Your Wellness Matters

Low Dose CT Lung Cancer Screening

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Elliot Health System

Fall 2017/Winter 2018

Treat yourself to a healthier mind & body, see classes on pages 11 to 14
If you are like most of us, you may find yourself with tired, achy, painful legs at some point. Maybe this is an occasional problem that happens when you’ve been involved with strenuous activity, or maybe this is a constant issue that bothers you on a day to day basis. There are so many potential causes of leg pain, it can be hard to know where to start to get answers. There are two very specific types of leg pain that can be evaluated and treated by a vascular surgeon. Don’t let the name scare you, many types of vascular leg pain can be managed without surgery.

The first type of leg pain that we manage is related to the veins. Veins are thin walled blood vessels that carry blood from your body back to your heart. Veins are working against gravity and so they use small one way valves to keep the blood from going in the wrong direction. The valves are so thin that they can easily become dysfunctional. Common causes are pregnancy, obesity, history of clots, or simply your genetics. Typical symptoms of are swelling, achiness, heaviness and pain which is at it’s worst in the evening when you’ve been on your feet all day long. You may also notice bulging varicose veins on your legs. The most severe manifestation is non healing ulcers, usually around the ankles or lower calves. Venous insufficiency can be diagnosed with a special type of ultrasound. Depending on the type, we will typically have you try compression stockings and elevation before discussing invasive treatments.

The second type of leg pain that we manage is related to the arteries. The arteries are thick, muscular vessels that actively pump blood to the body away from the heart. The blood that the arteries are delivering is carrying oxygen and nutrients to the rest of your body. Problems can arise when the arteries develop blockages. This is most often a result of high blood pressure, high cholesterol, smoking, and family history. The blockages make it so that not enough oxygen and nutrients are reaching their target. This can cause pain that occurs after walking and gets better with short periods of rest. Once the blockages become more severe, they can cause pain in the feet, even without exercise, and eventually wounds that have difficulty healing. This is called peripheral vascular disease and can also be diagnosed with a special ultrasound or sometimes a CAT scan if necessary. The blockages are the same blockages that can form in your heart, causing a heart attack. It makes sense then that the initial treatments are the same. A program of daily walking can help tremendously! Quitting smoking is critical and there are many techniques out there to help with this. We generally recommend an aspirin every day, as long as it is okay with your primary doctor. There are also certain medications that can help. If your peripheral vascular disease is severe or limiting your lifestyle greatly, there are many things we can do to help. Oftentimes a minimally invasive angioplasty or stent is enough, with open surgery being reserved for more extensive blockages.

If you are concerned that your leg pain is being caused by vascular disease, bring it up with your primary care provider. They can examine you and order simple testing, and provide a referral to a vascular surgeon for further treatment.

Chelsey N. Lewis, MD, RPVI, is American Board Certified in Vascular Surgery. She is a member of both the Society for Vascular Surgery and the Vascular and Endovascular Surgical Society. After graduating from the University of Central Florida, she earned her Medical Degree and completed her Vascular Surgery Residency at the University of South Florida College of Medicine. Dr. Lewis offers a variety of treatment options for patients with arterial, venous, and lymphatic disease. She specializes in open and endovascular treatment of peripheral arterial disease (PAD), aortic and peripheral aneurysms (AAA), varicose vein treatment, dialysis access and vascular access, limb salvage procedures, vascular wound care, and cerebrovascular disease.

**SIGNS YOU MAY HAVE A VEIN PROBLEM**
- Legs ache and feel heavy towards the end of the day
- Legs swell, more so at the end of the day
- Symptoms are better in the morning when legs have been elevated all night
- You have bulging veins in the leg
- You have recurrent infections, very dry skin, or ulcers in the legs

**SIGNS YOU MAY HAVE ARTERY BLOCKAGES**
- Legs ache or cramp after periods of walking
- Pain improves with short periods of rest
- You have pain in the feet at rest which is worse when the feet are elevated
- You have non-healing wounds on the toes, feet, or ankle
- You have a history of other artery blockages (heart attack or stroke)
- You have a history of smoking
Creative Art Therapy for Breast Cancer Patients

At our Elliot Breast Health Center – Breast Cancer Awareness happens EVERY month. We strive to provide our patients with the most empathetic, cutting edge cancer care possible. When a woman is diagnosed with breast cancer our team understands this as an emotional emergency. Our entire staff works together to embrace the patient and help them through their cancer journey.

We offer support through fitness programs, educational sessions and support groups. Last year we began: The BraLaLa Boutique of Bravery. This project celebrates the strong, brave and creative women who face breast cancer every day. Each bra tells a story of a woman’s journey and sends a message of hope and support.

This is a form of Creative Art Therapy. Creative Art Therapies have been shown to reduce anxiety, depression, pain and fatigue and increase quality of life in patients with cancer. The environment allows a woman to reflect on her journey through breast cancer and know that she is not alone in her fight.

For more information, please call 603-668-3067 or go to www.elliothospital.org.
Smoking causes lung cancer. In spite of this, people continue to smoke and become addicted to nicotine in cigarettes making it almost impossible for them to stop. According to the Center for Disease Control (CDC); “Cigarette smoking is the leading cause of preventable disease and death in the United States, accounting for more than 480,000 deaths every year, or 1 of every 5 deaths.” Moreover, the American Cancer Society states that lung cancer is the leading cause of cancer death in the United States and is the cause of more deaths than colon, prostate and breast cancer combined.

Today, there is HOPE. There is a way to screen people who are at high risk for lung cancer through Low Dose CT Lung Cancer Screening.

