Your Wellness Matters

AN EXCEPTIONAL BIOPSY EXPERIENCE

First-of-its-kind Prone 3D™ Stereotactic Biopsy

ONLY available in NH at the Elliot Breast Health Center

Radiation Technology Advances
Page 2

Prepectoral Breast Reconstruction
Page 3

Healthy Grilling
Page 10

Elliot Health System

Spring/Summer 2018

Treat yourself to a healthier mind & body, see classes on pages 11 to 15
As part of our ongoing efforts to best serve the community, we are proud to be the only hospital in Manchester to offer Stryker’s Mako Robotic-Arm Assisted Total Joint Replacement surgery, which transforms the way joint replacements are performed and reduces healing and recovery time. Your desire to get back to your active life is possible, and the care is local. Take it from Tony:

**Q** Where do you live Tony?
I live in San Francisco, California.

**Q** Why would somebody fly from San Francisco to Manchester, NH in the middle of winter to get their knee replaced?
The answer is simple. Trust. Before moving to the Bay Area 6 years ago, I lived in Concord for nearly 13 years.

**Q** So why then?
OK... I’ll tell ‘ya the story. When my hip really gave way a couple of years ago, my doctor gave me a couple of business cards for Ortho guys in the Bay Area. What was I going to do? Call them and ask them whether they were any good? So, I reached out to old friends with community connections and some of them had very positive experiences with Elliot Orthopaedics and Dr. Lawless in particular. You take a reference like that. Cross country? No problem. Peace of mind. Trust.

**Q** So what do you expect moving forward?
I first hurt my knee nearly 40 years ago. I still played Hockey for another 25 years, even played a couple of games against Gordie Howe. I don’t regret wearing all the tread off of the tires. I’m not sure my bad joints have slowed me down as much as they’ve hobbled me. Maybe I won’t play hockey again, but I’d like to skate. I’d like to walk 18 holes of golf without having a 3 day recovery period. Everybody has the right to be their best without having to slouch and accept what time and punishment have put upon them.

**Q** But still, why here?
Here’s the real point. I still work in High Tech writing software and have to learn new things every day, or I’m gone. The real reason I’m here at Elliot Orthopaedics and with Dr. Lawless is because he knows that learning new things, Mako in particular, is the key to delivering possibilities to people no matter how great or modest their goals. That’s what it’s all about and that’s why I had my surgery with Dr. Lawless using the Mako Robotic technology.

**Q** You had surgery in January and it’s been less than a month, how are you doing?
I was walking up and down the halls of Elliot Hospital hours after my surgery. My limp is gone and I feel amazing. I know I will skate once again and get back to walking 18 holes of golf.

**Q** Would you recommend total knee surgery to people considering it?
Absolutely! Why suffer? This was worth the trip across the country and I’m living proof that recovery is smooth and incredibly fast. I have the good folks at Elliot Orthopaedics to thank for that!
In a promising development for cancer patients, the Elliot Regional Cancer Center now offers the new TrueBeam accelerator for cancer care. The technology is extremely versatile enabling us to treat a whole range of cancers, including breast, lung, and prostate cancers, as well tumors in difficult to reach locations in the brain or near the spinal cord.

The TrueBeam system improves our ability to localize the tumor as well as treat the tumor which much greater speed and accuracy. The TrueBeam will complement the full range of treatment capabilities currently available in our Manchester and Londonderry centers, and allows us to offer more personalized treatments for our patients.

The TrueBeam also allows us to image tumors in real time, which is particularly important when we know that the tumor is moving during the course of treatment, for instance when treating lung cancers. The imaging capabilities built into the treatment machine ensures that the treatment is being delivered accurately and in some instances, allows physicians to assess the response to the radiation treatment over time.

Faster Treatments
One of the unique features of the TrueBeam is the ability to deliver radiation treatment in a seamless, continuous rotation around the patient, referred to as a RapidArc™. For some cancers like prostate cancers, the treatment is delivered in just several minutes. Ultimately, this reduces the amount of time the patient spends in the department each day.

