Your Wellness Matters

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Elliot Health System
Spring/Summer 2017

Treat yourself to a healthier mind & body, see classes on pages 11 to 15
EYE EXAMS IN CHILDREN
by Melissa M. Wong, MD

Children who fail vision screenings should get referred to pediatric eye specialists from their pediatrician’s office or from school. Knowledge of the role that a pediatric eye care specialist can play in their child’s life is important. Listed below are a few myths and realities about pediatric eye care.

Myth #1: Children who cannot read cannot engage in a meaningful eye exam. Reality: Children of all ages can provide valuable information during an eye exam.

Pediatric eye exams have some similarities to adult exams, but as one would expect, there are some parts of the adult exam that cannot be performed in children, and there are some extra components to a pediatric eye exam that are not routinely performed in adults. Even when children are being “silly” during an exam, they may be giving valuable insight to the examining doctor. Special techniques exist to allow the eye clinic team to work with the parent and the patient to get the most objective information possible to help guide treatment plans for even the youngest of patients.

Additionally, there are ways to measure a person’s refractive error (whether they are near-sighted, far-sighted, and/or have astigmatism) without the patient needing to be able to read a chart or to answer “better one, or better two?” Pediatric eye doctors can use the technique known as cycloplegic retinoscopy to help to determine whether or not glasses are warranted in your child.

Myth #2: Children see an eye doctor for eyeglasses or for pink eye only. Reality: Children’s eyes are as complex as adult eyes and require exams for a whole host of potential diseases.

Refractive error and conjunctivitis are two common problems that affect the pediatric population, however, children’s eyes may show signs of more serious issues at a young age. For example, children can be born with cataracts, glaucoma, or prosis (drooping lid). While these diseases affect adults much more often than children, the visual sequelae can be devastating in many children who are in critical periods of development.

Children with medical conditions such as prematurity, diabetes, Down Syndrome, or a family history of eye disease are at a higher risk of developing issues with their eyes. In addition, children with learning disabilities benefit from a comprehensive eye evaluation to rule out ocular factors that could affect their visual functioning. Some children who have developmental delays and/or behavioral issues may benefit greatly from a comprehensive eye exam.

Myth #3: My child does not complain of eye pain or blurry vision, so his/her eyes are fine. Reality: Children are very good at hiding eye problems.

Your child squints when playing ball outside, but denies problems watching television or doing his homework. Sometimes your child gets redness in one eye that lasts for a week and then goes away, but she never complains of pain or itching. When watching television, you notice your child tilting his head to the left, even when you ask him to sit up straight.

Children adapt to visual problems rather than complain.

Children who have intermittent misalignment of their eyes (strabismus) have bothersome double vision. They may choose to squint one eye or the other so that they see a single image rather than a double image.

The recurrent eye redness could be eye allergies or pink eye, or it could be a sign of underlying internal eye inflammation known as uveitis. Uveitis in adults causes terrible pain, light sensitivity, and blurry vision, but in children it causes relatively few symptoms, and is notorious for silently causing scar tissue and swelling in the eye, which may permanently affect vision.

Head tilts or turns can be your child’s adaptive way of minimizing symptoms of double vision, or nystagmus (eye shaking), or other eye problems.

Certain eye conditions, such as amblyopia, do not always show signs that are obvious to parents, and children may appear to have normal visual functioning until formally tested. Amblyopia is a developmental abnormality with decreased vision in a normal eye, or vision that is worse than expected in an eye with a structural abnormality. If amblyopia is not found and treated, then damage to the visual system occurring in early life can cause permanent visual loss and can affect how a child performs in school or interacts with peers, it may affect sports/activities, and it may affect future employment choices. Parents, vision screeners, and the pediatric eye care specialist need to be vigilant for any signs that a child may be hiding this issue.

If you believe your child should be tested, contact us at NH Eye Associates, 1415 Elm St, Manchester, 669-3925.
Elliot Hospital is recognized by the National Safe Sleep Hospital Certification Program as a “Gold Safe Sleep Champion,” for their commitment to best practices and education on infant safe sleep. They are the first hospital in New Hampshire to receive the title and the only hospital that is certified.

The National Safe Sleep Hospital Certification Program was created by Cribs for Kids®, a Pittsburgh-based organization dedicated to preventing infant, sleep-related deaths due to accidental suffocation. In addition to being Cribs for Kids® partners, Elliot Hospital was recognized for following the safe sleep guidelines recommended by the American Academy of Pediatrics (AAP), and providing training programs for parents, staff and the community. Community outreach includes a safe sleep mock nursery, located in the hospital, articles in local media outlets and education at community expos and fairs.

