Your Wellness Matters

Excellence in Healthcare
Close to Home...
BEDFORD

Treat yourself to a healthier mind & body, see classes on pages 11 to 15
Lung Cancer Screening CT
by Robert Sprague, MD, Southern New Hampshire Radiology Consultants, Department of Radiology, Elliot Hospital

Lung Cancer is deadly. Lung cancer kills more than three times as many people a year as any other type of cancer. It is the second most common type of cancer to develop in both women (breast) and men (prostate).

Who is at risk for getting lung cancer? The biggest risk factor for developing lung cancer is SMOKING. Most patients are diagnosed after the age of 65. A very small number of patients will develop lung cancer before the age of 45.

Is it important to detect lung cancer early? Absolutely. The earlier cancer is detected the less chance that the cancer will have spread to lymph nodes or other organs. Finding cancer early increases effective treatment options and offers the best chance for survival.

Is there a screening test for lung cancer? Yes! Low dose computed tomography (CT) is an approved screening test for lung cancer. For patients who meet the eligibility requirements this screening test is fully covered by private insurance, Medicare and Medicaid.

Am I eligible for lung cancer screening CT? To qualify for lung cancer screening patients must meet the following eligibility requirements.

- A minimum of a 30 pack year smoking history (1 pack year = 1 pack of cigarettes a day for 1 year or 0.5 packs a day for 2 years, or 2 packs a day for 6 months).
- Patient is a current smoker or quit smoking within the past 15 years.
- Patient is between the ages of 55 to 76 (screening eligibility ends when patients turn 77).
- Currently have no symptoms of lung cancer.

How is the test performed? Lung cancer screening CT is a quick and safe examination. The test is performed without contrast so there is no needle stick. The amount of radiation used is significantly less than most routine CT exams. The radiation exposure is similar to that experienced on a flight from Boston to Los Angeles.

Do I need to meet with my doctor first? Before you have your first lung cancer screening CT you will need to meet with your health care provider to together determine if this is an appropriate test for you. Once you have completed this step you do not need to do this again prior to future screening tests.

How often do I have to get the test? Similar to screening mammography, the test should be performed every year in eligible patients. Lung cancer can develop at any time and it is important for eligible patients to continue to be screened annually.

Where can I have the test? It is important to have the test performed at an American College of Radiology (ACR) accredited center. This ensures your study is performed using recommended techniques and radiation levels and that your study will be interpreted by a qualified radiologist. Elliot Health System sites are ACR accredited.

Where does the Elliot offer this test? The test is offered at River’s Edge and at Elliot at Londonderry and Bedford.

If the test is positive what happens next? If your test results indicate possible lung cancer, further workup will be required. Your physician will be notified and you will receive a written letter in the mail. All suspicious lung cancer screening CT’s performed in the Elliot system will be reviewed by a team of physician experts to determine the best course of action. In some instances there may be a less suspicious finding that needs a six month follow up.

If the test is negative what happens next? Most tests will be negative. You will receive a letter in the mail and your doctor will also receive the results. It is important to remember to schedule your next annual exam.

Does the test find anything else besides lung cancer? Occasionally. The test is designed to screen for lung cancer but the test also images the chest, lower neck and part of the upper abdomen. The radiologist may detect other findings that need further evaluation. This information will be given to your doctor and be mentioned in your results letter. It is important to discuss these results with your doctor.

WHERE CAN YOU LEARN MORE ABOUT LUNG CANCER SCREENING?
Elliot Health System will be host a FREE public event on November 13, 2018 from 5 to 7PM.

Multiple physicians in various specialties involved in lung cancer screening will be there to answer questions. Please call 603-663-4567 to register for the event.
Elliot Health System and Southern New Hampshire Health recently concluded transaction to create SOLUTIONHEALTH Regional Health System for southern New Hampshire.

Sherry Hausmann joined SOLUTIONHEALTH in July after serving as Regional Hospital President for Via Christi Health, the largest integrated health delivery system in Kansas and a member of Ascension Health. During her tenure at Via Christi, Sherry provided executive leadership and oversight of multiple hospitals and associated outpatient networks.

Prior to Via Christi, Sherry spent more than 12 years at SSM Healthcare, based in St. Louis, MO, advancing through a series of leadership and executive roles that culminated in her being appointed President of St. Clare Health Center, the first new hospital to open in St. Louis County in more than 30 years, with 945 staff physicians and 1,000 employees.

She had previously served as president of SSM St. Joseph of Kirkwood and Chief Operating Officer of SSM DePaul Health Center. Prior to SSM, she worked in various roles in for-profit ambulatory care.

A native of southern Illinois, Sherry began her career as a clinical practitioner, having received her BS in Nursing from Southern Illinois University at Edwardsville. She received her MBA from Maryville University in St. Louis.