The goal of low dose lung cancer CT screening is to save lives. Without low dose CT lung screening, lung cancer is usually not found until a person develops symptoms. At that time, the cancer is much harder to treat. However, yearly lung screening with a low-dose CT has been shown to save lives by finding lung cancer early, allowing for planned treatment and positive outcomes. We are excited to offer the benefits of a quick and painless CT Low-Dose Lung Screening to our patients with no injection and a low radiation dose by design. Our program is an American College of Radiology accredited Lung Screening program.

Identifying lung cancer at the early stages is essential to increasing the survival rate of all high-risk patients.

How effective is CT lung screening at preventing death from lung cancer?
Studies have shown that CT lung screening can lower the risk of death from lung cancer by 20% in people who are at high-risk.

How is the exam performed?
CT lung screening is one of the easiest screening exams you can have. The exam takes less than 10 seconds. No medications are given, and no needles are used. You can eat before and after the exam. You do not even need to get changed as long as the clothing on your chest does not contain metal. You must, however, be able to

What is lung cancer?
Lung cancer happens when abnormal cells form in the lungs and grow out of control. These cells can form a tumor and can spread to other parts of the body. Lung cancer is often diagnosed once it has spread outside the lungs. The National Lung Screening Trial showed that one life can be saved for every 320 screenings.
hold your breath for at least 6 seconds while the chest scan is being taken.

**I think I qualify for CT lung screening. What should I do next?**

Discuss CT lung screening with your healthcare provider to see if you qualify and to schedule your exam. Please note that we will need an order for CT lung screening from your healthcare provider before your exam. Another important fact is that Lung Cancer Screening Low-Dose CT is now covered by most insurance payers thus removing the financial barrier for patients.

We hope that all of our eligible patients who are at high risk for lung cancer will enroll in our Lung Screening Program with Low-Dose CT and have the benefits of early detection. Of course, our hope is for our patients to combine this step with smoking cessation. However, we know how difficult quitting smoking can be given the highly addictive nature of cigarettes. We respect this difficult hurdle and hope to support all our high risk patients to enter our Low-Dose CT Lung Screening program whether or not they have succeeded in smoking cessation.

For more information about the Low Dose CT Lung Cancer Screening program, please call 603-663-1833.

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**Who should have Lung Cancer Screening?**

Lung cancer screening is recommended for individuals who meet all of the following criteria:

- Are 55 to 77 years old
- Do not have any signs or symptoms of lung cancer
- Currently smoke or quit less than 15 years ago
- Are or were a heavy smoker (1 pack per day for 30 years or 2 packs per day for 15 years)

To calculate whether you should be screened for lung cancer, take the simple test at [www.shouldiscreen.com](http://www.shouldiscreen.com)
Elliot Health System ("Elliot") and Southern New Hampshire Health System ("SNHH") announced that they have signed a Letter of Intent to explore combining to form a regional healthcare system. The Letter of Intent contemplates the formation of a new non-profit organization that would implement an integrated governance system, and also that Elliot and SNHH would each retain their respective names, identities, and local governance structures as independently licensed organizations.

The Letter of Intent requires the parties to work together on an exclusive basis to complete due diligence and negotiate a final, binding combination agreement. Any final agreement would be subject to approval by both the Elliot and SNHH Boards of Trustees and by various government agencies, including the New Hampshire Department of Justice.

In a joint statement, both Elliot President and CEO Doug Dean and SNHH President and CEO Mike Rose stated that this represents "an important first step to strengthen both SNHH and Elliot, so that we may work together to serve our communities together for years to come."

Elliot Health System Proudly Announces Jean Ten Haken, MSN, RN, CENP as Chief Operating Officer

Jean Ten Haken

Jean has served as the Senior Vice President, Patient Care Services and Chief Nursing Officer for Elliot since 2015. She has been responsible for the strategic leadership and oversight of patient care services, inpatient and ambulatory care nursing, and home health and community services.

Jean joined Elliot after serving in the role of Vice President of Acute Care Nursing at Concord Hospital for nearly seven years. Prior to that time, she spent 13 years at Dartmouth-Hitchcock Medical Center in Lebanon as Director, Intermediate Cardiac Care and Cardiovascular Critical Care Units and Continuing Care Manager – Office of Care Management (3 years), and various care management roles.

Elliot Health System Proudly Welcomes Doug Penner, FACMPE, Vice President of Provider Services

Doug Penner

Doug recently served as the Chief Operating Officer (COO) for the Washington Township Medical Group for the past two years. In his time as COO, he had oversight of Human Resources, Marketing, Quality, Physician Recruitment, Credentialing and Compliance functions. Doug has had extensive experience with practice operations and has formal training in Lean Management Systems, as he served as the executive sponsor of Continuous Improvement Methodology with his medical group. Throughout his career he has been involved in Dyad leadership roles as he’s successfully partnered with clinical leaders at the positions he has held.
Elliot Health System’s
Steven Paradis, Clinical Leader, Radiation Oncology was Recently Honored by the NH Guild of Catholic Healthcare Professionals with the St. Porres Award

Steven E. Paradis, R.N., B.S.N., O.C.N., Clinical Leader, Radiation Oncology at Elliot has been awarded the 2017 St. Martin de Porres Award, from NH Guild of Catholic Healthcare Professionals given annually to a Catholic healthcare professional who exemplifies the virtues of Catholic healthcare.

Elliot Honors Edward “Ned” Dalton, MD and Kevin Desrosiers, MD for Physician Excellence

Edward Dalton, MD was awarded the Stephen A. Tzianabos Award for Physician Excellence. This award recognizes the physician who, throughout their career, has been devoted to the growth and development of Elliot Health System and who has performed outstanding deeds requiring great intellect, refined skill, medical expertise, and collegial collaboration. This physician has provided outstanding leadership and has had a lasting impact on the community through his work at the Elliot Breast Health Center. Dr. Dalton’s career is marked by ingenuity, integrity and excellence. He serves as a role model for physician leaders.

