LD.

**Diet for Health**
$150
EH: Call 663-4LBI for dates, times and to register or for more information.
This 10-week lifestyle change program will help you reduce cardiovascular risk factors, promote fat loss, and support healthy insulin and blood sugar.

**Postpartum Emotional Support Group**
Free!
EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Massabesic St., Manchester: Mon, 10:30AM to noon. Call Alison Palumer, 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 discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

**NICU Parent Support Group**
Free!
EH, NICU Family Rm, 5th Floor: Tue, noon. For more info, Contact Littleminadregroup@yahoo.com or call 663-4360.

**S.H.A.R.E.**
Free!
Third Wed monthly, 7 to 9PM. Call 663-3396 for more information.
For parents who have experienced a miscarriage, stillbirth or neonatal death.

**Chronic Pain Support Group**
Free!
RE: Second & Fourth Tue monthly, 5 to 6:30PM. Call 663-2767 to register.
Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life. Guest speakers.

**Breast Cancer Basics (formerly Pink Ladies)**
Free!
RE, Breast Health Center: Sept 13 to Oct 18, 4 to 5:30PM or Nov 9 to Dec 14, 1:30 to 3PM.
A 6-week educational/support group featuring presentations on different topics for newly diagnosed breast cancer patients.

Do you know your Numbers? (Cholesterol Tests)
RE: Third Thur monthly, 8 to 10AM. By appt.
Fasting Lipid Profile with Glucose $25
Non-Fasting Total/HDL $21
Find out if you have an increased risk of heart disease.

**Screenings and Clinics**

**Living with Cancer**
Free!
EH, Elliot Regional Cancer Ctr: Wed Nov 16, Wed, Dec 21, 5:30 to 7PM. Call 663-1804 for more information.
A support group for people living with cancer, including family and caregivers.

**Living Beyond Breast Cancer**
Free!
LON, Elliot Regional Cancer Ctr: Third Thur monthly, 5:30 to 7PM. Call 552-9134 for more information.
An ongoing group that provides support and sharing for any woman who has experienced breast cancer.

**Women to Woman**
EH, Radiation Therapy Waiting Rm: Sept 7, Oct 5, Nov 2, Dec 7, 5:30 to 7PM.
A support group for gynecological and anal cancer patients/survivors.

**Look Good, Feel Better**
Free!
EH, Radiation Therapy Waiting Rm: Sept 24, 9 to 11AM, Oct 25, 5 to 7PM, Nov 12, 9 to 11AM, Dec 16, 9 to 11AM. Call 663-2355 for more information.
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment.

**Caregiver Support Group**
Free!
SHC: First & Third Tue monthly. 10AM. Call Barbara MacPhee, MSW at 663-7051 for more information.
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

**A Time for Caregivers**
Free!
EH, Radiation Oncology Waiting Rm: Aug 27 and Dec 10, 9 to 11AM.
A program for caregivers of cancer patients/survivors to find support and share resources.

**Prostate Cancer**
Free!
EH, Radiation Therapy Waiting Rm: Fourth Mon monthly, 6 to 7:30PM. Call 663-4170 for more info.
Support and education for men with prostate cancer, their families and/or support person.
**COM M UNITY W ELLNESS**