“The leadership team and board of directors of Elliot Health System are immensely proud of the Elliot Hospital Maternity Center Safe Sleep Committee’s achievement of the Cribs for Kids® highest level of certification as a Safe Sleep Champion,” said Jean Ten Haken, RN, Chief Nursing Officer. Elliot Hospital is the only hospital in New Hampshire to have been awarded this designation. Although rates of Sudden Infant Death Syndrome (SIDS) have decreased 50% over the last several decades nationally, there have been 46 sudden and unexpected infant deaths in the state of New Hampshire from 2011-2015 according to the New Hampshire Department of Health and Human Services. These deaths occurred to NH residents under one year of age and many involved unsafe sleep environments.

Being a community leader in the promotion of safe sleep best practices and education on sleep safety will help to reduce the risk of death for infants due to unsafe sleep environments. “The Elliot Maternity Center in collaboration with the Elliot Pharmacy and our Social Work Department, developed a process to support families in obtaining a portable, safe sleep crib on a sliding scale fee basis,” explained Ten Haken. “We want to assure that all of our infants leave the hospital with a safe place to sleep. This collaborative work exemplifies Elliot Health System’s mission to Inspire, Heal and Serve. We are honored to have our journey to becoming a safe sleep certified hospital presented at the 5th National Cribs for Kids® Conference in April,” Ten Haken said.

“Sleep-Related Death (SRD) results in the loss of more than 3,500 infants every year in the U.S.,” said Michael H. Goodstein, M.D., neonatologist and medical director of research at Cribs for Kids®. “We know that consistent education can have a profound effect on infant mortality, and this program is designed to encourage safe sleep education and to recognize those hospitals that are taking an active role in reducing these preventable deaths.” This program is well-aligned with the Maternal Child Health Bureau’s vision of reducing infant mortality through the promotion of infant sleep safety as outlined in Infant Mortality CoIN Initiative. Thirty-six states have designated SIDS/SUID/SRD as their emphasis to reduce infant mortality. According to Judith A. Bannon, Executive Director and Founder for Cribs for Kids®, “The program kicked off in June of 2015 in Pittsburgh, PA, home of the Cribs for Kids® national headquarters. One hundred, forty-eight hospitals in 33 states and Quebec Canada are represented among the hospitals which have achieved the ‘Gold Champion’ status, or are working their way toward it. This will have a profound effect on the number of babies’ lives that will be saved.”
Snoring is often the subject of humor and teasing, but snoring can have a serious affect on health and quality of life. Snoring has been documented to exceed 90 decibels, which is equivalent to sleeping next to a chainsaw or jackhammer. Snorers have been known to damage their own hearing with chronic exposure to the loud snore noise. Civil complaints have been filed by neighbors forcing loud snorers to close their windows at night. Snoring has been cited on legal documents as the grounds for divorce. When a husband or wife snores, 80% of these couples end up sleeping in separate beds. But, snoring can do more than make you an unpopular houseguest or chase away the bed partner.

Besides the social ramifications, snoring can also have serious effects on sleep quality and health. Snoring amounts to resistance in breathing and this resistance disturbs sleep and leaves one feeling tired the next day. Snoring leads to increased incidence of sleepiness-related accidents, memory problems and depression. In some cases, the snoring is associated with partial or complete blockages of breathing called sleep apnea. About 15% of snorers are found to have sleep apnea. Sleep apnea increases your risk of high blood pressure and possibly heart failure, stroke, an abnormal heart rhythm (atrial fibrillation) and heart attacks. Although someone with sleep apnea may be asleep for 7 or 8 hours, they may never achieve the deeper stages of sleep. When they wake up, they do not feel rested. Sometimes a bed partner will notice that the person seems to stop breathing when they are asleep, but the episodes that can be observed by others are usually the tip of the iceberg. The majority of sleep apnea sufferers are not aware that they have it. Sleep apnea can affect children as well as adults.

Diagnosis of sleep apnea is possible with a physical examination and specialized sleep tests that measures breathing during sleep. Though potentially serious, sleep apnea is highly treatable. There are a wide variety of effective treatments depending on the nature and severity of the problem. The most effective treatment for sleep apnea involves wearing in nasal mask during sleep that delivers air under pressure (to hold the airway open); this treatment, continuous positive airway pressure (CPAP), can usually eliminate 100% of the apnea and carries no serious side effects. One million Americans are treated with CPAP nowadays. Other treatments include surgical procedures to modify the airway, dental/oral appliances worn during sleep, weight loss, sleep position changes, and medications in select cases. Treatment can normalize breathing and restore sleep quality; this lifts the associated risk to heart and brain function.

For more information about sleep disorders, call the Elliot Sleep Evaluation Center at 603-663-6680 or Elliot Direct at 603-663-1111.
Some Common Sleep Disorders

Snoring and Sleep Breathing Disorders
If you snore loudly, awaken short of breath, find it hard to stay awake during the day, have many headaches or experience memory problems, you may be suffering from Sleep Apnea Syndrome which is characterized by snoring and recurrent pauses in breathing during sleep. The frequency of the breathing interruptions varies with the severity of the disorder. Although sleep apnea can occur in any age group, it is most prevalent among men age 35-60 and women age 45-55.