Kevin Desrosiers, MD was awarded Elliot Physician of the Year. This award recognizes the physician who, through their current efforts, exhibits leadership in their area of expertise and who has practiced in their chosen area of medicine with exceptional skill and dedication. Dr. Desrosiers is making a positive impact both as an internist in the Intensive Care Unit as well as through his work with the Continuous Improvement team. He is an outstanding role model offering his knowledge, skill, and expertise as a physicians and a teacher of Lean methodologies throughout Elliot Health System.
PHILANTHROPY

For information on any of these programs, or to find out how you can support us, please call the Mary & John Elliot Charitable Foundation Office at 603-663-8934, email us at foundation@elliothospital.org, or visit www.elliothospital.org/donate.

18th Annual Elliot Hospital Golf Classic – Fundraising Record Breaker!

The 18th Annual Elliot Hospital Golf Classic was held on June 8th at Passaconaway Country Club in Litchfield, NH. The fundraiser featured 54 major sponsors businesses including two Premier Sponsors, The Elliot Hospital Associates and Hoertdoerfer Dentistry, and Masters Sponsors Bellman Jewelers and Northeast Rehabilitation Hospital Network. Over 75 raffle and silent auction donors from the local community also contributed to the event. The sold-out event far exceeded its fundraising goal by grossing over $161,000, an all-time Elliot record, to benefit cancer care improvements across Elliot Health System. The winning foursome from CUBE 3 Studio and Brophy Wealth Management, LLC was comprised of Keith Boyle, Nik Middleton, John Catizone and Steven Dalton.

Cancer care improvements via the tournament proceeds include support for the clinical planning and design phase for a new Regional Cancer Center, technology improvements, and new linear accelerators for enhanced tumor detection and treatment.

For more information about the tournament, visit http://www.elliothospital.org/golf.

Welcoming New Foundation Board Members and Staff Member

The Mary & John Elliot Charitable Foundation recently and unanimously elected two new Board Members: Paul J. Leyden of Bedford, NH and Kurt W. Strandson of Manchester, NH. Paul is the Managing Director and Financial Advisor for RBC Wealth Management in Nashua and Kurt is the Owner and President of Pinnacle Mortgage Corporation in Manchester. The Foundation also welcomes Kelli Rafferty as the Director of Development, a new position within the Foundation. Kelli brings 20 years of healthcare philanthropy to the role and is joining us from The Genesis Foundation for Children in Boston where she was the Executive Director. She also served as a Philanthropy Officer for Baystate Health in Springfield, MA, raising $5 million for a new surgical center at Baystate Franklin Medical Center in Greenfield, MA. Kelli resides in Manchester, is a graduate of Saint Anselm College (1992), and has a Masters of Public Administration from American International College.

Harvard Pilgrim HealthCare Launches Diabetes Initiative

Harvard Pilgrim Health Care recently made a $10,000 gift to launch a new “Diabetes Prevention Initiative” – a project that has been on Elliot’s clinical wish list for a couple years. This pilot program will attempt to reduce the risk of Type 2 Diabetes within the Elliot Physician Network. “With the growing prevalence of pre diabetes, our community members will benefit a great deal from Elliot’s new Diabetes Prevention Initiative, generously funded by Harvard Pilgrim Health Care. This program will offer sessions on healthy eating specific to pre diabetes and regarding physical activity. By acquiring this knowledge and understanding, individuals across our region will gain the power of preventing diabetes in the long run. Our sincerest thanks to Harvard Pilgrim for supporting this critical and much-needed initiative, and to Dr. Greg Baxter and the Mary & John Elliot Charitable Foundation for bringing the gift to fruition.” stated Vipra Rai, MS, RD, LD, CDE, Manager, Elliot’s Endocrinology, Diabetes Management & Advanced Nutrition Therapy Centers.
Chronic liver disease is a substantial worldwide problem. Its major consequence is increasing deposition of fibrous tissue within the liver, leading to the development of cirrhosis with its consequences, portal hypertension, hepatic insufficiency, and hepatocellular carcinoma (HCC). Different histologic stages of progressive liver fibrosis have been described, from no fibrosis (METAVIR stage F0) to the cirrhotic stage (METAVIR stage F4). As fibrosis progresses, there is increasing portal hypertension, loss of liver function, and higher risk of HCC. The stage of liver fibrosis is important to determine prognosis and surveillance and to prioritize for treatment and potential for reversibility. The process of fibrosis is dynamic, and studies have shown that a regression of fibrosis is possible with treatment of the underlying condition (eg, antiviral therapy in viral hepatitis and immunosuppression in autoimmune hepatitis). Previously, the only method of staging the degree of fibrosis was liver biopsy. Liver biopsy is considered the reference standard for fibrosis assessment and stage classification and also allows grading of steatosis, necrosis, and inflammatory activity. However, biopsy is invasive, with potential complications that can be severe in up to 1% of cases.

The main clinical indication for liver elastography is fibrosis staging of chronic liver disease (eg, chronic viral hepatitis and screening patients with NAFLD to rule out nonalcoholic steatohepatitis), with a main objective of determining the presence or absence of advanced fibrosis. Determining the presence of cirrhosis is important, since this will trigger screening and/or monitoring procedures and establish priority for therapy. Other indications for liver elastography include follow-up of previously diagnosed fibrosis, assessment of patients with known cirrhosis (by establishing whether there is clinically significant portal hypertension), and evaluation of patients with unexplained portal hypertension.