Throughout her career, Sherry has served on the boards of numerous professional and community-based organizations, including the Chambers of Commerce in multiple communities, Maryville University School of Health Professions Advisory Board, Missouri Hospital Association Work Force Planning Task Force, Southern Illinois University at Edwardsville School of Nursing Alumnae Board, Fenton Mayor’s Charitable Association Board, Greater Wichita Economic Development Council Steering Team, Kansas Hospital Association Policy and Advocacy Committee, American Heart Association Board, Central Plains Health Care Partnership Board, and 4-Wichita Board. She was also named by the St. Louis Business Journal “Most Influential Business Women in St. Louis.”

Sherry and her husband, Steve, a golf professional, have five adult daughters. In their spare time, they enjoy traveling, golf, spending time with friends, and keeping up with family.
With over 22,000 residents living in Bedford, Elliot Health System sought to create a unique and inviting healthcare experience for patients and families. The Elliot at Bedford is unlike anything ever offered for the town and surrounding communities. When patients experience The Elliot at Bedford, they will have access to Urgent Care services that are delivered by our emergency medicine doctors and providers ensuring that they have the most highly trained and skilled professionals attending to their urgent needs. If there is a need for imaging, Elliot has coupled the urgent care center with comprehensive diagnostic radiology including CT scanning, x-ray, and ultrasound. Any needed lab work is completed in our point of care lab and results for lab and imaging are immediately available to the providers in Urgent Care so that a diagnosis can be made and treatment can begin. For the patients needing a prescription, the Elliot Pharmacy is on-site in a retail store allowing you to leave with your prescription filled. There are many other over-the-counter medications and typical retail pharmacy sundries.

Upstairs, the already widely known and respected doctors and providers of Elliot Pediatrics and Elliot Family Medicine are welcoming patients to their practices and serving the primary care needs of thousands of families. These offices are now spacious and accommodating for families of all sizes. Treatment rooms have been added to the suites so that some medical procedures may be delivered on-site and in the primary care setting. Another welcome addition to our primary care offering is embedded behavioral health services for those individuals needing care. The behavioral health team working together with your primary care provider is an effective means to offer meaningful comprehensive care.

In early 2019, the third floor of this magnificent facility that will open with the addition of Elliot Internal Medicine, Elliot Neurology, Lab Services (walk-ins welcome), Rehabilitation Services and the addition of Diagnostic Imaging for mammography and dense breast imaging.

Elliot Health System has been serving the community needs of the greater Manchester community since 1890. The opportunity to serve Bedford and surrounding towns with this comprehensive response to the healthcare needs of a booming residential town is our pleasure and gives us great pride. We look forward to caring for you!

Elliot Urgent Care in Bedford
Open 7AM - 10 PM
7 days a week
In late March, Elliot Health Systems hosted a Doctors’ Day celebration to thank all of its medical staff. The evening concluded with two prestigious honors being announced.

Dr. Lawrence Hoepp was awarded the Stephen A. Tzianabos, MD Award for Physician Excellence. This award recognizes the physician who, throughout their career, has been devoted to the growth and development of the Elliot Health System and who has performed outstanding deeds requiring great intellect, refined skill, medical expertise, and collegial collaboration. Dr. Hoepp has provided outstanding leadership and has touched the lives of thousands of people in the community. His career is marked by integrity and excellence and he serves as a role model for physician leaders.

The 2018 Physician of the Year award was given to pediatric surgeon Dr. Elizabeth Soukup. 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. Soukup earned her Bachelor of Science from the Massachusetts Institute of Technology and her Doctor of Medicine from the University of Chicago Pritzker School of Medicine, where she was elected to the Alpha Omega Alpha Honorary Medical Society, and received the Outstanding Achievement Award in Medicine, graduating first in her class. She completed her General Surgery training at the Massachusetts General Hospital and her fellowship in Pediatric Surgery at Children’s Hospital Boston.

Dr. Soukup is committed to providing excellence and compassion in leading edge surgical care for children in New Hampshire, striving to keep them close to their families and communities.

Partial Hospitalization Program Opens this Fall

We are proud to announce that the Elliot Partial Hospitalization Program, opening in October, will soon be available to the public. Individuals may self-refer for mental health issues and substance use issues. This program includes professionals to serve a variety of needs including case management, medication management, nursing services and peer support services. There will be 20 hours per week of intensive group therapy, individual therapy, a family component and aftercare. The program is a 5 day a week program for approximately 4 weeks for participants. Call 663-8650 for more information.

It is with great enthusiasm that we announce the opening of the Elliot 1 Day Surgery & Endoscopy Center.