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<tr>
<th>Class</th>
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<tr>
<td><strong>AICD (Automatic Internal Cardiac Defibrillator)</strong> Free!</td>
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<td>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.</td>
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<tr>
<td><strong>Parkinson's</strong> Free!</td>
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<td>For individuals 50+. Instructor: Chris Guthro.</td>
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<tr>
<td><strong>Cardio Sculpt</strong></td>
<td>$55</td>
<td>SHC: M/W, Jan 2 to Feb 22, 9 to 10AM A well balanced mix of cardio movements, strength training, balance and stretching exercises. Designed to increase stamina as well as overall strength; ends with relaxing stretches to improve range of motion.</td>
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<tr>
<td><strong>Fit &amp; Feisty</strong></td>
<td>$40</td>
<td>RE: TTh, Nov 8 to Dec 29, 7 weeks SHC: TTh, Jan 10 to Mar 1, 10 to 11AM, 8 weeks SHC: TTh, Jan 10 to Mar 1, 10 to 11AM, 8 weeks $45 This 60-minute low-impact aerobics class to music, has easy-to-follow moves, followed by strength training, floor exercises, chair exercises and toning work. For individuals 50+. Instructor: Chris Guthro.</td>
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<tr>
<td><strong>Chair Aerobics Plus!</strong></td>
<td>$55</td>
<td>SHC: M/W, Jan 2 to Feb 22, 10:30 to 11:15AM Light aerobic exercises using arm and leg movements and stretching are done in a chair. Also balance exercises using the chair as support.</td>
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<tr>
<td><strong>Seniors in Motion</strong></td>
<td>$55</td>
<td>SHC: TTh, Jan 3 to Feb 23, noon to 12:45PM Class consists of cardiovascular exercises that begin in a 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.</td>
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<tr>
<td><strong>T'ai Chi Level 1</strong></td>
<td>$20</td>
<td>SHC: Tue, Nov 29 to Dec 20 Jan 3 to Feb 21 9:30 to 10:30AM This is an exclusive trademark program called Senior Friendly Tai Chi™ &amp; Senior Safe Tai 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. Helps with coordination and stress management. It also refers to Tai Chi's history as an art of self defense. Taught by the Oriental Healing Arts Association.</td>
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<tr>
<td><strong>T'ai Chi Level 2</strong></td>
<td>$20</td>
<td>SHC: Tue, Nov 29 to Dec 20 Jan 3 to Feb 21 8:15 to 9:15AM 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. Taught by the Oriental Healing Arts Association.</td>
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<tr>
<td><strong>Body Balance</strong></td>
<td>$45</td>
<td>SHC: M/W, Jan 2 to Feb 22, 11:30AM to 12:15PM A combination of low-impact aerobics, strength training, and stretching. A perfect combination to improve muscular and cardio endurance along with gentle stretching to enhance overall well-being.</td>
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<tr>
<td><strong>Gym Membership</strong></td>
<td>$75</td>
<td>SHC: Mon to Fri, ongoing, 6:30AM to 6:30PM The Elliot Senior Fitness Center is designed specifically for those 50 and older. The fitness center consists of cardiovascular equipment 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 exercise programs as well as paid programs. Our team of exercise specialist are here to help integrate physical activity safely into yours life. Come work out in a safe, supervised, fun and non-competitive environment. Membership is $75 per 3 months or $25 per month.</td>
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**SENIO R HEALTH and FITNESS**

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<tr>
<td>**SHC: M/W, Jan 2 to Feb 22, 9 to 10AM A well balanced mix of cardio movements, strength training, balance and stretching exercises. Designed to increase stamina as well as overall strength; ends with relaxing stretches to improve range of motion.</td>
<td></td>
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<tr>
<td><strong>Fit &amp; Feisty</strong></td>
<td>$40</td>
<td>RE: TTh, Nov 8 to Dec 29, 7 weeks SHC: TTh, Jan 10 to Mar 1, 10 to 11AM, 8 weeks SHC: TTh, Jan 10 to Mar 1, 10 to 11AM, 8 weeks $45 This 60-minute low-impact aerobics class to music, has easy-to-follow moves, followed by strength training, floor exercises, chair exercises and toning work. For individuals 50+. Instructor: Chris Guthro.</td>
</tr>
<tr>
<td><strong>Chair Aerobics Plus!</strong></td>
<td>$55</td>
<td>SHC: M/W, Jan 2 to Feb 22, 10:30 to 11:15AM Light aerobic exercises using arm and leg movements and stretching are done in a chair. Also balance exercises using the chair as support.</td>
</tr>
<tr>
<td><strong>Seniors in Motion</strong></td>
<td>$55</td>
<td>SHC: TTh, Jan 3 to Feb 23, noon to 12:45PM Class consists of cardiovascular exercises that begin in a 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.</td>
</tr>
<tr>
<td><strong>T’ai Chi Level 1</strong></td>
<td>$20</td>
<td>SHC: Tue, Nov 29 to Dec 20 Jan 3 to Feb 21 9:30 to 10:30AM This is an exclusive trademark program called Senior Friendly Tai Chi™ &amp; Senior Safe Tai 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. Helps with coordination and stress management. It also refers to Tai Chi’s history as an art of self defense. Taught by the Oriental Healing Arts Association.</td>
</tr>
<tr>
<td><strong>T’ai Chi Level 2</strong></td>
<td>$20</td>
<td>SHC: Tue, Nov 29 to Dec 20 Jan 3 to Feb 21 8:15 to 9:15AM 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. Taught by the Oriental Healing Arts Association.</td>
</tr>
<tr>
<td><strong>Body Balance</strong></td>
<td>$45</td>
<td>SHC: M/W, Jan 2 to Feb 22, 11:30AM to 12:15PM A combination of low-impact aerobics, strength training, and stretching. A perfect combination to improve muscular and cardio endurance along with gentle stretching to enhance overall well-being.</td>
</tr>
<tr>
<td><strong>Gym Membership</strong></td>
<td>$75</td>
<td>SHC: Mon to Fri, ongoing, 6:30AM to 6:30PM The Elliot Senior Fitness Center is designed specifically for those 50 and older. The fitness center consists of cardiovascular equipment 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 exercise programs as well as paid programs. Our team of exercise specialist are here to help integrate physical activity safely into yours life. Come work out in a safe, supervised, fun and non-competitive environment. Membership is $75 per 3 months or $25 per month.</td>
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</tbody>
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**CHILDBIRTH and FAMILY EDUCATION**