Excessive Daytime Drowsiness/Sleepiness
An adequate amount of sleep should leave you feeling refreshed. Sometimes people find themselves drowsy or sleepy throughout the day due to a variety of causes.

Narcolepsy
People with narcolepsy have uncontrollable urges to sleep at inappropriate times. These “sleep attacks” can be accompanied by muscular weakness. Strong emotions (laughter, anger, surprise, sadness) may trigger these attacks.

Periodic Leg Movements
Periodic leg movements, sometimes associated with “restless legs,” are involuntary movements or jerks of your legs that occur during sleep. This may disturb a restful sleep and often results in daytime sleepiness.

Insomnia
If you have trouble falling or staying asleep, or waking too early in the morning, you could be experiencing insomnia. An irregular sleep schedule, depression, medications, caffeine, anxiety, stress, or an undiagnosed medical problem may be the cause.

“Biological Clock” Disorders (Timing of sleep)
Sometimes the body’s natural timekeeper or “biological clock” is out of sync with the demands of life. This causes one to feel sleepy and feel alert at the wrong time. This happens most often in teenagers, elderly, shift workers, or individuals who rapidly cross time zones.

Other Sleep Disorders
Other sleep disorders which may cause poor sleep quality or excessive daytime drowsiness or sleepiness are sleep walking, night tremors, teeth grinding, bed wetting, and shift work.

ELLIO T SLEEP EVALUATION CENTER AT HOMEWOOD SUITES
Elliot Sleep Evaluation Center, established in 1984, has served Southern New Hampshire for 25 years. The Center is devoted to diagnosis and treatment of the full range of sleep disorders. The Center specializes in pediatric, adolescent, adult, and geriatric sleep problems.

CONSULTATION WITH OUR SLEEP SPECIALISTS:
Through the consultation with board certified specialists in sleep medicine and the use of specialized sleep tests, the specific causes of these sleep problems can be identified and the appropriate treatment can be started. The Elliot Sleep Evaluation Center has sleep specialists with expertise in adult and pediatric sleep disorders.

SLEEP TESTING:
If the patient requires a sleeping laboratory testing as part of their diagnostic evaluation, either a home-based sleep study or a sleep laboratory study can be performed in our state-of-the-art sleep laboratory, which is equipped with the most advanced equipment in the field. Patients stay in large, comfortable, private rooms overlooking the hills of Manchester, NH. While you sleep, an experienced sleep technologist records information about your sleep. During the test, continuous recordings are made of the brain waves, heartbeat, movements, breathing, and blood oxygen. All of these procedures are noninvasive and cause no discomfort.

Sometimes, an additional daytime test is needed to measure daytime sleepiness. This daytime test is called a Multiple Sleep Latency Test (MSLT). During the MSLT, the patient will nap at regular intervals during the day. As in the night studies, continuous recordings are made of the patient’s sleeping, breathing, and heart rate patterns. The MSLT documents excessive daytime sleepiness and can aid in the diagnosis of sleep apnea, narcolepsy, sleep/wake cycle disorders, etc. A board-certified sleep specialist prepares a report from the information gathered from the test.

TREATMENT AND FOLLOW-UP: Results of the diagnostic tests are reviewed by the treatment team and a diagnosis is made. The patients will return to the Center for a completion evaluation. The diagnosis is discussed with the patient, and treatment recommendations are made. If the patient is self-referred, treatment may be started by the Center staff at that time. If the patient is referred by their own physician, a detailed letter is sent to the physician with a review of the test results, diagnosis, and treatment recommendations.

REFERRALS: Any individual with a sleep complaint can be seen at the Center. Many patients are referred by their physicians, but self-referrals are also accepted. The referring individual should call the Center to schedule an appointment. The first appointment will be an office visit which includes an interview with a sleep-specialist and a brief physical exam. During the visit, a decision will made if a formal sleep study is needed.

For further information about sleep disorders or to schedule an appointment, call The Elliot Sleep Evaluation Center at 603-663-6680.
Dr. Jwalant Vadalia has been named the 2017 Jeanne Jackson-Siegel Clinician of the Year by the American Association of Geriatric Psychiatry (AAGP). He will receive this honor at a ceremony in Dallas, Texas this March.

“I have been blessed with a great team, loving family, and ongoing support from everyone at Elliot,” explained Dr. Vadalia. “I believe this award is recognition of all of us and our unwavering commitment to provide the highest quality mental healthcare for our geriatric patients,” said Dr. Vadalia.