Now, 1 day surgery and endoscopy will provide excellence in out-patient procedures together in one ambulatory surgery center (ASC) at The Elliot at River’s Edge.

Our goal is to offer the most competitive pricing, and we did it! No longer are our competitors a lower cost option.
Elliot Health System RN Receives Clint Jones New Hampshire Nursing Award

The Foundation for Healthy Communities announced Isaac Hirschfeld, RN, Elliot Health System, as the 2018 recipient of the Clint M. Jones Nursing Award. Elliot Health System set two records with the Clint Jones Nursing Award Program this year, as this is first time the program has had a male recipient and the third year in a row that a nurse from Elliot Health System has received this prestigious award.

Hirschfeld, a resident of Allenstown and a graduate of the University of New Hampshire, received the annual award in front of his peers and family during a special Nurses Week celebration at Elliot Hospital.

The Clint Jones Nursing Award was created in 2006 by the Foundation for Healthy Communities to honor the memory of the former director of the Foundation’s N.H. Nursing Workforce Partnership. The award recognizes a registered nurse practicing in New Hampshire for at least one year but not more than six years, who exemplifies quality, compassionate nursing care and demonstrates a commitment to a career in nursing.

Metabolic and Bariatric Surgery Accreditation

Patients seeking surgical treatment for severe obesity and its related conditions have a high-quality choice for receiving treatment at a nationally accredited program that meets the highest standards for patient safety and quality of care in the greater Manchester area. Elliot Hospital, recently announced its bariatric surgical center has been accredited as a COMPREHENSIVE CENTER under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®), a joint program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS).

Certified Therapists Earn Distinction

Elliot Hospital Neonatal Therapists Kristen Hunt, Mariah Derby, Kaitlyn Tilton, and Shari DeYoung have earned the distinction of being the only 4 in New Hampshire and 4 of only 800 neonatal professionals in the country having successfully completed Neonatal Touch & Massage Certification.

Neonatal Touch & Massage Certification (NTMC) is an exclusively neonatal, one-of-a-kind certification for neonatal healthcare providers. It includes current literature through 15 hours of On-Line Education and two days of Hands-On Training. NTMC is clinically applicable for daily caregiving in the Neonatal Intensive care Unit (NICU) and enhances skill development in handling, positioning, skin-to-skin, infant massage, swaddled bathing and advanced practice techniques such as myofascial trigger point releases. NTMC maximizes the long-term developmental outcomes of the infants in the NICU and ensures parent involvement and bonding.

“As the only provider of Newborn Intensive Care services in the greater Manchester area, we are proud of our therapists for advancing and enhancing their skills to better serve our most fragile patients in the NICU,” said Greg Baxter, MD, Chief Medical Officer.

Have you or a loved one ever served in the military?

We are pleased to announce a first-of-its-kind, hospital-based Care Coordination program to serve patients and employees who are veterans, service members, and family members. Learn More.

Elliot Health System
New Mary & John Elliot Charitable Foundation Officers Announced

The Mary & John Elliot Charitable Foundation Board of Trustees are proud to announce our newly elected officers. Local attorney and former Secretary of the Foundation Board, James J. Tenn, Jr., Esq., Chair has been named Chair. Elliot at Bedford Pediatrician, Holly Mintz, MD, has been named Vice Chair, and David Bellman, President of Bellman Jewelers has been named Secretary. All three have been active and highly-engaged Foundation volunteers for many years, are generous supporters, and are excellent ambassadors for Elliot Health System. Congratulations to Jim, Holly and David, and thank you to the excellent leadership of our past Chair Chuck Rolecek and past Vice Chair John Hession.

Thank you to the Donors of the 2017-2018 iGive Campaign – A Record-Setting Year!

The Mary & John Elliot Charitable Foundation Board and Staff wish to thank the many donors for this year’s iGive Campaign, which has raised nearly $1 Million through the Annual Campaign and Foundation annual events. The tremendous support by our community and employee donors helped to grow our annual giving by an outstanding 42% over 2017 and is record-breaking total.

$135,000 in New Birthing Training Simulators Contributed to Elliot

Thank you to our generous donors who contributed over $135,000 at the Mary and John Elliot Charitable Foundation’s inaugural Vineyard Garden Party recently held at Labelle Winery. Elliot nurses and clinicians will soon be receiving new mother and newborn birthing training simulators – these Gaumard manikins are the most realistic and versatile simulators available in the world. Special thanks to all who attended, as well as our generous sponsors: Elliot Hospital Associates, Hoerdtower Dentistry, Mary & John Elliot Charitable Foundation, Manchester Ob/Gyn Associates and Reproductive Services of Manchester, Amoskeag Anesthesia, Bedford Commons OB-GYN, Bellman Jewelers, Epic, Geneia and LaBelle Winery. Pictured left to right at the event: Stephen Loosigian, DO, President, Elliot Medical Staff; James J. Tenn, Jr., Esq., Mary & John Elliot Charitable Foundation Chair; Paula Welde, MSN, RNC-OB, C-EFM, Perinatal Safety Nurse; and Meaghan Smith, MSN, RN, Director, Elliot Pediatrics, Women’s and Children’s Services.