Enhanced Treatments
During the past year, the Elliot Health System has introduced a lung cancer screening program to detect, diagnose and treat lung cancers at an earlier stage, when lung cancer is most treatable. Many of our lung cancer patients will benefit from the TrueBeam technology by enabling physicians to treat lung cancers with highly targeted radiation, with less impact on the surrounding normal tissues.

Faster Imaging at Lower Doses
Imaging is at the heart of modern radiation oncology. Imaging prior to treatment each day ensures that the treatment is being delivered exactly as planned. Improved imaging allows oncologists to more accurately target tumors and deliver higher, more effective doses of radiation. The TrueBeam not only provides better image quality, but the images are produced quickly and with much less radiation dose.

We are able to identify and localize the tumor just seconds before treatment, which means patients receive precise treatment in much less time.

Summary
The TrueBeam greatly expands our treatment capabilities at the Elliot Regional Cancer Center. This is a tremendous advancement and we are thrilled to be able to offer this technology to our patients.
Breast cancer is one of the most common serious health conditions in women, one in eight women will be diagnosed in their lifetime. Fortunately, advances in medical and surgical technologies allow surgeons and oncologists to make continual progress in breast cancer treatments. These treatments lead to more cures, longer survival, and fewer severe side effects of treatment. With better treatments of the cancer, more women choose breast reconstruction. Plastic surgeons innovate along with our cancer-specialist colleagues in trying to ease the mental and physical anguish of breast cancer treatment. Plastic surgeons strive to help women achieve a sense of wholeness after breast cancer treatment by rebuilding the feminine chest shape. A female breast can be reconstructed using implants or the patient’s own tissues but more than 80% of women choose implants because of their relative simplicity and shorter surgical times. One of the most exciting recent advances in breast reconstruction technique is called prepectoral breast reconstruction. This technique has been shown to cause less pain, take less time in the operating room, and still provide a natural female shape.

Traditional breast reconstruction with implants under the pectoral muscle is still a good technique but has some elements that challenge surgeons and patients. The first is that the pectoral or ‘pec’ muscle is partially lifted off the chest and the implant which creates the shape of the new breast is placed underneath it. This causes some problems like a very unnatural movement of the breast when this muscle is activated. This unnatural movement wrinkles the skin and pushes the implant down and outward and is called animation deformity. Women also find the muscle goes into spasm for weeks after the surgery which is painful and requires more medications to control. Additionally, some women find that their arm movements never seem fully natural afterwards.

Prepectoral breast reconstruction with implants places the breast implant on top of the muscle. The pectoral muscle doesn’t have to be lifted which shortens the operation and greatly lessens pain. When the implant is on top instead of under the muscle, there is no animation deformity and this makes exercising and wearing form-fitting clothes much easier. There is some increased cost with this type of surgery because the breast implant must be wrapped in a special mesh to hold it in the proper place on the chest. Interestingly, some of this cost is offset by shorter operating times. Some women who previously underwent breast reconstruction with implants under the muscle have taken notice of this new procedure and are asking to have their implants moved to a prepectoral location. This technique is evolving and gaining popularity. It’s a complex and tedious procedure but it is doable in many women who seek it. Those who choose to have their implants moved from under the muscle to the prepectoral location benefit from less animation deformity and less discomfort. I anticipate this procedure becoming more popular in the years to come.

As with every technological advance, there will be adjustments and modifications as we learn and gain more experience. Here at Elliot Plastic and Reconstructive Surgery we offer prepectoral breast reconstruction with implants and procedures to change implants from under the muscle to the prepectoral location. We continually strive to stay expert with the latest innovations that can benefit our patients.

Dr. Burdette is a graduate of Dartmouth Medical School where he completed his residency in plastic surgery. Prior to joining the Elliot Health System, Dr. Burdette worked at Concord Hospital from 2010 to 2017. Dr. Burdette’s main clinical pursuits are breast reconstruction and skin cancer reconstruction. He also treats patients with burns, soft tissue tumors, congenital deformities, and injuries to the face and body. Frequently, he collaborates on complex reconstructive cases with surgeons in other specialties. His surgical interests include cosmetic surgery to rejuvenate the eyelids, face, breasts and body.
The Elliot Breast Health Center is the first and only center in New Hampshire to offer 3D™-guided breast biopsy, an advanced, minimally invasive technique utilizing the Hologic® Affirm™ Prone Breast Biopsy System together with the Hologic® Brevera Breast Biopsy technology. The Affirm Prone Biopsy System is the world’s first and only dedicated prone biopsy system to offer both 2D and 3D™ imaging-guided breast biopsies.