“We are so proud of Dr. Vadalia,” explained Greg Baxter, MD, Chief Medical Officer for Elliot Health System. “No one is more deserving of this national recognition than Dr. Vadalia given the years of dedication, skill, and passion that he shares with his patients. He is so highly regarded by his colleagues that he was named Elliot’s Physician of the Year in 2012 as well as the 2013 William S. Green recipient, for his lasting impact on Elliot and the patients we serve,” added Baxter. “It is because of people like Dr. Vadalia that we are able to offer the community the level of expert mental healthcare we do at Elliot Health System,” Baxter said.

The purpose of the 2017 AAGP Jeanne Jackson-Siegel Clinician of the Year Award is to recognize an AAGP member who has demonstrated a profound commitment to the field of clinical geriatric psychiatry by providing, promoting, and/or ensuring access to quality mental health care for older adults.

Elliot Health System BREAKS GROUND IN BEDFORD

Elliot Health System will open a 58,000 square foot medical center in January 2018 to expand services and provide access to primary care doctors, specialists, and ancillary services.

“I have been anticipating this day for quite some time and I am very happy, more so for our patients than for us as providers, to know they will be receiving care in a state-of-the-art facility, with medical services we have never before been able to offer in one location and under one roof,” explained Mark Myers, MD, Elliot Pediatrician. “How nice it will be to know if I order a prescription for a child, that the parent can pick it up on their way out the door,” Myers said.

Services will include:
- Lab
- Pharmacy
- Specialists
- Family Medicine
- Pediatrics
- Mammography
- Imaging
- Urgent Care

L to R: Mary Sargent, Elliot Board Member, Jim Hood, Elliot Board Chair, Greg Baxter, MD, Chief Medical Officer, Andrea Palumbo, MD, Holly Mintz, MD, Mark Myers, MD and Dick Anagnost
Elliot Health System is pleased to announce the opening of the ELLIOT PULMONARY AND SLEEP MEDICINE CENTER at the Derry Medical Center

The experts from Elliot’s Pulmonary and Sleep Medicine teams will bring their expertise to the greater Derry community by providing care in their new location. Beginning in February, appointments became available daily from 8AM to 12PM. To schedule an appointment, contact our office at 603-663-3770.

Dr. Muhammad Mirza will see patients every Tuesday (8AM to 12PM) in this location to support the needs of the Derry community.

“We look forward to working with the providers of Derry Medical and the entire Derry community in providing Pulmonary Care to patients,” Mirza said.

Elliot Health System
Pulmonary and Sleep Medicine | Derry

Overlook Medical Park | Derry Medical Center
6 Tsienneto Road | Suite 204 | Derry, NH
Ph 603-663-3770 | Fax 603-663-3779

NH HAND THERAPY Joins the Elliot Rehab Team

We are pleased to announce that NH Hand Therapy has become part of Elliot. This highly regarded practice was privately owned and has served the community, both adults and children, since 1989. These services are critical to many people who have hand rehabilitation needs. We are excited to have expanded our hand therapy rehabilitation services at Elliot’s Rivers Edge location as of February 1st. This is not a new service line – we are turbo charging into growth and seeing more hand patients. We want to welcome the therapists from NH Hand Therapy who have now joined the Elliot team, and we are honored to be serving the practice’s patients today as part of our health system.

ELLIOIT’S PATIENT FAMILY ADVISORY COUNCIL CELEBRATES ONE YEAR

Elliot Health System’s Patient and Family Advisory Council (PFAC) recently celebrated one year of service to the Elliot organization. The PFAC is made up of 23 community members who volunteer their time to work with Elliot staff and leaders to create a better patient experience. The viewpoints, opinions, and recommendations of the PFAC volunteers have proven invaluable in the first year and their accomplishments have been many.

“Our PFAC members are motivated and sincerely thoughtful about the suggestions they make to help us continuously improve. Our expectations have been exceeded and we share immense appreciation for the PFAC as they celebrate their first year,” said Jean Ten Haken, RN, SVP Patient Care Services and Chief Nursing Officer.

Davison Award for Philanthropy Presented

At the Elliot Health System Annual Meeting, held on January 18, 2017, Foundation Board Chair and Elliot Board member Chuck Rolecek presented the annual Robert and Lucille Davison Award for Philanthropy to Dr. Bryan Hoertdoerfer of Hoertdoerfer Dentistry in Manchester, NH. “Dr. H” has been a generous and consistent donor to the Elliot for years. He gives his time, his treasure and his talent to Elliot, and serves as a wonderful ambassador for the health system to the entire Manchester region. His passion is Pediatrics, and he has raised well over $100,000 for Elliot Pediatrics in recent years. Thank you Dr. Hoertdoerfer!

SAVE the DATES

• The 18th Annual Elliot Hospital Golf Classic will support the improvement and expansion of cancer treatment services, including the planning for a new, $50M+ cancer center to bring all our services under a single roof for patient and family convenience. The event will take place on Thursday, June 8, 2017 at Passaconaway Country Club in Litchfield, NH. Our goal is to raise more than $125,000. For more information on how you can support the Elliot via our annual tournament, please call the Foundation Office at 603-663-8934 or visit www.elliothospital.org/golf.