$191,000 Raised by Elliot's 19th Annual Golf Classic

The 19th Annual Elliot Hospital Golf Classic was held on Thursday, June 7th at Passaconaway Country Club in Litchfield, NH. The fundraiser featured 54 major sponsors businesses including five Premier Sponsors; Boston Scientific, The Associates of Elliot Health System, Hoerdtower Dentistry, Pearl Manor Fund and Turkish Airlines. The event also included Masters Sponsors; Amoskeag Anesthesia, Bank of America, Bellman Jewelers, Central Paper Products, EPIC, Marcam Associates, Northeast Rehabilitation Hospital Network and New England PET Imaging System. Over 80 raffle and silent auction donors from the local community also contributed to the event. The sold out event set an all-time record for the Golf Classic for Elliot Health System by grossing over $191,000, to benefit the expansion of programs and services at the new $29M Elliot Regional Cancer Center, to be located in Manchester.
Q. Dr. Soukup, my 10 year old daughter has had many episodes of right lower belly pain over the last several months and the doctors can’t figure it out. Can this be her appendix? — Kim L.

Dear Kim –

Thanks for your question. It is hard to watch our kids have chronic or recurrent symptoms, particularly when all the “tests” are normal, yet they are sick enough to miss school and other important activities. The classic story for appendicitis is a short illness: a day or two of abdominal pain, first starting around the belly button and then moving to the right lower abdomen. Often kids have nausea, vomiting and low grade fevers. We worry about ruptured appendicitis after several days of progressive symptoms and high fevers above 101.5. This is obviously not the story for your daughter. Our first test of choice when we are worried about the appendix is an ultrasound. Here at Elliot Hospital, I work with amazing ultrasound technicians (the only pediatric-certified in the state!) and they are fantastic with kids. Although it is challenging, they routinely find the appendix, and this is a very accurate test to diagnose appendicitis. I try to avoid CAT scans in kids because of the radiation exposure, but rarely this is necessary when we need to rule out other problems that may be causing pain. That said, even when we know it is not acute appendicitis, I do see many kids with atypical abdominal complaints that could still be coming from the appendix. We sometimes call this “atypical appendicitis” or “colicky pain of the appendix”, but it is not well-recognized in the medical world. For example, I may see a child in my office with many weeks or months (or even years!) of abdominal pain. Many of them come with all normal tests and have been seen by emergency departments, pediatricians and gastroenterology specialists. I work closely with our pediatric gastroenterologists here at the Elliot and if we suspect the appendix and the family is willing, I think a laparoscopic appendectomy is a reasonable option. This is usually a quick 30 minute outpatient procedure that kids tolerate quite well. I have to admit, it is a great feeling when I see a child smile at me in the recovery room and announce that their symptoms are gone. Parents know there can never be a guarantee, but they appreciate being heard and helped through these difficult decisions for their kids. This is the Art of Medicine that keeps me doing what I do.

– Dr. Soukup

Elizabeth S. Soukup, M.D., M.M.Sc.
Pediatric Surgeon
Dr. Soukup is a Pediatric Surgeon at the Elliot Hospital and has an interest in educating families about pediatric health and wellness. Her mission is to provide expert specialty care for children of all ages in New Hampshire – newborns through teenagers – striving to keep them close to their families and communities. If you would like more information, call 603-663-8393 for an appointment, or visit our website at http://elliothospital.org/website/pediatric-surgery.php

Dr. Soukup earned her Bachelor of Science from the Massachusetts Institute of Technology and her Doctor of Medicine from the University of Chicago Pritzker School of Medicine, where she received the Outstanding Achievement Award in Medicine, graduating first in her class. She completed her General Surgery training at the Massachusetts General Hospital and her fellowship in Pediatric Surgery at Children’s Hospital Boston. During her time in Boston, she also completed a Masters of Medical Sciences degree in clinical investigation from Harvard Medical School. She is board-certified in both Pediatric Surgery and General Surgery.

She has specialized training and experience in minimally invasive surgical treatment for babies, children and teenagers. Her practice includes all areas of general pediatric surgery, including common pediatric surgical problems as well as neonatal surgery, congenital anomalies, minimally invasive surgery, and complex thoracic surgical problems.