“The technology that we are now using is a game changer for the community and we are told we are the only center in all of New England using both the Hologic Affirm and the Hologic Brevera biopsy technology,” explained Dr. Marina Feldman, Elliot Breast Radiologist. “The ability to biopsy small areas of interest that may not be visible using other imaging techniques provides a significant advantage to our physicians and their patients. Integrating this ability into a system that allows these procedures to be performed with patients in the prone position represents a transformative innovation in breast biopsy.” Feldman added.

The availability of 3D™ imaging for biopsy guidance facilitates the localization and accurate targeting of lesions, including those that can be challenging to detect with conventional imaging techniques. In addition, this new biopsy technology from Hologic has several key advantages over standard X-ray biopsy procedures, including faster targeting and fewer X-ray exposures, resulting in shorter patient procedure time and reduced patient dose.

Dr. Feldman further explained, “The use of the Brevera is also extremely advantageous to us as it provides real-time imaging of the specimen and has a unique automated post-biopsy specimen handling system that allows the pathologists to receive tissue that has never been touched from the moment we take the biopsy. Our patients are comfortable for the procedure and confident that the tissue we extract is reaching pathology through the most sophisticated technology and yielding fast and accurate results,” Dr. Feldman concluded.

“This investment in breast cancer detection technology makes us all extremely proud and we know it is in the best interest of the community,” said Doug Dean, CEO. “We are extremely fortunate to have a team of dedicated breast radiologists and breast surgeons at the Elliot Breast Health Center who are committed to delivering the most advanced care possible to our patients.”

Dr. Feldman joined the Elliot Breast Health Center in July 2011. She is a graduate of Brandeis University, where she earned dual Bachelor of Arts degrees in Economics and Biology. She earned her MD and MBA in Healthcare Management at Tufts University School of Medicine. Dr. Feldman completed her internship at Caritas Carney Hospital in Boston, her residency at Maimonides Medical Center in Brooklyn, and her fellowship in breast imaging at Northwestern Memorial Hospital in Chicago.

Dr. Feldman is a member of the American College of Radiology committee on Breast Imaging Reporting and Data System – Ultrasound (ACR BI-RADS-US). In addition, she is a contributing author to BI-RADS-US, Second Edition. Dr. Feldman was appointed to the Breast Imaging Section of the ACR Economics and Health Policy Committee.
On October 30, 2017, Elliot Health System and Southern New Hampshire Health hosted a press conference to announce the name of the proposed combination, SOLUTIONHEALTH. The organizations see SOLUTIONHEALTH as an opportunity for Southern New Hampshire Health and Elliot Health System to preserve their respective charitable missions, while organizing a new not-for profit entity that can combine us strategically to provide greater support for our patients and the communities we serve in southern New Hampshire.

**Congrats & Welcome**

**Beverly (Bev) Primeau** has been promoted to the position of Vice President, Surgical and Procedural Services.

**Martha Leighton, MS, RN** was promoted to the position of Senior Vice President and Chief Nursing Officer.

**Rachel Chaddock, RN, BSN, MSHSA** joined us as Vice President, Visiting Nurse Association of Manchester & Southern New Hampshire.

**Steve Norton** has joined us in the position of Senior Vice President of Strategic Planning and Government Relations.

**Elliot at Bedford**

25 Leavy Drive | Bedford, NH

*Opening Spring 2018*

**First Floor:**
- Primary Care
- Elliot Family Medicine at Bedford
- Elliot Pediatrics at Bedford

**Ground Floor:**
- Urgent Care
- Lab Draw Stations
- Radiology Services
- Elliot Retail Pharmacy
Her loyalty, dedication, passion & commitment of time have rightfully earned her this year’s William S. Green Award.