• The 16th Annual Elliot Health System Gala also supports the planning for a new $50M+ Elliot Regional Cancer Center being planned for Manchester. Our fundraising goal for this country/western/bling/black tie optional celebration is $225,000+ and will take place on Friday, September 22, 2017 at the Radisson Hotel in downtown Manchester, NH. Please consider becoming a sponsor of the event to reserve your seats/table early as this event is wildly popular and always sells out. For sponsorship information, or to find out how you can contribute to the silent auction, please visit www.elliothospital.org/gala or call the Foundation Office at 603-663-8934.

Annual Giving – Striving for an All Time Elliot Health System Record

Thanks to our generous community members, physicians, and employees at Elliot Health System, we have raised more than $485,000 this campaign year, which ends on June 30th. This figure represents the annual iGive campaign (Elliot employee and physician gifts = $86,500 and community member gifts = $168,500 thus far), as well as the 2016 gala proceeds and 2017 golf tournament proceeds (to date $230,000). Thank you to those who have already participated and contributed!

We are making great progress, but need additional help to reach our stretch goal of an unprecedented $600,000. Your gift at any level will help, and may just put us over the top. For those who have not yet contributed, you have 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 improving and expanding cancer treatment services provided to our community. 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 a potential new cancer center for the region.
Pearl Manor Fund Grants Top $1.8M Awarded to Benefit Local Seniors

The Pearl Manor Fund Advisory Committee, via the Mary & John Elliot Charitable Foundation, recently awarded $308,000 to eleven local nonprofits bringing the Pearl Manor Fund total distribution to over $1,806,417 in grant awards to benefit thousands of local seniors. These grants will directly benefit over 7,000 area seniors in the year ahead. The 2016 grant recipients are: CareGivers; Child & Family Services; Easter Seals; Granite State Independent Living; Granite United Way; Granite YMCA; Manchester Community Health Center; Mental Health Center of Greater Manchester; NH Association for the Blind; New Hampshire Legal Assistance and St. Joseph’s Community Services. For a grant application or for more information on the Pearl Manor Fund, visit www.elliothospital.org/pearlmancornfund.

Speedway Children’s Charities

New Hampshire Motor Speedway (NHMS) and Speedway Children’s Charities presented a generous $7,378 grant to the Elliot Health System via the Mary & John Elliot Charitable Foundation. The donation will purchase a new vision screener for our pediatric patients.

SAVE the DATE

The 25th Annual Cigna/Elliot Road race will be held on Thursday, August 10th to support the Elliot Regional Cancer Center.

New Leadership Donor Wall Coming to Elliot’s Main Lobby

As part of the upcoming main lobby renovation at Elliot Hospital, 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 busy main reception area and will be updated annually. To learn more about the wall, email us at foundation@elliothospital.org.
How are you really feeling inside your self today? Tell me about your life? What are your wishes? What do you want to have happen next? We hope for the best, but we need to plan for the worst, if that happens, what care would you want and not want? How is your disease and illness affecting what brings you joy in life? How can we improve your quality of living each day for all of the days you have left?

Unusual questions from a physician or nurse practitioner aren’t they? But, these are common questions asked by Elliot Palliative Care Medicine doctors and nurse practitioners (pronounced pal-lee-uh-tiv) when caring for patients with serious illness. Most of you have not heard about Palliative Care because it is a relatively new specialty in health care. In 1974, Dr. Balfour Mount, a surgical oncologist at The Royal Victoria Hospital of McGill University in Montreal, Canada, coined the term palliative care to avoid the negative connotations of the word hospice in French culture, and introduced Dr. Saunders’ innovations into academic teaching hospitals. He first demonstrated what it meant to provide holistic care for people with chronic or life-limiting diseases and their families who were experiencing physical, psychological, social, or spiritual distress. In 2006, the field was recognized by the American Board of Medical Specialties as a subspecialty thus granting Board Certification to those who practice in this field and have achieved certain educational, experiential and knowledge benchmarks.

But, what is Palliative Care and what does it mean to me the patient and my family? Simply put, it is a group of physicians, nurse practitioners and LICSW’s who work together as a team, with your health care providers to assure that you pain and symptoms are under the best control possible, and that your wishes and desires for your care are understood, communicated and honored.

Palliative Care is designed to care for those with life limiting conditions or serious illness. It is for people of any age and at any stage of a serious illness, whether that disease is curable, chronic, or life threatening. It is not dependent on prognosis and can be delivered at the same time as curative care. The care is focused on relief of symptoms and on clarification of treatment goals – or better stated – your wishes. Unlike hospice in which you give up cure focused care for comfort, PC is actively involved with patients through the course of their treatment. Hospice sees patients who have a prognosis of six months or less. PC sees patients who have serious illness, not just life threatening illness. One could say that all hospice patients are palliative care patients, but not all palliative care patients could qualify for hospice services.