Please send your questions to: askthepediatricsurgeon@elliot-hs.org
Individuals with claustrophobia make many efforts to avoid small spaces and situations that trigger their panic. Those who suffer from the phobia know all too well the ways in which they avoid those personal triggers such as choosing to take the stairs instead of riding the elevator or avoiding public areas where large crowds gather. What happens, however, to this individual’s choice when their doctor informs them for the need of an MRI?

Claustrophobia in MRI is a common occurrence, which is why Elliot has a variety of options among its MRI machines to best meet the needs of our patients. Elliot at Londonderry is home to our 1.5 Tesla Siemens Espree, a 70cm Open Bore design with an Ultrashort system length of 125cm. This magnet has the ability to scan most exams feet first which depending upon your height means the potential for completing an exam without your head ever going inside the machine. The Elliot at River’s Edge is home to our Siemens Verio, a 3 Tesla high field strength magnet which also has a 70cm Open Bore along with TIM Technology (Total Imaging Matrix) making it possible to scan from head to toe without moving a muscle.

The feeling of claustrophobia is frequent and problematic for many who have entered our facilities yet the amount of patients who leave without a scan is few and far between. With highly skilled and experienced staff we take claustrophobia seriously and will work with anyone who wishes to complete the exam. Going into the scanner feet first when possible is one solution frequently used and is found to be helpful for many patients. When feet first is not an option, we have solutions for that too. All of the Elliot MRI machines offer prism technology allowing mirrors to help guide your vision beyond that of the inside of the machine. Sometimes our patients decide to view the technologists who are checking in on them frequently by way of intercom system, or looking outside through the large picture window depending on which MRI facility is chosen. When either of those options does not work, some patients enjoy wearing an eye mask or light towel over their eyes from start to finish, or simply keeping their eyes closed. Occasionally, patients require medication which can be provided from the doctor ordering the exam. This works well for many who choose this method and simply requires early arrival to the appointment and a designated driver. Every patient at each of our facilities is in control of whether or not the exam is completed and is given a squeeze ball to alert the technologists when he or she wishes to come out of the MRI. Sometimes having a loved one hold your hand, or remain by your side proves to be the best option for success. This is also welcomed as long as he or she passes the necessary safety screening.

If you are someone who suffers from claustrophobia and needs an MRI to aid in a diagnosis, give Elliot MRI an opportunity to provide you a solution.

One patient stated: “I am claustrophobic and have an extreme fear of MRI’s, so when my neurosurgeon told me he needed a more recent one, my anxiety began at that moment. I have had MRI’s done at three other open MRI locations in NH and MA and decided to explore other options. I contacted your facility in Londonderry to inquire. I was so impressed by Ann’s kindness and understanding during a visit to see the machine that when I left, I called my Dr.’s office and scheduled the MRI for me. When I arrived the following day I was not as nervous as I had been for previous MRI’s. Anne and Val proceed to get me through that familiar and dreaded lumbar spine MRI with minimal discomfort and fear. These women helped me overcome a severe phobia by treating me so kindly and professionally. After this experience I will never even contemplate going anywhere else for any imaging!”

We have had many success stories such as this and we welcome individuals to check out what we do and who we are at elliothospital.org, or 603-663-8481 for additional questions regarding services we offer or concerns you may have.
For those students who need both CPR/AED and First Aid certification (see class descriptions above). This course includes 2 nights of training. Certification and AHA textbook received. Once payment is received, reading material will be sent to you, prior to class.

Basic Life Support (for Healthcare Professionals) $60
RE: Mon, Oct 8; Dec 3; Feb 4; Apr 15, 5:30-9:30PM. Register by calling 663-4567 or email classregistration@elliot-hs.org.
This is a video-based, instructor-led course. The goal of the Basic Life Support (BLS) Course is to train participants to save lives of the victims in cardiac arrest through high-quality CPR. The AHA designed the BLS Course to teach healthcare professionals how to perform high-quality CPR individually or as part of a team. BLS skills are applicable to any healthcare setting. BLS students will learn rescue techniques for adults, children, and infants. Certification and AHA textbook received. Once payment is received, reading material will be sent to you prior to the class. Certification will be received after successful completion of written and practical exam.

Onsite Courses
Please contact FitnessServices@Elliot-HS.org or call 663-4200 for more information.

Is your school, company or practice looking to hold a CPR or First Aid course? We offer onsite courses that provide a 2-year certification for Heartsaver CPR, Heartsaver First Aid and Basic Life Support for Healthcare Professionals.

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 mgmt 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.

23 and You: Is Direct to Consumer genetic testing right for you? Free!
RE: Tue, Sep 18, 5:30-7PM. Call 663-4567 to register.
Denise Jeffery, APRN, and Kim Grace, Certified Genetic Counselor will discuss what at-home DNA tests can and cannot tell you about yourself.