In pSWE, an ARFI pulse is used to generate shear waves in the liver in a small (approximately 1-cm3) region of interest. Bmode imaging is used to monitor the displacement of liver tissue due to the shear waves. From the displacements monitored over time at different locations from the ARFI pulse, the shear wave speed is calculated in meters per second. Assumptions can then be made that can correlate the shear wave speed with gross categories of fibrosis.

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The Sonographic study is quick, inexpensive, painless and reproducible.
The Visiting Nurse Association (VNA) of Manchester and Southern New Hampshire continues to innovate, with a focus on delivering a higher level patient care, with the addition of an advanced patient tele-monitoring solution from Health Recovery Solutions (HRS).

HRS monitors patients at home for symptoms related to the primary causes of readmissions and ER visits. These causes include multiple comorbidities, medication noncompliance, and low health literacy. The technology platform combines innovative patient engagement software with biometric monitoring and mobile apps. The data captured through the devices is securely transmitted to the VNA clinical team within seconds, allowing real-time interventions for high-risk patients. The solution also triggers alerts for patients at high risk of medical complications related to their unstable chronic conditions.

The HRS platform utilizes patient engagement software on 4G tablets and FDA approved Bluetooth biometric devices. The system proactively helps patients monitor their blood pressure, weight, and oxygen level, and will ask the patient to answer symptom-related questions specific to their illness. The software also includes disease-specific videos and teach-back quizzes to determine the patient’s understanding of their disease process. Convenient communication tools are built right into the tablet, allowing the patient to contact the TeleHealth nurse and tech support directly from the device.

“The HRS solution is assisting the health system to add a higher level of care and support for our patients. Tele-monitoring empowers our patients and clinical staff,” said Donna Frizzell, Interim Leadership, Director of Home and Community Services, VNA of Manchester and Southern New Hampshire. “The ability for our home care team to enhance the support for patient is invaluable as we strive to avoid unnecessary readmissions to the hospital.” This new technology assists patients, caregivers and families to manage their own care and adhere to care plans. HRS solution is also being used to improve the coordination of care for patients who are transitioning from home health care to hospice services.

The Visiting Nurse Association of Manchester and Southern New Hampshire is pleased to offer this enhancement to clinical care in an effort to serve the needs of the community in Southern New Hampshire. For more information, call us at 603-622-3781 or visit us on our website www.manchestervna.org.
**Community Wellness**

**Take time for your health**

**GENERAL HEALTH EDUCATION**

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

**Heartsaver CPR**
- **RE:** Mon, Sep 11, Nov 13, 2017 & Jan 15, 5:30-9:30PM

**Heartsaver CPR AED and First Aid**
- **RE:** Mon/Wed, Nov 13 & 15 or Jan 15 & 17, 5:30-8:30PM

**Basic Life Support (for Healthcare Professionals)**
- **RE:** Mon, Oct 13, Dec 11, Feb 12, 5:30-9:30PM

**Heartsaver First Aid**
- **RE:** Wed, Nov 15 or Jan 17, 5:30-8:30PM

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

**Women’s Health Pre-operative Patient Education Class**
- **Free!**
- **EH:** On-going. Physician referral required, to participate, speak with your surgeon.

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 will be answered. You are encouraged to bring a family member or support person.

**1-Day Surgery Center Tour for Children**
- **Free!**
- **RE:** 1-Day Surgery Center: 1st & 3rd 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 guidelines.

**Elliot Center for Tobacco Treatment**
- **RE:** By appt., call 663-4567. Sessions may be reimbursable by Anthem or other insurances.
  - Four, 1-hour private sessions $125
  - One, 1-hour private sessions $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.

**Emotional Eating**
- **$34 per session**
- **EBHS:** Wed, Sep 13-Nov 15, 10-11:30AM or Th, Sep 14-Nov 16, 6-7:30PM. *Most insurances including Medicaid are accepted. Due to licensing restrictions Medicare can only be accepted for the Wed group. Cost is $34 per week if paid in full on the day of each group or $68 per week if billed. Call 663-8621. A minimum of 4 people is necessary to run this group.

Do you turn to food for comfort, stress relief, as a reward or even out of boredom? If so, you are an emotional eater. It isn’t all about willpower. Topics covered in this 12-wk group for adults (ages 21+) include the brain’s reward system, how habits are formed and changed, how to identify and manage emotions without using food, mindful eating and stress mgmt.

**Positive Coping with Health Conditions**
- **$60 per session**
- **EBHS:** Th, Sep 14-Nov 2, 1-2PM. To register, call 663-8618. *Most insurances including Medicaid are accepted. A minimum of 3 people is necessary to run this group.

Learn new coping skills, decrease symptoms of depression, relaxation skills, relationship building skills, manage negative thoughts, decrease symptoms of anxiety, and physical symptoms through cognitive restructuring techniques, increase awareness of the mind-body connection. Group is open to all.

**Skills and Strategies for Dementia Caregivers**
- **Free!**
- **LON:** Th, Sep 14-Sep 28, 5-7PM.

Do you have a loved one who has been diagnosed recently? Do you need some new ideas for managing challenging behavior? This 3 wk group will address strategies for improving communication, behavior and dealing with the complications of having co-occurring conditions like diabetes, heart disease, and COPD.

**Legal & Financial**
- **Free!**
- **LON:** Th, Nov 30, 5-7PM.

If you or someone you love is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. Learn more about the legal and financial issues to consider and how to put effective plans in place.

**BARIATRIC SURGERY**

Dartmouth-Hitchcock Manchester, 100 Hitchcock Way, Manchester: All classes meet in Conference Rm A, 2nd floor. Pre-registration is required for all meetings, please call 695-2628.

This program offers monthly info/meetings to start you on a successful weight loss journey. After attending an introductory meeting, you will be eligible to call and register for monthly informational meetings. You are required to attend a minimum of three monthly informational meetings before proceeding with the program.