<table>
<thead>
<tr>
<th>Class</th>
<th>Cost</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Labor Series</strong></td>
<td>$125</td>
<td>EH: Elliot Childcare Center Activity Rm: Ongoing 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.</td>
</tr>
<tr>
<td><strong>Breastfeeding</strong> Free!</td>
<td>$50</td>
<td>EH: Ongoing 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.</td>
</tr>
<tr>
<td><strong>Mom’s Group</strong> Free!</td>
<td></td>
<td>EH, Elliot Childcare Center Activity Rm: Wed. Call for times. 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.</td>
</tr>
<tr>
<td><strong>Ongoing Classes</strong></td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Boot Camp for New Dads</strong></td>
<td></td>
<td><strong>Breastfeeding</strong> Free! EH: Elliot Childcare Center Activity Rm: Ongoing 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.</td>
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<tr>
<td><strong>Infant/Child CPR &amp; Safety</strong></td>
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<td>EH: Elliot Childcare Center Activity Rm: Ongoing 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.</td>
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<tr>
<td><strong>Introduction to Underwater Birth</strong></td>
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<tr>
<td><strong>Maternity Tour</strong></td>
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<tr>
<td><strong>Parenting Your Newborn</strong></td>
<td></td>
<td>EH: Elliot Childcare Center Activity Rm: Ongoing 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.</td>
</tr>
<tr>
<td><strong>Safe Sitter</strong></td>
<td></td>
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Register online at www.elliothospital.org or call Elliot Direct 603-663-1111
Easing the burden of cancer treatment by providing expert cancer care close to home has been the mission of Dana-Farber/New Hampshire Oncology-Hematology (Dana-Farber/NHOH) since it opened in Londonderry in 2008. Experienced doctors, highly trained oncology nurses and compassionate support staff deliver medical oncology therapy in a warm, friendly environment. “The combination of Dana-Farber – an academic medical center and the region’s leading cancer center – with trusted, well-respected local oncologists offers patients the latest in cancer treatments with the added convenience of staying close to home,” explains Frederick Briccetti, MD, medical director of the Londonderry center.

UNIQUE CLINICAL SERVICES... In addition to medical oncology treatments, Dana-Farber/NHOH provides many specialized programs that go beyond traditional therapy and leverage the expertise and experience of the Dana-Farber team in Boston. Examples include the second opinion clinics, genetic counseling program, and the survivorship program.