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

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

So too has been the impact of Dianne Mercier whose peers consider her a strong and unique leader, a committee community advocate, and a friend. Dianne has shown unparalleled dedication to Elliot, its patients, and the greater Manchester community. She has played a pivotal role in the lives of many people through her leadership on the Elliot Board of Directors, and her involvement in many nonprofits throughout the community. She always offers fresh, innovative and well-reasoned thoughts about how to improve local services for the people of the city and our state. She has been instrumental in assuring citizens better access to healthcare through her direct involvement in Elliot’s proposed combination with Southern New Hampshire Health. She sees the value of partnering and expanding critical services at a time when the state is facing unprecedented mental health and drug crisis challenges. Dianne will undoubtedly continue to play a vital role in shaping the future success of our organization.

Everyone at Elliot Health System is proud to congratulate Dianne Mercier!

Elliot Hospital Named BEST HOSPITAL Six Consecutive Years!

New Hampshire Business recently announced the results of their 10th annual BOB Awards, which honor the Best of Business in New Hampshire for 2018. We are honored to announce Elliot Health System won Best Hospital.

The mission of the BOB Awards is to find the Granite State’s most stand-out businesses: the ones that offer the best customer service, that pay attention to details, that are willing to go above and beyond to ensure an exceptional customer experience. In other words, BOB-winning businesses offer nothing less than outstanding products and services. Being named a BOB winner business really says something about the high caliber of the winners. This is our sixth BOB Award for Elliot Hospital – something for which you should we are very proud!
Davison Award for Philanthropy Presented
The Robert and Lucille Davison Award for Philanthropy was awarded to Grace and Kenneth Solinsky of Bedford at the Elliot Annual Meeting. Kenneth and Grace have been generous to the Elliot for more than 20 years. As the founders of Insight Technologies, they value Elliot Hospital because of its support for the health of their workforce. Grace recently stated, “the quality, innovative, and compassionate care provided by Elliot Health System is critical to our local community.”

The Solinskys have supported the Elliot Regional Cancer Center expansion, our Pediatric program, NICU, and dozens of capital improvement projects. We offer our sincere thanks and congratulations to Kenneth and Grace Solinsky.

Be Recognized at the Elliot at Bedford Medical Center
As part of the opening of the new Elliot at Bedford Medical Center, the Mary & John Elliot Charitable Foundation is working on a new donor wall recognizing all corporate and individual donors contributing $1,000 or more annually. The wall will be located prominently in our soon to open, state-of-the-art facility in Bedford and will be updated annually.

Matching Challenge Underway – Double Your Impact in 2018
Announcing our Bundle Sponsorship Program! This program gives you and your company the opportunity to make one yearly gift that will support all of our signature events for 2018. With this program you will receive a variety of marketing opportunities at our Golf Classic, our Annual Gala and our new Vineyard Garden Party and support the programs and services of Elliot Health System.

New in 2018 – you can DOUBLE your impact! Elliot has received a $1 Million Matching Challenge from an anonymous local organization to help us launch the “Quiet Phase” of the Campaign for the new Elliot Regional Cancer Center. Any bundle or event sponsorship of $5,000 or more will be matched by this organization. Individual gifts and multi-year pledges at certain levels will also be eligible for the matching funds. More information is available at http://www.elliothospital.org/matchingchallenge.

Elliot Gala – Save the Date for “Under the Sea”
The 17th Annual Elliot Health System Gala will support the expansion and growth of the Elliot Regional Cancer Center. The “Under the Sea” inspired, black tie optional celebration will take place on Friday, September 28, 2018 at the Radisson Hotel Downtown Manchester. You won’t want to miss this fun and festive event. Please consider becoming a sponsor of the event to reserve your seats/table early as this event is wildly popular and always sells out. Sponsorships begin at $2,500. For sponsorship information, or to find out how you can contribute to the silent and live auction, please visit www.elliothospital.org/gala or call the Foundation Office at 603-663-8934.
Pearl Manor Fund Grants Top $2.3 Million to Benefit Local Seniors