**Introduction Meetings** (for new patients to the program): 2nd Fri monthly, 12:15-12:45PM.

**Informational Meetings:** 2nd Fri monthly, 2-4PM. Different rotating topics each month.

**Post Bariatric Surgery Support Group:** 1st Tue monthly, 5-6PM, no registration is required.
COMMUNITY WELLNESS

GENERAL FITNESS

All classes require registration prior to the first day of class. Payment is due when you register for a class; your spot on the roster is not confirmed until payment is received. Class times/dates are subject to change. Refer to www.elhospitall.org or call program registration at 603-663-4567 for most up-to-date class offerings.

Gentle Yoga for Beginners $80
RE: Wed, Sep 17-Nov 15; 4 wk holiday class – Nov 29-Dec 20; Jan 10-Feb 28; 6:20-7:15PM.
For beginners who can comfortably be on their back and transition to stand. Focuses on opening up the joints and stretching muscles in a gentle way, while calming the mind. 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. Suitable for beginners. Instructor: Cheryl, 200YTT Yoga Alliance certification.

Gentle Yoga II $80
RE: Mon, Sep 25-Nov 13; 4 wk holiday class – Nov 27-Dec 18; Jan 8-Feb 26; 1-1:45PM.
Designed to promote total health and well-being through stretching, strengthening and balance using traditional Yoga poses. This class uses breath and movement to feel the release of physical and mental tension and to increase body/mind awareness. Suitable for students who have basic Yoga knowledge who would like to focus on more standing poses with flow. Instructor: Cheryl, 200YTT Yoga Alliance certification.

Thriving with Yoga Free
RE: Wed, 1:30-2:30PM. To register, contact YogaCaps at 674-3770 or info@yogacaps.org.
Designed especially for those with the experience of cancer. It will empower you to: relieve tension and anxiety, rebuild strength and restore range of motion, witness emotion with compassion, and manage the side effects of treatment and medications naturally. This includes lymphedema, hot flashes, neuropathy, pain, depression and insomnia. You may bring a family member or friend to class. Instructor: Elizabeth.

Chair Yoga $48
RE: Fri, Sep 29-Nov 17; 4 wk holiday class – Dec 1-Dec 22; Jan 12-Mar 2; 1-1:45PM.
LON: Tue, Sep 26-Nov 14; 4 wk holiday class – Nov 28-Dec 19; Jan 9-Feb 27; 5-5:45PM.
Would you like to reduce stress in your day? Strengthen your muscles, improve balance, and increase your flexibility through a gentle, supportive yoga practice. Feel the relaxation and calmness that yoga can bring, while practicing with the stability and security of a comfortable chair. We will focus on using our breath to bring awareness of our movements, reduce stress, and feel calm and peaceful throughout our class, ending with a quiet meditation. Instructor: Jennifer J.

Wake up With Yoga $80
RE: Th, Sep 28-Nov 16; 4 wk holiday class – Nov 30-Dec 21; Jan 11-Mar 1; 6-7AM.
Looking to start your day feeling calm, rejuvenated and well balanced? Try our new ‘Wake up with Yoga’ class. You will encourage circulation in the muscles and train the breath for the day ahead. This class will focus on breathing techniques, flexibility and poses to help with balance and will create a mind-body-spirit synchronicity so you’ll feel Yoga Good all day long! Instructor: Madison.

Restorative Yoga $80
EH: Th, Sep 28-Nov 16; 4 wk holiday class – Nov 30-Dec 21; Jan 11-Mar 1; 5-6PM.
An all-levels Yoga class incorporating a series of highly effective strengthening and stretching exercises that are key to the demands of a runner or cyclist. Focus is put on opening the calves hamstrings, quads, hips and shoulders. An emphasis on building core strength will be visited to give the runner/cyclist the advantage over the competition. This class is a wonderful compliment to any running/cycling training after stressing your joints on pavement or trails give your body the balance it deserves by some much needed rejuvenation and flexibility. Instructor: Pam.

Tai Chi $48
RE: Tue, Sep 26-Nov 14; 4 wk holiday class – Nov 28-Dec 19; Jan 9-Feb 27; 8:45-9:30AM.
A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Tai Chi will allow you to experience the ancient way to improve balance, strengthen the body, and cleanse the mind. Beginners welcome. Instructor: Bill.

Fit & Feisty $64
RE: T/Th, Sep 26-Nov 16; 4 wk holiday class – Nov 28-Dec 21; Jan 9-Mar 1; 10-11AM & 11:10AM-12:10PM.
A 60-minute low-impact cardio and strength class with easy-to-follow moves in a fun environment. Incorporates low-impact cardio, strength training, and core work utilizing free weights, resistance bands, stability balls, and gliding discs. Flexibility enhancing stretches in the end. For individuals 50+. Instructor: Cecily.

Full Body Fusion $80
RE: M/W, Sep 25-Nov 15; 4 wk holiday class – Nov 27-Dec 20; Jan 8-Feb 28, 5:30-6:15PM.
A fusion of strength training exercises using body weight and free weights, cardiovascular intervals utilizing steps, plyometrics, Yoga, Pilates, core work and stretching. Keeps your body guessing! Geared towards intermediate levels. Instructor: Cheryl.

Zumba GOLD® $40
RE: Mon, Sep 25-Nov 13; 4 wk holiday class – Nov 27-Dec 18; Jan 8-Feb 26; 1-2PM.
A dance-fitness class that is friendly and fun for all ages and genders. The Zumba formula is used with modified moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. The exhilarating easy-to-follow moves, the zesty Latin music, and the invigorating party-like atmosphere will help you have fun while you achieve a great workout. Modifications can be done seated in a chair. Instructor: Cammie.