Examples of patients who are seen by our Palliative Care team are those with serious cardiac disease including heart failure, advanced pulmonary disease, metastatic or recurrent cancer, end-stage kidney disease, stroke with decreased function, and advanced dementias.

Elliot Health System is fortunate to have the largest Palliative Care presence of any community hospital in NH. Our team is led by Charles Mills, MD who is Certified American Board of Internal Medicine in Internal Medicine and in Hospice and Palliative Medicine as well as being a Fellow of the American Academy of Hospice and Palliative Medicine. He is joined in this work by fellow physician Hilary Yehling, MD who is Certified American Board of Internal Medicine in Internal Medicine and Hospice and Palliative Medicine, as well as the American Board of Pediatrics in Pediatrics. Susanna Wilkens, MD, who is certified by the American Board of Internal Medicine in Internal Medicine and Hospice and Palliative Medicine. We have three experienced nurse practitioners: Jill Hunter, APRN, FNP-BC, ACHPN, and Mary Kazanowski, APRN, ACHPN, PhD. In addition, we have Kim Cushing, MSW, LICSW who is a licensed independent Social Worker who assists patients with anxiety and depression related to their condition. These trained professionals see patients for consultation and follow up at Elliot Hospital, in seven skilled nursing facilities in our community, at Radiation Oncology and at NH Hematology Oncology practice in Hooksett. They provide more than 5,000 visits a year with patients seeking their guidance and skilled care. Their days are very different every day, based on where they are seeing patients and what the needs and concerns of each patient and family are. They often sit with the care providers, patient and family to discuss what their needs and desires are in order to establish the right plan of care. They consult on symptom relief including shortness of breath and pain. They facilitate conversations about end of life care, always focused on what the patient wants.

Community Wellness
Take time for your health

COMMUNITY WELLNESS CLASSES

GENERAL HEALTH EDUCATION

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

For more information, call 663-4567.

Heartsaver CPR
$40
RE: Call 663-4567, for dates and times.

CPR for New Healthcare Professionals or Those with Expired Certification
$65
RE: Call 663-4567, for dates and times.

CPR Renewal for Healthcare Professionals
$50
RE: Call 663-4567, for dates and times.

Heartsaver First Aid
$40
RE: Call 663-4567, for dates and times.

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

For women with scheduled gynecological procedures at Elliot Hospital. Learn how to prepare for surgery, what to expect following surgery, pain management and more. Your questions will be answered. You are encouraged to bring a family member or support person.

1-Day Surgery Center Tour for Children
Free!
RE, 1-Day Surgery Center: 1st & 3rd Wed monthly, 3pm, registration required.

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

Elliot Center for Tobacco Treatment
RE: By appt., call 663-2201. Sessions may be reimbursed by Anthem or other insurances.

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

Studies show that intense support and counseling with a trained tobacco treatment specialist increases the chances you can quit smoking for good. Our certified counselor works with you privately to formulate a quit plan based on current clinical guidelines.

Positive Coping with Health Conditions
$60 per session*

EBHS: Thu, May 4-Jun 22, 1-2pm. To register or for more information, call 663-8618.

*Most insurances accepted including Medicaid. A minimum of 3 people registered is necessary to run this group.

Learning new coping skills, decreased symptoms of depression, relaxation skills, relationship building skills, managing negative thoughts, decreased symptoms of anxiety, decreasing physical symptoms through cognitive restructuring techniques, increased awareness of the mind-body connection. The group is open to all.

Emotional Eating
$34 per session*

EBHS: Wed, Apr 5-Jun 7, 10-11:30am or Thu, Apr 6-Jun 8, 6-7:30pm. *Most insurances including Medicaid are accepted. Due to licensing restrictions, Medicare can only be accepted for those in the group.

Cost is $34 per week if paid in full on the day each group is $68 per week if billed. Call 663-8621. A minimum of 4 people is necessary to run this group.

Do you turn to food for comfort, stress relief, as a reward or even out of boredom? If so, you are an emotional eater. It isn’t all about willpower. Topics covered in this 12-week 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 management.

Mindfulness Meditation
$60 per session*

EBHS: Wed, Mar 15-Apr 19, 1-2pm. *Most insurances including Medicaid are accepted. Call Kelly at 668-4079.

Mindfulness is paying friendly attention to our present time experience with openness, curiosity and a willingness to experience what is happening, just as it is. It is the ability to be aware of your thoughts in a calm, non-judgmental manner. Mindfulness training will teach you to overcome unnecessary, unhelpful thoughts that have been causing you to suffer. A number of research studies show that practicing meditation for as little as 20 minutes a day promotes improved psychological well-being and mental performance and increased physical health.