The Pearl Manor Fund Advisory Committee awarded over $450,000 to ten local nonprofits for 2017-2018, bringing the Pearl Manor Fund total distribution since 2005 to nearly $2.3 million in grant awards to benefit thousands of local seniors. The 2017 grant recipients are: Child & Family Services; Easter Seals NH; Elliot Regional Cancer Center; Future In Sight; Granite United Way; Granite YMCA; Manchester Community Health Center; Mental Health Center of Greater Manchester; New Hampshire Legal Assistance and St. Joseph’s Community Services. The 2017 grants will directly benefit over 17,000 local seniors in the years ahead.

The Pearl Manor Fund was established in 2005, when Women’s Aid Home (Pearl Manor) assets were transferred to the Mary & John Elliot Charitable Foundation to create the Pearl Manor Fund. The earnings from the fund are distributed by community volunteers and leaders, led by Richard Rawlings, Pearl Manor Fund Advisory Committee Chair, through grants to not-for-profit agencies for new and expanded projects and programs to provide assistance, comfort, care and treatment for the elderly population of Manchester and surrounding communities. Grants are made for, but not limited to, health care needs, safe housing needs, nutritional needs, independent living assistance and transportation assistance. For more information on the Pearl Manor Fund, visit www.elliothospital.org/pearlmanorfund. Applications for 2018-2019 grants are due by September 7, 2018.

Annual Giving – Striving for an Elliot Health System Record

Thanks to our generous community members, physicians and employees of Elliot Health System, we are off to a very successful start to our Foundation fundraising year, raising more than $635,000 in annual gifts alone this campaign year, which ends on June 30th. This figure represents the annual iGive campaign (Elliot employee and physician gifts = $90,435 and community member gifts = $153,000 thus far), as well as the September 2017 gala proceeds.

We are making great progress, but need additional help to reach our stretch goal of an unprecedented $975,000. Your gift at any level, will make a tremendous difference for the patients we care for each day. For those who have not yet contributed, there is still time until June 30, 2017 to help us reach our goal. Simply visit www.elliothospital.org/donate to make your gift today.

Our greatest need is the planned improvements and expansion of our Regional Cancer Center, which will dramatically change the cancer journey for patients across Southern New Hampshire. Each and every gift designated to this great cause will help us provide the very best healthcare to our neighbors and community members and will help us as we plan for an expanded and improved cancer center for the region.

Hoertdoerfer Dentistry hosts 7th Annual Big Z Challenge

On January 9th, Dr. Bryan Hoertdoerfer and Hoertdoerfer Dentistry hosted the 7th Annual Big Z Challenge, with Boston Bruins Captain, Zdeno Chara. This fun annual event features local children playing an air hockey tournament against Zdeno and other fun games. The proceeds from this year’s event will support the expansion of programs and services of the Elliot Regional Cancer Program, making a tremendous impact for those facing cancer across Southern New Hampshire. Over the last seven years, Dr. Hoertdoerfer and the Big Z Challenge have raised more than $100,000 to support various programs at Elliot Health System.
Healthy & Safe Grilling

by Marilyn Mills, MS, RD, LD, CDE, Clinical Dietitian Advanced Nutrition Therapy and Supermarket Dietitian

It’s summer and time to cook outside. Before you fire up the grill did you realize that grilling food can pose a cancer risk? Grilling can be a fun retreat from the kitchen and by following a few simple steps you can minimize these risks.

What happens when meat is grilled? High-heat grilling changes proteins in beef, pork, poultry and fish into heterocyclic amines (HCAs). This are chemicals that have been linked to a number of cancers including breast, colon, stomach and prostate.

We all have seen the smoke produced when the fat and juices from grilling meat drip down onto the heating surface. This smoke contains potential cancer causing chemicals called polycyclic aromatic (PAHs). As the smoke rises up past the food, the carcinogens then land on the surface of the grilling meat.