TABATA Fusion $64
EH: Mon, Sep 25-Nov 13; 4 wk holiday class – Nov 27-Dec 18; Jan 8-Feb 26; 5-6PM.
TABATA is a High-Intensity Interval Training (H.I.I.T.) minimum duration workout providing fitness and weight-loss benefits for participants at all fitness levels. The core of a TABATA workout is four-minute, high-intensity intervals consisting of eight rounds alternating 20 seconds of work and 10 seconds of rest. Offers maximum benefit with the least amount of time to achieve results! TABATA Fusion has the best of everything – TABATA intervals, weight training, cardio kickboxing drills and core work. Keeps your body guessing! All levels welcome. Instructor: Jessica.

TABATA Bootcamp $64
EH: Wed, Sep 27-Nov 15; 4 wk holiday class – Nov 29-Dec 20; Jan 10-Feb 28; 5-6PM.
TABATA is a High-Intensity Interval Training (H.I.I.T.) minimum duration workout providing fitness and weight-loss benefits for participants at all fitness levels. The core of a TABATA workout is four-minute, high-intensity intervals consisting of eight rounds alternating 20 seconds of work and 10 seconds of rest. Offers maximum benefit with the least amount of time to achieve results! Instructor: Jessica.

BOOTCAMP FITT (Fitness Incorporating Tabata Training) $85
RE: T/Th, Sep 26-Nov 16; 4 wk holiday class – Nov 28-Dec 21; Jan 9-Mar 1; Tues-5:15-6:15PM, Th-5:30-6:30PM.
A 60-min. bootcamp class utilizing a variety of equipment incorporating the TABATA formula.
**COMMUNITY WELLNESS**

**TABATA** is a High-Intensity Interval Training (H.I.I.T.) minimum duration workout providing fitness and weight-loss benefits for participants at all fitness levels. The core of a TABATA workout is four-minute, high-intensity intervals consisting of eight rounds alternating 20 seconds of work and 10 seconds of rest. Offers maximum benefit with the least amount of time to achieve results! Keeps your body guessing! Instructor: Jessica.

**Pre-Natal Yoga**

**EH: Week:** Sep 27-Nov 15; 4 wk holiday class – Nov 29-Dec 20; Jan 10-Feb 28; 6:30-7:30PM. Connect with other mothers-to-be through a class specifically designed for the journey of pregnancy. Linking yoga postures with breathing you will bring awareness to the mind, body and spirit, and also the spirit of your baby. This program is conducted in a calm, peaceful environment and will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort. Yoga can also alleviate many of the discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. This class can be started at any time in the pregnancy with provider's permission. Instructor: Abby.

**Get Fit With Us!**

**RE, Welliot:** M-F, 6:30AM-4PM. Call 663-4200 to get started.

The Welliot at River’s Edge Fitness Center consists of the latest and greatest cardiovascular equipment, Nautilus strength training machines, and several group exercise classes for all ages and levels. Our experienced team of friendly fitness professionals will design an exercise program specific to your current level and goals. If you are looking for a safe, non-competitive, supportive environment to help you reach your fitness goals, this is the facility for you. Seniors and first time exercisers encouraged.

**NUTRITION**

**For any Nutrition Class, call 663-4524 to register or for more information.**

**LBI Support Group**

**EH, Pavilion:** 2nd Wed monthly, 5 to 6PM. Includes weigh-in and group session with a professional. Supports people who would like to maintain their weight loss.

**Comprehensive Weight Mgt Program**

**Free Intro!**

**EH, Pavilion:** Intro Class, Tu, Jan 9, 5:30-6:30PM.

This introductory session outlines the 10-week comprehensive weight mgt program focusing on total health, not just pounds on a scale.

**Diabetes Self-Management Education**

**Group Classes**

**EH, Pavilion:** Flexible options available to pick from, morning or evening sessions. Doctor’s referral is required for enrollment. Call 603-663-3130 for more information.

**SCREENINGS and CLINICS**

**Breast & Cervical Cancer Screenings**

Free!

FREE breast and cervical cancer screening tests to eligible women. Call 668-3067.

**SUPPORT GROUPS**

**NICU Parent Support Group**

Free!

**EH, NICU Family Room, 5th Floor:** Tue, noon. Call 663-4360 or Littlemiraclegroup@yahoo.com

**SHARE Support Group**

Free!

**EH: 3rd Wed monthly, 7:30-8:30 PM.** For more information, call 663-3396.

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

**Chronic Pain Support Group**

Free!

**RE, Conf Rm:** 2nd & 4th Tue, Sep 12-Jan 26, 5-6:30PM. Call 663-2881 for more information.

Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life. Guest speakers.

**Support Group for Caregivers of Those with Dementia**

Free!

**SHC:** 1st & 3rd Tue monthly, 10-11:30AM. Call Barbara MacPhee, MSW, LICSW at 663-7051.

Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

**AICD (Automatic Internal Cardiac Defibrillator)**

Free!

1st Fri monthly, 11AM-noon. Call 663-2959.

The only AICD support group in the tri-state area. Designed to help patients with internal cardioverter defibrillators & their families deal with unique issues.

**Parkinson’s**

Free!

**SHC:** 3rd Wed monthly, 3-4:30PM. Call 663-7063 for information.

For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease.

**Tobacco Free Me!**

Free!

**RE:** Wed, Nov 1, 5:30-7pm

Learn tips and tricks to get and stay tobacco free.

**CANCER SUPPORT GROUPS**

For any Cancer Support Group, call Christine Howard, LICSW at 663-1804 to register or for more information.

**CanThrive**

Free!

**EH: Wed, Sep 13, Oct 11, Nov 8, 5:30-7PM.** Support and education for cancer survivors. Fall Series: Using the mind/body connection to fight cancer.