Screening Saves Lives! Free!
RE: Tue, Nov 13, 5-7PM. Call 663-4567 to register.
Is Lung Cancer Screening right for you or your loved one? Hear a panel of doctors discuss who could benefit from low-dose CT screening for Lung Cancer, the latest advances in lung cancer treatment and have your personal questions and concerns answered by our panel. Light refreshments will be served.

Dementia Conversations Free!
LO1, EMMC: Thu, Nov 8, 6-7:30PM. Sponsored by the Alzheimer’s Association:
When someone is showing signs of dementia, it’s time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.
COMMUNITY WELLNESS

Skills for Caregivers, Part 1 — We Don’t Talk Like We Used To

LON, EMCC: Wed, Sep 19, 10AM-12PM.
Learn new skills and strategies for communicating more effectively with your loved one with dementia, it will make life better for everyone!

Skills for Caregivers, Part 2 — Why Did You Do That?

LON, EMCC: Wed, Oct 3, 10AM-12PM.
Some of our loved ones with dementia develop a number of challenging behaviors. Often, we can learn to manage these behaviors by making some changes in our approach. Learn some tips and skills for identifying and responding to them more effectively.

Skills for Caregivers, Part 3 — Self Care is NOT Selfish!

LON, EMCC: Wed, Oct 17, 10AM-12PM.
Caregiving is a labor of love, but it’s very hard. Caregivers are at high risk for depression, anxiety, and illness if they don’t take care of themselves. Join us to learn ways to care for yourself even when there’s no time to do it.

BARIATRIC SURGERY

Dartmouth-Hitchcock Manchester, 100 Hitchcock Way, Manchester: All classes meet in Conf Rm A, 2nd floor. Pre-registration required for all meetings, call 695-2628.
This program offers monthly intro/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 info meetings. You are required to attend a minimum of 3 monthly info 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 Groups: 1st Tue monthly, 5-6PM, no registration is required.

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.elliothospital.org, call program registration at 603-663-4567 or email ClassRegistration@elliott.org for up-to-date offerings.

Gentle Yoga for Beginners

RE: Wed, Sep 26-Nov 14; Nov 28-Dec 19; Jan 9-Feb 27; 6:30-7:30PM.
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 thru stretching, strengthening and relaxing. This class uses breath and movement to feel the release of physical and mental tension and to increase body and mind awareness. Suitable for beginners. Instructor: Cheryl, 200YTT Yoga Alliance certification.

Gentle Yoga II

RE: Mon, Sep 24-Nov 12; Nov 26-Dec 17; Jan 7-Feb 25; 6:30-7:30PM.
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

RE: Mon/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

RE: Fri, Sep 28-Nov 16; Nov 30-Dec 21; Jan 11-Mar 1; 12:30-1:30PM.
LON: Tue, Sep 25-Nov 13; Nov 27-Dec 18; Jan 8-Feb 26; 4:30-5:30PM and 5:30-6:30PM.
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., 200CYT Yoga Life Institute Certification.

Chair Yoga II

RE: Fri, Sep 28-Nov 16; Nov 30-Dec 21; Jan 11-Mar 1; 1:30-2:30PM.
Would you like to improve balance through a deeper Chair Yoga practice? We will flow through traditional Yoga poses, such as warrior, triangle, tree, downward dog and other balance poses, using the chair for optional support, bringing strength, flexibility and centering to your body and mind.

Tai Chi

RE: Tue, Sep 25-Nov 13; Nov 27-Dec 18; Jan 8-Feb 26; 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

RE: TTh, Sep 25-Nov 15; Nov 27-Dec 20; Jan 8-Feb 28; 10-10:45AM & 11-11:45AM.
A 45-min. 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.

Strength Training for Longevity & Vitality

RE: TTh, Sep 25-Nov 15; Nov 27-Dec 20; Jan 8-Feb 28; 2-2:45PM.
A 45-minute low-impact total body workout geared for the active ager will incorporate effective strength training techniques for those 50+. Strength training is key for weight management and living a longer and healthier life. Class will include simple exercise utilizing resistance bands, stability balls, free weights, gliding discs, and your own body weight. Instructor: Cecily.

Full Body Fusion I (Mon)

RE: Mon or Wed, Sep 24-Nov 14; Nov 26-Dec 19; Jan 7-Feb 27; 5:30-6:30PM.
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.