What can be done to make grilling safer? Reducing the amounts of the harmful chemicals HCAs and PAHs when grilling will help to reduce the risk. Take our quiz:

1. T or F: It doesn’t matter what cut of meat I choose to grill.
   - FALSE. Choosing leaner cuts such as beef or pork tenderloin or sirloin and skinless chicken, will cut down on both drippings and smoke compared to ribeye or 85% lean hamburger.
2. T or F: Pre-cooking meat and chicken in the microwave or parboiling is a good idea before placing on the grill.
   - TRUE. Pre-cooking will mean less smoke flare-ups and limited exposure to cancer-causing agents.
3. T or F: Choosing smaller cuts of meat or chicken such as kebabs can also be healthful.
   - TRUE. Smaller cuts of meat take less time to cook, reducing time on the grill.
4. T or F: Marinating is a great way to add flavor and tenderize meat, and offers a protective effect against the carcinogens that can be formed when grilling.
   - MAYBE. When using marinade, thinner marinade is better and should contain lemon or vinegar. A thick and sweetened marinade containing honey and sugar is likely to “char” and possibly increase the carcinogens and be more harmful.

Remember do not use the liquid meat is marinating in to baste during grilling. This transfers raw meat juices to cooked meat, possibly contaminating it.

Skip Meat Altogether! Try grilling marinated tofu or veggie burgers. Or grill vegetables and fruit. Grilling these foods is a delicious and simple way to add healthier choices to a barbecue, as well as increasing daily fruit and vegetable servings. Some suggestions are sliced: onion, bell pepper, zucchini, eggplant, mushrooms, pineapple, and chopped mango, watermelon and peaches.

Put risk in perspective. Grilling foods, especially if you follow recommended tips, can be safe in done in moderation. I also recommend that a diet in rich plant-based foods has a protective effect. Aim for at least 50% of your plate to be veggies and fruit and enjoy grilled foods 3 times weekly.

Resources: Dana-Farber Cancer Institute; Recipes adapted from Martha Stewart; National Livestock and Meat Board

Marinates to Grill By:

Marinades to Grill By:

Balsamic-Rosemary Marinade 10 mins prep – great for beef, lamb or chicken, makes ¾ cup. Combine ½ cup balsamic vinegar; ¼ cup olive oil; 1 Tbsp chopped fresh rosemary; ¼ tsp sea salt; and 2 tsp pepper.

Lemon-Oregano Marinade 5 mins prep – great for chicken or fish, makes ¾ cup. Combine ½ cup olive oil; ¼ cup lemon juice; 3 Tbsp chopped fresh oregano; 1 tsp salt and ½ tsp pepper.

Red Wine Marinade 5 mins prep – makes ½ cup. Combine ¼ cup prepared salsa (mild-hot); 2 Tbsp chopped cilantro; 2 Tbsp fresh lime juice; ¼ tsp garlic powder; ¼ tsp ground cumin. Stir until blended.

Southwestern Marinade 5 mins prep – makes ½ cup. Combine 1 cup prepared salsa (mild-hot); 2 Tbsp chopped cilantro; 2 Tbsp fresh lime juice; ¼ tsp garlic powder; ¼ tsp ground cumin. Stir until blended.

Sriracha-Pineapple Marinade Great for pork or chicken. Boil 2 cups pineapple juice in pot and reduce down to ½ cup. Let cool and combine with ¼ cup vegetable oil and 2 to 4 Tbsp Sriracha sauce.
American Heart Association CPR & Basic First Aid
The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

Heartsaver® CPR AED
**RE:** Wed, Mar 14, May 9, Jul 18, Sep 12, 5:30-9:30 PM. Register by calling 663-4567 or email classregistration@elliot-hs.org

This is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the AHA’s research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students’ learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. Certification and AHA textbook received. Once payment is received, reading material will be sent to you, prior to class.

Heartsaver® First Aid
**RE:** Wed, Mar 14, May 9, Jul 18, Sep 12, 5:30-8:30 PM. Register by calling 663-4567 or email classregistration@elliot-hs.org.

This is a video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, bites and stings. Certification and AHA textbook received. Once payment is received, reading material will be sent to you, prior to class.