**Thriving Through Treatment**

Free!

**RE: Wed, Sep 7-28, 5:30-7PM.**

A 4-week support and educational group for women diagnosed with Breast Cancer within the last 12 months.

**Survivors Series: Surviving Prostate Cancer**

Free!

**EH:** Tue, Sep 19, 5:30-7PM. An opportunity to network with other survivors and hear about particular therapies that can improve quality of life after treatment.

**What’s the Meaning of This?**

Free!

For meeting times and dates, please call Christine Howard, LICSW at 663-1804.

If you or your loved are searching for answers to questions like “why did this happen to me” and “what’s the purpose of it all” you may benefit from learning techniques which help you understand the deeper meaning and purpose that cancer plays in our lives. Meaning-centered psychotherapy is a structured intervention that does just that.

**Look Good, Feel Better**

Free!

**EH, Conference Rm:** Monthly, for dates and times, call 663-1804. In conjunction with the American Cancer Society.

Cosmetology help is provided to women receiving cancer treatment.

**SENIOR HEALTH and FITNESS**

All classes require registration, please call 663-7016. Payment is due when you register; your spot on the roster is not confirmed until payment is received.

**Chair Aerobics**

**SHC:** M/W, Sep 25-Nov 15; 4 wk holiday class – Nov 27-Dec 20; Jan 8-Feb 28; 11-11:45AM.

This seated light to moderate intensity class consists of a variety of upper and lower body movements to increase cardiovascular endurance as well as strength and range of motion. Resistance bands and light weights are used to increase intensity. Stretching and balance exercises at the end of each class. All fitness levels welcome. Instructor: Jennifer.

Register by calling the specific number provided in class listing, or 603-663-4567.
COMMUNITY WELLNESS

Strength, Stretch and Balance $70
SHC: M/W, Sep 25-Nov 15; 4 wk holiday class – Nov 27-Dec 20; Jan 8-Feb 28; 1:30-2:15 PM.
This class will help strengthen your upper and lower body using strength training equipment such as resistance bands, free weights and exercise balls. We will teach you standing and seated exercises to help improve your balance as well as stretches to keep your muscles flexible and reduce risk of injury. Instructor: Matt.

Seniors in Motion $68
SHC: T/Th, Sep 26-Nov 16; 4 wk holiday class – Nov 28-Dec 21; Jan 9-Mar 1; noon-12:45 PM.
This class is primarily seated and incorporates an easy-to-follow fitness routine for increased stamina, strength, flexibility and balance. Resistance bands and light weights are used for total body conditioning. Any fitness level. Instructor: Jennifer.

Chair Yoga $48
SHC: Tue, Sep 26-Nov 14; 4 wk holiday class – Nov 28-Dec 19; Jan 9-Feb 27; 3-3:45 PM.
Would you like to reduce stress in your day? Strengthen your muscles, improve balance, and increase your flexibility through a gentle, supportive yoga practice. Feel the relaxation and calmness that yoga can bring, while practicing with the stability and security of a comfortable chair. We will focus on using our breath to bring awareness of our movements, reduce stress, and feel calm and peaceful throughout our class, ending with a quiet meditation. Instructor: Jennifer J.

Tai Chi $48
SHC: Th, Sep 28-Nov 16; 4 wk holiday class – Nov 30-Dec 21; Jan 11-Mar 1; 10-10:45 AM (Advanced); 11-11:45 AM (Beginners).
A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Tai Chi will allow you to experience the ancient way to improve balance, strengthen the body, and cleanse the mind. Instructor: Bill.

Get Fit With Us $25 per month
SHC: M-F, ongoing, 6:30 AM-4 PM, call 663-7016 to get started.
The Elliot Senior Fitness Center is designed for those age 50 and older. The fitness center consists of a variety of easily accessible cardiovascular equipment and strength training machines. Our friendly team of fitness specialists are here to help guide you as you integrate physical activity safely into your life. We offer equipment orientations with an individual exercise program designed to meet your needs and goals.

Elder Law Free
SHC: 4th Wed Monthly, 4-5 PM. No cost, but registration is necessary by calling 663-7041.
Round table discussion with an Elder Law Attorney, in which participants are able to identify general areas of interest and ask questions. Areas addressed include: long term care planning options including Medicaid and Veterans benefits; How to maximize Medicare benefits; and Estate Planning documents including powers of attorney, wills and trusts.

CHAIRDBIRTH and FAMILY EDUCATION

For Childbirth Education class descriptions log onto elliott-hs.org. For dates, times, and registration for all childbirth classes, call 663-4567 and choose option 3. Or email jdundlap@elliott-hs.org or kconnell@elliott-hs.org.

Warm Welcome: A Maternity Tour Free
EH, Meet in the main lobby: Wed, 5:30 PM; offered 2nd Saturday monthly; registration required.
Come join us for a tour welcoming you to the Elliot Hospital Maternity Center.[...]

Warm Welcome: A Maternity Tour Free
EH, Meet in the main lobby: Wed, 5:30 PM; offered 2nd Saturday monthly; registration required.
Come join us for a tour welcoming you to the Elliot Hospital Maternity Center. These tours are guided by Registered Nurses that work in the Maternity Center and teach the childbirth education classes. Bring your questions! Through this tour you will become familiar with the rooms and people that you will see when you come to have your baby. We love showing parents-to-be why our Maternity Center has been repeatedly honored as the best place to have a baby in the state of New Hampshire. Start with us!