With its close link to Dana-Farber, the Londonderry physician team has many opportunities to discuss cases with disease specialists in Boston. In addition, the center offers monthly second opinion clinics in breast cancer, thoracic cancer and lymphoma. During these clinics, patients and their physicians can meet with Boston sub specialists to discuss their diagnoses and treatment plans. “These clinics are a great opportunity for any patient – whether they are being treated at our Londonderry center or at another facility – to discuss their diagnoses and treatment plans with experts in that particular type of cancer,” comments Briccetti.

The genetic counseling program helps patients, whose family history may put them at a higher risk for certain types of cancer, assess and manage risk. Patients meet with a genetic counselor to review their family health history and conduct a risk assessment. If appropriate, patients may undergo genetic testing to determine if a hereditary predisposition for a particular type of cancer can be identified.

While Dana-Farber/NHOH offers medical oncology care, Elliot Regional Cancer Center – located immediately adjacent to DF/NHOH on Butterick Road – offers radiation therapy. “We are very pleased that patients who also require radiation therapy have the option of receiving it at a nearby, convenient location,” says Briccetti.

A RESOURCE FOR THE COMMUNITY... Dana-Farber/NHOH is a cancer care resource for the entire community. Through support groups, education programs, and an on-site resource room, members of the community can tap into knowledge and support that is close to home. Support groups meet regularly for patients, survivors, family members, and caregivers.

Dana-Farber/NHOH also works to help patients and members of the community maintain a healthy lifestyle through healthy eating. In addition to working with patients to develop a healthy diet that can help manage the effects of treatment, Dana-Farber/NHOH’s dietitian offers frequent classes for the general public about the role of nutrition and a healthy lifestyle in cancer prevention and survivorship. Additional courses focus on the use of supplements for cancer prevention.

“We really have a diverse set of knowledge here – in nutrition, spiritual care, social support, and more. And we want to be a resource not only for our patients and families, but for members of the general community as well,” notes Joyce Austin, MSW, LICSW, the social worker in Londonderry. “So we invite members of the community to attend one of our support groups or education courses, or to visit the on-site resource room for information about cancer and cancer treatment.”

For a schedule of events, visit www.dana-farber.org/londonderry. Dana-Farber/NHOH accepts all major insurances. To learn more or to make an appointment, call 552-9100 or visit www.dana-farber.org/londonderry.
Elliot Hospital and Dr. Mark Myers have been selected by the readers of Parenting New Hampshire as a “Family Favorite” award recipient for Favorite Family Healthcare Facility and Favorite Family Pediatrician.

The Family Favorite awards are a new award program that recognizes family-friendly businesses, services and places in 98 categories — as chosen by the readers of Parenting New Hampshire magazine.

“I’m thrilled with this award,” said Mark Myers, MD, Elliot Pediatrician with Pediatric Health Associates of Bedford. “It is always nice to be selected as a ‘favorite’ by the parents who trust you to care for their children,” explained Myers. “For Elliot Hospital and Dr. Myers, we are very proud,” explained Doug Dean, President & CEO, Elliot Health System and New Hampshire’s Hospital for Children. “It means parents recognize the importance we place on the health and well-being of their families and it is a reflection of our commitment to delivering the highest quality pediatric care for the children of southern New Hampshire and the state,” Dean said.

John Friberg, Esq. joined Elliot in 2001 as a Sr. Vice President and General Counsel. He has become a highly respected leader among the Elliot community and is now assuming the role of Senior Vice President of Operations. In this role, John will continue to oversee all Legal, Compliance, Risk Management, Safety and Emergency Management functions, as he currently does. However, John’s responsibility will expand to include support services and all ancillary clinical areas including Facilities, Security, Nutrition, Communications and Patient Access, Laboratory, Pharmacy, Imaging, Respiratory, Therapy Services/Occupational Health/Live Better Institute, Durable Medical Equipment, Elliot 1-Day Surgery, River’s Edge Endoscopy, and Ambulatory Care Center Services. By consolidating management of these interrelated operational areas, we will be able to provide better collaboration and achieve operational efficiencies for our patients.