Heartsaver® CPR AED and First Aid
**RE:** Mon/Wed, Mar 14 & 16, May 7 & 9, Jul 16 & 18, Sep 10 & 12, 5:30-9:30 PM. Register by calling 663-4567 or email classregistration@elliot-hs.org.

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. Once payment is received, reading material will be sent to you, prior to class.

Basic Life Support (for Healthcare Professionals)
**RE:** Mon, Apr 9, Jun 4, Aug 13, 5:30-9:30 PM. 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.

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.

Camp Spinnaker – Youth with Asthma
**AYF’s Camp Merrowwista in Center Tuftonboro: Aug 19-24. Contact sheila@zebra-crossings.org to receive the registration link.**

Camp Spinnaker is a one week overnight camp program for youth ages 8-12.

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.

Emotional Eating
**$34 per session**
EBHS: Wed, Mar 28-Jun 13, 10:11-11:30 AM (May 2 & Jun 13 class will meet 9:30-11 AM); or Th, Mar 29-June 14, 6-7:30 PM. 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. Must have a min of 4 people 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.

Alzheimer’s Association Legal and Financial Information
**Free!**
LON, EMMC: Tue, May 15, 5:30-7 PM.
If you or someone you love is affected by Alzheimer’s 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.

Skills for Caregivers, Part 1 – We Don’t Talk Like We Used To
**Free!**
LON, EMMC: Wed, May 2, 10 AM-12 PM.
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?
**Free!**
LON, EMMC: Wed, June 6, 10 AM-12 PM.
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.

**LOCATION OF CLASSES ARE DENOTED IN EACH DESCRIPTION**
Register by calling 603-663-4567, email classregistration@elliot-hs.org or call the specific number provided in class listing.

**EBHS:** Elliot Behavioral Health Services, 445 Cypress Street, #B, Manchester
**EH:** Elliot Hospital, One Elliot Way, Manchester
**EMMC:** Elliot Memory & Mobility Center, 40 Buttrick Road, Londonderry
**EWC:** Elliot Wellness Center, 1070 Holt Avenue, Manchester
**HOOK:** The Elliot at Hooksett, 20 Chambers Drive, Hooksett
**LON:** Elliot Medical Center at Londonderry, 40 Buttrick Road, Londonderry
**RE:** The Elliot at River’s Edge, 185 Queen City Avenue, Manchester
**SHC:** Senior Health Center, 138 Webster Street, Manchester
**Skills for Caregivers, Part 3**

Self Care is NOT Selfish! Free!

**LON, EMMC, Wed, June 20, 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.

**Know the 10 Signs** Free!

**RE: Mon, Jun 11, 5:30-7PM.**

Presented by the Alzheimer’s Association and the Elliot Memory Center, come learn more about the warning signs for Alzheimer’s and how to get help. What goes into an evaluation for Alzheimer’s disease? Light refreshments, and representatives from the Alzheimer’s Association and the Memory Center will answer questions.

**Therapeutic Yoga**

**RE: Wed, 1:30-2:30PM.**

To register, contact YogaCaps at 674-3770 or info@yogacaps.org.

**Chair Yoga**

**RE: Fri, Mar 23-May 11; May 25-Jul 13; Jul 27-Sep 14; 12:30-1:30PM. LON: Tue, Mar 20-May 8; May 22-Jul 10; Jul 24-Sep 11; 4:30-5:30PM.**

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, Mar 23-May 11; May 25-Jul 13; Jul 27-Sep 14; 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. We will end with a quiet seated meditation, bringing clarity and peace to the mind and body. *Please note: In this stronger Chair Yoga class, we will not be seated for the movements.*

Instructor: Jennifer J., 200CYT Yoga Life Institute Certification.

**Pilates**

**RE: Wed, Mar 21-May 9; May 23-Jul 18 (no class Jul 4); Jul 25-Sep 12; 6:30AM-7:30AM.**

Condition both mind and body in this total body toning class. Build long lean muscles, improve posture and reduce stress. It’s the perfect combo! All levels welcome. Instructor: Donna.