Programs sponsored by the Alzheimer’s Ass’n:
Essential Skills 3-part series provides education and practical tools to those caring for someone with dementia. Improved day-to-day living and overall quality of life for the person with dementia and the caregiver is the goal.

Register by calling 552-1670.

It Starts with Communication
Free!
LON: Tu, Apr 25, 4-6pm

There are many proven communication techniques that caregivers can learn to improve day-to-day life for those with dementia and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety, and avoids disagreements.

Understanding Behaviors
Free!
LON: Tu, May 2, 4-6pm

Actions, or behavior, may be telling us something, like “Slow down” or “I need something to do.” Learning to understand the message and making changes to care can prevent outbursts and arguments.

Safety at Home
Free!
LON: Tu, May 9, 4-6pm

For someone with dementia, a safe and supportive home can prevent injury and enhance independence and a sense of security. Learn to adapt your home environment and make it dementia-safe and supportive.

SOME CLASSES MAY BE JOINED WHILE ALREADY IN PROGRESS.

LOCATION OF CLASSES ARE DENOTED IN EACH DESCRIPTION

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

• EBHS: Elliot Behavioral Health Services, 445 Cypress Street, #8, 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

*Most insurances accepted including Medicaid.
COMMUNITY WELLNESS

BARIATRIC SURGERY

Dartmouth-Hitchcock Manchester, 100 Hitchcock Way, Manchester: All classes meet in Conference Room A, 2nd floor. Pre-registration is required for all classes, please call 603-2628.

This program offers monthly inter/informational meetings to start you on a successful weight loss journey. After attending an introductory meeting, you will be eligible to call and register for monthly informational meetings. You are required to attend a minimum of 3 monthly informational meetings before proceeding with the program.

• Introduction Meetings (for new patients to the program): 2nd Fri monthly, 12:15-12:45PM
• Informational Meetings: 2nd Fri monthly, 2-4PM. Different rotating topics each month.

Post Bariatric Surgery Support Groups: 1st Tue monthly, 5-6PM, no registration is required.

GENERAL FITNESS

Please call 603-663-6567 or email J Dundon@elliott-hs.org or KCConnell@elliott-hs.org. 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.

Gentle Yoga for Beginners
RE: Wed, Mar 22-May 10; May 24-Jul 12; Jul 26-Sep 13; 5:30-6:30PM.
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 through stretching, strengthening and relaxing. This class uses breath and movement to feel the release of physical and mental tension and to increase body/mind awareness. Suitable for beginners. Instructor: Cheryl, 200YTT Yoga Alliance certification.

Gentle Yoga II
RE: Mon, Mar 20-May 8; May 22-Jul 17; Jul 24-Sep 18; 5:45-6:45PM.
Designed to promote total health and well-being through stretching, strengthening, and balance using traditional Yoga poses. This class uses breath and movement to feel the release of physical and mental tension and to increase body/mind awareness. Suitable for students who have basic Yoga knowledge who would like to focus on more standing poses with flow. Instructor: Cheryl, 200YTT Yoga Alliance certification.

Thriving with Yoga
LON: Mondays, 5:30-6:30pm
RE: Wed, 1:30-2:30PM. To register, contact YogaCaps at 674-3770 or info@yogacaps.org.
Designed especially for those with the experience of cancer. It will empower you to: relieve tension

and anxiety, rebuild strength and restore range of motion, witness emotion with compassion, and manage the side effects of treatment and medications naturally. This includes lymphedema, hot flashes, neuropathy, pain, depression and insomnia. You may bring a family member or friend to class.

Chair Yoga
LON: Tue, Mar 21-May 9; May 23-Jul 18; Jul 25-Sep 12; 5-5:45PM.
RE: Fri, Mar 24-May 12; May 26-Jul 14; Jul 28-Sep 15; 1-1:45PM.
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.

T’ai Chi
RE: Tue, Mar 21-May 9; May 23-Jul 18; Jul 25-Sep 12; 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. T’ai 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, Mar 21-May 11; May 23-Jul 18; Jul 25-Sep 14; 10:11AM and 11:10AM-12:10PM.
A 60-minute low-impact cardio and strength class with easy-to-follow moves in a fun environment. Incorporates low-impact cardio, strength training, and core work utilizing free weights, resistance bands, stability balls, and gliding discs. Flexibility enhancing stretches in the end. For individuals 50+. Instructor: Cecily.

Full Body Fusion
RE: TTh, Mar 21-May 11; May 23-Jul 18; Jul 25-Sep 14; 5:45-6:45PM.
A fusion of strength training exercises using body weight, free weights, cardiovascular intervals utilizing steps, plyometrics, Yoga, Pilates, core work and stretching. Keeps your body guessing! Geared towards intermediate levels. Instructor: Cheryl.