Full Body Fusion II (Wed)

RE: Mon or Wed, Sep 24-Nov 14; Nov 26-Dec 19; Jan 7-Feb 27; 5:30-6:30PM.
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®

RE: Th, Sep 27-Nov 15; Nov 29-Dec 20; Jan 10-Feb 28; 12:45-1:45PM.
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...
COMMUNITY WELLNESS

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 24-Nov 12; Nov 26-Dec 17; Jan 7-Feb 25; 5:15-6:15; 5:15-6:15 PM.
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 4-minute, high-intensity intervals consisting of 4 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 26-Nov 14; Nov 28-Dec 19; Jan 9-Feb 27; 5:15-6:15 PM.
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 4-minute, high-intensity intervals consisting of 4 rounds alternating 20 seconds of work and 10 seconds of rest. Offers maximum benefit with the least amount of time to achieve results! TABATA Bootcamp is 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 R.

Gentle Yoga $80
EH: Th, Sep 27-Nov 15; Nov 29-Dec 20; Jan 10-Feb 28; 5:30-6:30 PM.
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 G.

Sunday Morning Yoga Over Easy $80
RE: Su, Sep 23-Nov 11; Nov 25-Dec 16; Jan 6-Feb 24; 10-11 AM.
Start the week centered. Discover your breath and enjoy a relaxing flow with this Yoga class. Please bring a blanket or beach towel. Instructor: Jenny.

Get Fit With Us! $35 monthly
RE, Welliot: M-F, 6:30AM-4PM. Call 663-4200 or email FitnessServices@Elliot-HS.org 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

Diabetes Self-Management Education Group Classes $80
EH, Pavilion: Flexible options available to pick from, morning or evening sessions. Doctor’s referral is required for enrollment. Call 663-3130 for more info.

Nutrition Classes for Elliot Physician Network Patients Free
EH, Pavilion: MUST register by calling 663-4524.
• Healthy Feeding for Toddlers: Sep 20, 10-11 AM or Oct 29, 5-6 PM. For parents of toddlers.
• Healthy Eating: Aug 27, 5-6PM or Oct 8, 5-6PM. For any adult trying to lose weight.
• Probiotics and Prebiotics: Aug 16, 12:30-1:30PM or Oct 23, 4-5PM. For adults who want to learn about probiotics.

SCREENINGS and CLINICS

Breast & Cervical Cancer Screenings Free!
FREE breast and cervical cancer screening tests to eligible women. Call 668-3067.

Lung Cancer Screening Insurance billed
Call 603-663-1833 or speak with your physician.
For people who are age 55-77 and a current smoker or who quit smoking in the last 15 years and smoked pack years 30+ and showing no symptoms.

SUPPORT GROUPS

NICU Parent Support Group Free!
EH, NICU Family Room, 5th Floor: Thurs, noon. Call 663-4391.

SHARE Support Group Free!
EH: 3rd Wed monthly, 7-8:30 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, from Sep 11 to Jun 25 (no class on Dec 25), 5-6:30 PM. 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, 10-11:30 AM. 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.

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

Thriving Through Treatment Free!
RE: Call for dates and times.

Register by calling 603-663-4567, or email classregistration@elliot-hs.org
COMMUNITY WELLNESS

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

**Look Good, Feel Better Free**
**EH, Conference Room: Tue, Sep 25, 5-7PM. In conjunction with the American Cancer Society.**
Cosmetology help is provided to women receiving cancer treatment.

**Cancer Fighters in Your Food Free**
**RE: Th, Oct 4, 5:30-7PM.**
A Registered Dietitian led discussion about reducing risk of cancer and recurrence through what we eat. Try samples of fall harvest cancer fighting foods and hear tips on how to incorporate these foods into your holiday meals and everyday life.

**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.

**Zumba Gold $80**
**SHC: M/W, Sep 24-Nov 14; Nov 26-Dec 19; Jan 7-Feb 27; 9:45AM & 10:10AM.**
This dance-fitness class 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. Instructor: Gorica.

**Zumba Gold Toning $40**
**SHC: Fri, Sep 28-Nov 16; Nov 30-Dec 21; Jan 11-Mar 1; 9:45AM.**
It’s the dance-fitness party that moves at your pace. Shake and sculpt your way to a healthy body for an optimum active, healthy lifestyle. Whether you’re active or just starting your fitness journey – the Zumba Gold Toning Program combines the enticing international rhythms of a slower-paced Zumba Gold Dance-fitness class with the sculpting moves of a Zumba Toning class. An easy-to-follow, health boosting dance-fitness program anyone can enjoy! Must buy Zumba Toning sticks, available from instructor. Instructor: Gorica.

**Chair Aerobics $68**
**SHC: M/W, Sep 24-Nov 14; Nov 26-Dec 19; Jan 7-Feb 27; 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.

**Strength, Stretch and Balance $70**
**SHC: T/Th, Sep 25-Nov 15; Nov 27-Dec 20; Jan 8-Feb 8; 9:45AM.**
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: Lisa.