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

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**
*EH: Mon, Mar 19-May 7; May 21-Jul 16 (No class May 28); Jul 23-Sep 17 (No class Sep 6); 5:15-6:15PM.*

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 8 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**
*EH: Wed, Mar 21-May 9; May 23-Jul 18 (No class Jul 4); Jul 25-Sep 17; 5:15-6:15PM.*

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 8 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 I (Tues)**
*SHC: TH, Mar 22-May 10; May 24-Jul 12; Jul 26-Sep 13; 5:30-6:30PM.*

**BOOTCAMP FITT II (Th)**
*SHC: TH, Mar 22-May 10; May 24-Jul 12; Jul 26-Sep 13; 5:30-6:30PM.*

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.

**Gentle Yoga**
*EH: Th, Mar 22-May 10; May 24-Jul 12; Jul 26-Sep 13; 5:30-6:30PM.*

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 G.

**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.

**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 603-666-3130 for more information.*

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

**LDCT Lung Cancer Screening**
*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.*

**Nicotine Use**
*Call 663-2881 for more information.*

**Lung Cancer**
*Call 663-2881 for more information.*

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

**Look Good, Feel Better**
*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.*

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

**Cancer Fighters in Your Food**  
**RE: Wed, Apr 25, 5:30-7PM.**  
A Registered Dietitian led discussion about reducing risk of cancer and recurrence through what we eat. Samples of cancer fighting foods will be available to try.

**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, Mar 19-May 9; May 21-Jul 18 (No classes May 28 and Jul 4); 6 week session-Aug 6-Sep 17 (No class Sep 3); 10:10-11:5AM.**

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: Ginger.

**Zumba Gold Toning**  
**$40**  
**SHC: Fri, Mar 23-May 11; May 25-Jul 13; 6 week session-Aug 10-Sep 14; 9:30-10:15AM.**

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: Ginger.

**Chair Aerobics**  
**$68**  
**SHC: M/W, Mar 19-May 9; May 21-Jul 18 (No classes May 28 and Jul 4); Jul 23-Sep 17 (No class Sep 3); 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, Mar 20-May 10; May 22-Jul 12; Jul 24-Sep 13; 9-9:45AM.**

This class will 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, Mar 20-May 10; May 22-Jul 12; Jul 24-Sep 13; 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, Mar 20-May 8; May 22-Jul 10; Jul 24-Sep 11; 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 J.

**Tai Chi (Beginners)**  
**$48**  
**SHC: Th, Mar 22-May 10; May 24-Jul 12; Jul 26-Sep 13; 10-10:45AM.**

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, 4-5PM. 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.**

**COMmUNITY WELLNESS**

**Childbirth and Family Education**

**For Childbirth Education class descriptions log onto elliothospital.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!**

**Learning to Care for and Feed Your New Baby**  
**$48 per couple**  
**For availability call 603-663-4567, or email classregistration@elliot-hs.org**

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, to feed and clothe your baby, and how you and your baby can get the rest you both need. Instructors will talk about the basics and benefits of breastfeeding, and how to get off to a great start. You will receive “tips” and “pearls of wisdom.” Our instructors are experts – RNs and Board Certified Lactation Consultants (IBCLCs) who work in the Maternity Center at Elliot Hospital.

**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 then 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

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 breast-feeding 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

• Infant and Child CPR

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

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 $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

**Community Wellness**

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 2PM, 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.

Visiting Nurse Association of Manchester & Southern New Hampshire

Support Services

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 twice monthly, the 4th Fri, 9-11AM and the 2nd Wed, 6-8PM, at Southside Bible Fellowship Church, 200 So. Jewett Street.

– Women’s Drop-In Support Group.

The Women’s Group meets 1st and 3rd Fri monthly, 9:30-11AM, 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.

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

Keith Lammers, MD
Elliot Family Medicine at Amherst
Meeting Place Plaza | 199 Rte. 101 Amherst
603-249-3000

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.

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.

Follow us on Facebook and Twitter @elliothealthsys.

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.

James Hood, Esq Chair, Board of Trustees
Sussanna Fier Vice President, Public Affairs & Marketing
Anne Marie Hafeman, Marketing Manager

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