Caring for & Breastfeeding Your New Baby $50 per couple
EH, Maternity Conference Room: On-going.
You may opt to select only the infant care portion or the breastfeeding portion if desired.
• The first part of this class helps you get ready to care for your new baby. It will increase your confidence as a new mom or dad and put your mind at ease. Topics include your baby’s behaviors, how to keep your baby safe, how to feed and clothe your baby, and how you and your baby can get the rest you both need. You’ll receive “tips” and “pearls of wisdom” to help in making those early days and weeks with your newborn less stressful. This class is taught by a registered nurse very knowledgeable in newborn care.
• The second part of the class is about breastfeeding and readying you with confidence and wisdom. Breastfeeding is normal. Our instructors are experts, certified by the International Board of Lactation Consultants (IBCLC). They will talk about the benefits of breastfeeding, the basics of breastfeeding, and how to get off to a great start! They will also answer your questions about pumping and storing mother’s milk if you are planning to return to work and have questions about this.

Preparing for Birth: Learn to Labor $90 per couple
Labor is a natural body process. We are here to help you prepare! This class is taught by registered nurses of the Elliot Hospital Maternity Center. They are certified in Childbirth Education, and you may well see them during your stay with us. The topics covered include preparing for labor, the labor process, coping with labor, comfort and medication options, and for your support person, how best they can support you! Our goal is to empower and educate you. You can count on leaving the class saying, “We’ve got this!” This class also includes a tour of the Maternity Center.

Infant and Child CPR and Safety $30 pp or $50 per couple
Your baby’s safety is so important! In this class you will be taught about infant safe sleep, infant and child CPR techniques and other content to help keep your baby safe and secure. This will include information important for you and also important for grandparents and other family members who may be helping you, so that they too have the latest information for your baby’s safety. **Please note, this is not a certification class!**

Big Brother/Big Sister Class $15 per child
EH, Maternity Conference Room: On-going.
This lively class prepares children (2½ -9 yrs) to become a big brother or sister! Through child-centered activities, they will learn about the baby and their new role in the family. A fun, child-oriented 20-minute tour of the Maternity Center is included. Please have your “soon-to-be” big brother/sister bring their favorite doll or stuffed animal to class!

Parent Education Packages:
Premium Package $180
Includes: Labor, Care and Breastfeeding your Baby, Infant Safety and CPR, Big Brother/Big Sister.
Gold Package $160
Includes: Labor, Care and Breastfeeding your Baby, Infant Safety and CPR.

Register by calling the specific number provided in class listing, or 603-663-4567.
VNA Hospice Bereavement Services. Death is a painful loss experience, and one of the hardest from which to recover. Death takes away, but facing it and grieving can result in peace, new strengths and purpose.

Adult Bereavement Support Groups. These groups will help participants explore and better understand the grief process and how to celebrate and honor the loved ones we have lost. The groups meet weekly for 8 weeks and are held several times throughout the year. If you are interested in attending our next group, please register and you will be notified for our next session.

Men’s or Women’s Drop-In Support Groups. Participants are given the opportunity to grieve the loss of a spouse or loved one. Members help each other answer the question: “What Now?” Participants will better understand the grief process, dealing with their emotions, and how to honor and celebrate their loved ones who have died. No registration required.

- **Men’s Drop-In Support Group.** The Men’s Group meets twice monthly, the fourth Friday, 9 to 11 AM and the second Wednesday, 6 to 8 PM, at Southside Bible Fellowship Church, 200 So. Jewett St.
- **Women’s Drop-In Support Group.** The Women’s Group meets first and third Friday monthly, 9:30 to 11 AM, at Elliot at River’s Edge, 185 Queen City Ave. Please contact our bereavement support team at 663-4005 for more information.

Hospice Services. For more information, please contact the Bereavement Coordinator, Chuck Johnson, at 663-4005. You may also obtain information online at www.manchestervna.org. Unless noted, all classes require pre-registration.

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Congratulations!
“A” Rated for Patient Safety

Elliot Hospital

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Practical Application of Integrative Medicine

**Thursday | October 5, 2017 | 7:30AM-4:30PM**

SERESC Conference Center | 29 Commerce Drive | Bedford, NH

**KEYNOTE TALK:** An Integrative Approach to PMS, “Am I Crazy or Hormonal?”
by Andrea Gordon, Associate Professor of Family Medicine at Tufts University School of Medicine, core faculty and Director of Integrative Medicine at the Tufts University Family Medicine Residency Program at Cambridge Health Alliance.

Topics organized by Dr. Matt Hand, Medical Director of Integrative Medicine and other Elliot Health System Providers, include:

- Managing chronic pain without medication
- Complementary Integrative options for Oncology Patients
- Hypertension prevention and management through healthy lifestyles
- Integrative techniques to reduce anxiety
- Yoga Exercises to change your body and mind
- Evaluating supplements for common medical conditions

For tickets, go to https://www.eventbrite.com/e/5th-annual-cme-critical-application-of-integrative-medicine-tickets-33826293354
Our DOCTORS are in!
OUR DOCTORS ARE ACCEPTING NEW PATIENTS.

Shideh Deurell, MD
Elliot Pediatrics at Windham
5 Industrial Drive | Unit B
Windham
603-685-0150

Deborah Amirtham, MD
Elliot Family Medicine at Bedford Commons
25 South River Road
Bedford
603-626-4392

Sung Jang, MD
Elliot Family Medicine at Bedford Village
15 Constitution Drive | Suite 1L
Bedford
603-472-7233

Johnny Kuttab, MD
Elliot Cardiology Consultants
1 Elliot Way | EHS Pavilion
Manchester
603-627-1669

Jessica Ryan, MD
Elliot Breast Health Center
Elliot at River’s Edge | 185 Queen City Ave
Manchester
603-668-3067

Lana Shikhman, MD
Elliot Breast Health Center
Elliot at River’s Edge | 185 Queen City Ave
Manchester
603-668-3067

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

ELLiot 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.

Follow us on Facebook and Twitter @elliothealthsys.