Robert F. Provencher, Jr., DDS, Medical Director of Elliot Hospital’s Oral and Maxillofacial Surgery Center has been awarded the 2011 Good Samaritan Award for Medicine and Healing from the Pastoral Counseling Services, Inc. of Manchester at the 16th Annual Good Samaritan’s Award Banquet. Recipients for this prestigious community award are recognized for their selfless contributions to others and for over 35 years, Dr. Provencher has pursued his passion selflessly providing the community with the highest quality oral maxillofacial surgical care.

“We are so proud of this recognition for Dr. Provencher,” said Doug Dean, President & CEO. “He is most deserving of this honor given the years of dedication, skill, and passion that he shares with his patients. He is also highly regarded by his colleagues,” added Dean.
Elliot Direct is the community’s link to healthcare services! By centralizing communications and simplifying access, this easy to remember number will ensure patient convenience and access to Elliot services. The new line will be answered 24/7 by a trained member of the communications staff who will offer patients information and assistance in locating services and selecting physicians and in some cases, scheduling a new patient visit with an Elliot physician.

The new phone line and processes established behind the scenes by the Communications Dept. will assist patients in navigating our physician network, specialty services, ambulatory care, the New Hampshire’s Hospital for Children and any Elliot service!

Elliot Health System keeps you connected on our Facebook site. Look for the most recent events and news on the Elliot website and “Fan” us on the Elliot Hospital Facebook page. Upload Facebook to your mobile phone so you never miss the announcements, events, and programs! The Elliot website also features U Tube where you can see various videos of our physicians and learn more about the growing services offered throughout the Elliot Health System.
Philanthro-WHAT?

You probably have heard the word “philanthropy” used before, most likely in association with a celebrity or well-known business tycoon. But do you know that you don’t have to have great wealth or fame to be a philanthropist? Anyone can be a philanthropist.

Have you ever put your leftover change into a charitable collection container at a fast-food restaurant or convenience store?

Have you ever volunteered for a school fund-raising event?

If you answered “yes” to either of these questions, then you are a philanthropist.

Philanthropy is about the giving of yourself, whether it is with money or your time. All you have to do is care about something – an organization, a cause, or a mission – and give something of yourself to support that which has touched your heart.

Each year, The Mary & John Elliot Charitable Foundation raises money to help support the resource needs of the Elliot Health System. New programs are established, new equipment is purchased and many other initiatives are formed because of the support given from our community.

For more information on philanthropy or information on how you can get involved with helping create a medically advanced future, please call the Mary & John Elliot Charitable Foundation at 603-663-8934. If you’d like to make a gift online, go to www.elliothospital.org and click on Make a Gift.

The Mary & John Elliot Charitable Foundation launches the iGive Campaign!

Each year, the Mary & John Elliot Charitable foundation teams up with Elliot employees and the members of our community to raise money for EHS. This year, the Mary & John Elliot Charitable Foundation is proud to announce the iGive Campaign. Each year EHS declares an area in which the need is greatest, and this year, fundraising efforts will help support New Hampshire’s Hospital for Children. In early November of 2011, we will turn to the Elliot employees and members of our community, asking them to provide us with an explanation as to why they give. This will remind them what philanthropy is all about and will also help inspire others to give. For more information regarding the iGive Campaign 2011 or to inquire about volunteering on the campaign committee, please call Tim Boynton at 603-663-2980.
The holiday season is a special time to gather with friends and family and sharing good times. Eating traditions, limited time, more tempting food exposure, and heightened emotions easily leads to extra pounds over the holidays. In keeping with the season, you can enjoy holiday traditions and at the same time take care of your diabetes.

Challenge yourself this year to focus on your new lifestyle and to implement the following strategies to ensure that there are many more holiday seasons to be enjoyed in the future:

• Continue to check your blood glucose regularly as this feedback constantly reminds you of your personal blood glucose goals. Values higher that your usual range indicates that there may be a little too much holiday cheer going on.

• Maintaining a food journal during the holidays may help you avoid overeating.

• Volunteer to bring a favorite light dessert, such as plain cookies, baked apples, or sugar-free puddings, or fruit, light cheese, plain/roasted nuts and vegetable trays, to social functions.

• Grab a snack or quick light meal before going shopping or to a party avoids food temptations.