**Seniors in Motion $68**
**SHC: T/Th, Sep 25-Nov 15; Nov 27-Dec 20; Jan 8-Feb 8; 12 noon-12:45PM.**
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 $52**
**SHC: Tue, Sep 25-Nov 13; Nov 27-Dec 18; Jan 8-Feb 26; 1:45-2:45PM & 2:45-3:45PM.**
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.

**Tai Chi (Beginners) $48**
**SHC: Th, Sep 27-Nov 15; Nov 29-Dec 20; Jan 10-Feb 8; 10:10-11:15AM.**
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; 6:30AM-4PM.**
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; 4-5:30PM. 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.

**CHILD BIRTH and FAMILY EDUCATION**
For Childbirth Education class descriptions log onto elliouthospital.org. For dates, times, and registration for all childbirth classes, call 663-4567 and choose option 3. Or email classregistration@elliot-hs.org

**Warm Welcome: A Maternity Tour Free**
**EH, Meet in the main lobby: Wed, 5:30PM; offered 2 Saturdays monthly; registration required.**
Come join us for a tour welcoming you to the Maternity Center of Elliot Hospital. These tours are guided by Registered Nurses (RNs) 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 New Hampshire. Start with us!

**Learn to Labor: 1 day Intensive $95 per couple**
For availability call 603-663-4567, or email classregistration@elliot-hs.org. Any class taken with Learn to Labor class receives 10% off the additional class.
Labor is a natural body process. We are here to help you prepare! This class is taught by RNs 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 they will cover include preparing for labor, the labor process, coping with labor, comfort and medication options and birthing your baby. For your support person, we will teach how best they can support you! Our goal is to empower and educate you. You will leave the class saying, “We’ve got this!” This class also includes a tour of the Maternity Center.

**Learn to Labor: 2 day $95 per couple**
Because most people learn best in short blocks of...
time, we are starting this new class format! Join us for two 4-hour classes! We will be giving a door prize at the end of the second class! Labor is a natural body process. We are here to help you prepare! This class is taught by RNs 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 they will cover include preparing for labor, the labor process, coping with labor, comfort and medication options and birthing your baby. For your support person, we will teach how best they can support you! You will have time in between the sessions to practice what you have learned and come to the second session with your questions! Our goal is to empower and educate you. You will leave the class saying, “We’ve got this!” This class also includes a tour of the Maternity Center.

Caring for & Breastfeeding
Your New Baby
**$50 per couple**

**EH: 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 RN 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.

Infant and Child CPR and Safety
**$30 pp or $50 per couple**

**RE: On-going.**

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: 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**
  **$185**
  Includes:
  • Learn to Labor
  • Learning to Care for and Feed your Baby
  • Infant Safety and CPR
  • Big Brother/Big Sister Sibling Class

- **Gold Package**
  **$165**
  Includes:
  • Learn to Labor
  • Learning to Care for and Feed your Baby
  • Infant Safety and CPR

Register by calling 603-663-4567, or email classregistration@elliot-hs.org

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**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.

**Annual VNA Hospice Spring Memorial Service:**

Sunday, May 6, 2018 at 2 PM, Brookside Congregational Church Fellowship Hall. The VNA Hospice Team cordially invites you to join us for a Celebration of Remembrance. Our service includes reading the names of those to be remembered. The names will also be printed in our program. If you would like a loved one to be remembered at this service, please call or email Chuck Johnson to provide the name for the reading. If you are able to attend, you are encouraged to RSVP (requested not required) by May 1, 2018.

**Hospice Services.**

For 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.

**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 monthly, the 4th Fri, 9-11 AM, at Brookside Congregational Church, 2013 Elm Street.

- **Women’s Drop-In Support Group.**
  The Women’s Group meets 1st and 3rd Fri monthly, 9:30-11 AM, at Elliot at River’s Edge, 185 Queen City Ave. Please contact our bereavement support team at 663-4005 for more information.
Our **DOCTORS** are in!
**OUR DOCTORS ARE ACCEPTING NEW PATIENTS.**

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**Kevin Cozzi, MD**
Elliot Family Medicine at Hooksett
20 Chambers Drive | Suite 1200
Hooksett
603-624-8652

**Deborah Amirtham, MD**
Elliot Family Medicine at Bedford
25 Leavy Drive
Bedford
603-626-4392

**Michelle Mandel, MD**
Elliot Pediatrics at Windham
5 Industrial Drive | Unit B
Windham
603-685-0150

**Curtis Quinn, MD**
Elliot General Surgical Specialists
Elliot at River’s Edge | 185 Queen City Ave
Manchester
603-627-1102

**Jared Dunahay, DO**
Elliot Pediatric Health Associates at Manchester
275 Mammoth Road | Suite 1
Manchester
603-663-8350

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

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

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**ELLIOIT 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.

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**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.

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