• Wait 20 minutes after eating before considering “seconds”. Chances are, you will not want more food.

• Go in for fresh vegetables and fruits with a light dip.

• Get involved in fun activities/hobbies that are not centered solely around food (i.e., picture albums, card games, ping pong, walking in the mall, window shopping, music, reading, decorating for holidays etc.)

• If you get fatigued, nap instead of snack. Also, use exercise to boost your energy.

• Try to focus on socializing instead of eating.

Best wishes for a healthy and happy holiday season low on stress and packed with special memories!

---

**Indian Carrot Soup**
(Makes 4 Servings)

**Ingredients:**
- 1 lb peeled, chopped carrots
- 1 small onion, chopped
- 1 tablespoon minced fresh ginger
- 1 teaspoon olive oil
- 1½ teaspoons curry powder
- ½ teaspoon ground cumin
- 2 cans (about 14 oz. ea) fat free low sodium chicken broth, divided
- 1 tablespoon Splenda
- ¼ teaspoon ground cinnamon
- 2 teaspoons fresh lime juice
- 3 tablespoons chopped cilantro
- ¼ cup plain nonfat yogurt

**Preparation:**
1. Spray large saucepan with cooking spray; heat over medium heat.
2. Add onion and ginger; reduce heat to low. Cover; cook 3 to 4 minutes or until onion is transparent and crisp-tender, stirring occasionally.
3. Add olive oil; cook and stir, uncovered, 3-4 minutes or until onion just turns golden.
4. Add curry powder and cumin; cook and stir 30 seconds or until fragrant.
5. Add 1 can of chicken broth and carrots; bring to boil over high heat. Reduce heat to low; simmer, covered, 15 minutes or until carrots are tender.
6. Ladle carrot mixture into food processor; process until smooth.
7. Return to saucepan; stir remaining can chicken broth, splenda, cinnamon; bring to boil over medium heat.
8. Remove from heat; stir in lime juice. Ladle into bowls; sprinkle with cilantro. Top each serving with 1 tablespoon of yogurt.

**Nutrients per serving:**
- Calories: 99 Kcal
- Total fat: 2 g
- Protein: 3 g
- Carbohydrate: 17 g
At the age of 88, my grandmother, Beulah, prided herself on two things: bidding a slam in bridge and making it. And being the one among her group of octogenarian friends who had maintained the best health.

She ate well. She drove at a snail’s pace. And she always watched her step – until one fated day in February when she failed to see one tiny patch of ice at the bottom of her brick steps. She landed on her hip. Given her advanced age and being a Caucasian woman at risk for osteoporosis, to no one’s surprise, my grandmother broke her right hip.

Fortunately, the break was non-fatal (many are), but it drastically changed her life in other vital ways. No longer could she drive that old push button car of hers. No longer could she dash out to play bridge with her cronies. No longer could she bathe herself or walk from one room to another without intense pain. In one split second, she went from being a confident, independent woman to someone who lost her sense of self-worth – all because of a hidden patch of ice.

According to the National Institute for Health, a direct correlation exists between winter and an increase in falls and fractures for our senior citizens. The elderly are frail to begin with, struggle with vision, and often have balance problems due to illnesses or medications. While a fall does not always end in a fracture, damage to knees, ankles, wrists, and elbows can also incapacitate seniors, resulting in loss of independence and great physical distress.

Since we haven’t figured out how to rid ourselves of winter in the Northeast, we must approach this season defensively, both for our seniors and as their caretakers. Below is a list of five practical (and original) ways to make this season of snow and ice one in which we can prevent tragic falls in the first place:

1. First and foremost, shovel steps and driveways, and attack ice and slippery spots with sand and rock salt. Sand increases traction, and salt reduces the ice to water.

2. As obvious as this may sound, no matter what our age, we need to slow down and take our time. During inclement weather, go out only if you absolutely must. Cars can’t drive on ice, planes can’t fly in it, and humans on ice must tread with the mindfulness of monks, paying close attention to every little step they take.

3. Despite walking with great care, one can still become victim to one slick spot. When walking with seniors, insist that they hold onto handrails (make sure they’re sturdy) and also insist that seniors hold on to you. As those bears in hibernation know, four legs are sturdier than two.

4. Make use of aids for seniors, such as non-slip mats, rubber tips for canes and shoes, and cleats or treads that aid in balance and preventing falls.

5. And finally, as silly as this might sound, when you’re out on an icy day, walk like a penguin. According to a medical journal in Canada, this technique really works! Bend your knees slightly, keep your arms out to the side for balance, and push your feet so your toes are pointed slightly outward. Remember: penguins have plenty of padding and only slip for fun when they want to!

In the end, when it comes to snow and ice, better to take on the role of monks, tag-team members, or penguins during these winter months rather than lose your health, your independence, and in too many cases, your life.
Meeting THE Changing Fitness AND Rehab Needs of our Seniors

The Elliot Senior Health Center, 138 Webster Street in Manchester is expanding fitness and rehabilitation services to help you maximize your independence, health and well-being. By adding additional equipment, group exercise offerings and floor space, the Elliot Senior Health Center will continue to provide seniors with the specialized services they need to lead fit, active and independent lives for as long as possible.

Additional cardiovascular equipment including: 2 Nu-Step exercise units, a new strength training room with additional options for toning and targeting your muscles are just a few of examples of what’s new. In this new space, we will offer one-on-one orientations as well as personalized exercise programs to fit individual needs. Group exercise programs are offered in the classroom (for a complete listing, see the senior health and fitness offerings under community wellness in this issue). Our team of exercise specialists will continue to help integrate physical activity safely into your life.

The rehabilitation space at the Senior Health Center has also been expanded. Our physical therapists are uniquely focused experts who promote functional independence. With expertise in orthopedic rehabilitation, neurological conditions, incontinence, balance and vestibular issues, and falls prevention programming, we offer more options to meet your needs. Additionally, we have recently partnered in a balance training research program, and we are actively incorporating exciting new technology for falls prevention, the ActiveStep system. By working with this system, our therapists offer new cutting edge approaches to balance and falls prevention training. Working closely with your physician, our therapists will establish an individualized rehab plan focused on improving your quality of life and assisting you in maintaining your independence.

Our team at the Senior Health Center can offer you personalized approaches to powering up your life. The synergy between these services creates an enthusiastic and positive atmosphere of support and these expansions increase your options to stay fit and healthy longer. If you would like more information about our services, call 663-1111.
One Elliot Way
Manchester, NH 03103

Elliot Health System

Our **DOCTORS are in!**

**Pam Ali, MD**
Briarwood Primary Care
445 Cypress Street | Suite 5
Manchester | 663-8200
www.briarwoodprimarycare.com

Dr. Ali is a graduate of Albert Einstein College of Medicine in Bronx, NY where she earned her degree as a Doctor of Medicine. She completed her residency in internal medicine at New York Presbyterian Hospital, Cornell University in NY. After her internship in internal medicine at University of Chicago Hospitals, Chicago, IL, she joined Elliot and is accepting patients at the Briarwood Primary Care office in Manchester.

**Stephen Elgert, MD**
Elliot Family Medicine at Bedford Village
Independence Place
15 Constitution Drive | Suite 214
Manchester | 472-7233

Dr. Elgert has been an Assistant Professor in Family Practice at Dartmouth Medical School and the University of Michigan Medical School, and was most recently affiliated with Dartmouth Family Practice in Concord, NH. Dr. Elgert is a graduate of Rutgers Medical School, and holds a Master of Science degree in Quality Improvement.

**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.

**OUR DOCTORS ARE ACCEPTING NEW PATIENTS.**

**ELLIO T CARE S 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**

YOUR WELLNESS MATTERS is published as a community service for the friends and patrons of Elliot Hospital, One Elliot Way, Manchester, NH 03103, 603-669-5300, www.elliothospital.org.

Doug Dean  President and CEO
Selma Nacach-Hoff  Chairwoman, Board of Trustees
Suzanne Whitcher  Vice President, Public Affairs & Marketing
Melissa Ballard Sullivan  Marketing & Communications Specialist
Anne Marie Hafeman  Marketing & Communications Specialist

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.