Tabata Bootcamp
EH: Wed, Mar 22-May 10; May 24-Jul 12; Jul 26-Sep 13; 5-6PM.
TABATA is a High-Intensity Interval Training (HIIT) minimum duration workout providing fitness and weight-loss benefits for participants at all fitness levels. The core of a TABATA workout is four-minute, high-intensity intervals consisting of eight rounds alternating 20 seconds of work and 10 seconds of rest. Offers maximum benefit with the least amount of time to achieve results! TABATA Bootcamp 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 Fusion
EH: Mon, Mar 20-May 8; May 22-Jul 17; Jul 24-Sep 18; 5-6PM.
TABATA is a High-Intensity Interval Training (HIIT) minimum duration workout providing fitness and weight-loss benefits for participants at all fitness levels. The core of a TABATA workout is four-minute, high-intensity intervals consisting of eight rounds alternating 20 seconds of work and 10 seconds of rest. Offers maximum benefit with the least amount of time to achieve results! TABATA Fusion has the best of everything – TABATA intervals, weight training, cardio kickboxing drills, and core work. Keeps your body guessing! All levels welcome. Instructor: Jessica.

Zumba GOLD®
RE: Mon, Mar 20-May 8; May 22-Jul 17; 1-2PM.
A dance-fitness class that is friendly and fun for all ages and genders. The Zumba formula is used with modified moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. The exhilarating easy-to-follow moves, the zesty Latin music, and the invigorating party-like atmosphere will help you have fun while you achieve a great workout. Modifications can be done seated in a chair. Instructor: Cammie.

RxRelax Therapeutic Yoga
RE: Tue, Mar 21-Apr 25, 5-6PM. To register, call YogaCaps at 674-3770 or info@yogacaps.org.
This program is designed for patients with disabilities, who have chronic pain, and those who have been affected by medical conditions that have limited their ability to improve or maintain their bodies. Each individual will be guided to achieve improvement in their physical and emotional wellbeing. Yoga has been medically proven to provide these goals to all who engage in this activity of stretching, strengthening and relaxing. Therapeutic yoga is done seated in a chair and welcomes all levels of ability. Led by Nancy Husarik, MD.

TABATA Yoga
EH: Mon, Mar 20-May 8; May 22-Jul 17; Jul 24-Sep 18; 5-6PM.
TABATA is a High-Intensity Interval Training (HIIT) minimum duration workout providing fitness and weight-loss benefits for participants at all fitness levels. The core of a TABATA workout is four-minute, high-intensity intervals consisting of eight rounds alternating 20 seconds of work and 10 seconds of rest. Offers maximum benefit with the least amount of time to achieve results! TABATA Yoga has the best of everything – TABATA intervals, weight training, cardio kickboxing drills, and core work. Keeps your body guessing! All levels welcome. Instructor: Jessica.

Pre-Natal Yoga
EH: Wed, Mar 22-May 10; May 24-Jul 12; Jul 26-Sep 13; 6:15-7PM.
Connect with other mothers-to-be through a

Register by calling the specific number provided in class listing, or 603-663-4567.
class specifically designed for the journey of pregnancy. Linking yoga postures with breathing 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, varicos veins, swelling, back pain and sciatica. This class can be started at any time in the pregnancy with provider’s permission. Instructor: Abby.

Yoga for Runners and Cyclists   $80
EH: Tue, May 23-May 11; May 25-Jul 13; Jul 27-Sep 14; 5-6PM.
An all-levels Yoga class incorporating a series of highly effective strengthening and stretching exercises that are key to the demands of a runner or cyclist. Focus is put on opening the calves, hamstrings, quads, hips and shoulders. An emphasis on building core strength will be visited to give the runner/cyclist the advantage over the competition. This class is a great compliment to any running/cycling training after stressing your joints on pavement or trails giving your body the balance it deserves by some much needed rejuvenation/ flexibility. Instructor: Pam Godbois.

Massage Therapy   $70/ hour ($55/ hour for Elliot Employees and Seniors 65+)
Hook: Call 663-5730 to schedule an appointment.
Massage therapy is manipulation of the soft tissues of the body, including muscles, connective tissue and tendons. It can help to alleviate the soft tissue discomfort associated with everyday work and occupational stresses, muscular overuse as well as many chronic conditions. You can have the wellness you deserve. Massage benefits include: enhancing sleep, releasing chronic muscular tension/pain/joint stiffness, reducing stress and mental/physical fatigue, increasing energy levels, strengthening the immune system, help relieve anxiety. Bruce Wood, LMT, KMI Licensed Massage Therapist and Kinesis Myofascial Integration/Structural Integration Therapist, Melissa Lower, LMT Licensed Massage Therapist and Nationally certified in therapeutic massage and body work. Our experienced team of friendly fitness professionals will design an exercise program specific to your current level and goals. If you are looking for a safe, non-competitive, supportive environment to help you reach your fitness goals, this is the facility for you. Seniors and first time exercisers encouraged.

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

LBI Support Group   $25 per 3 sessions
EH, Pavilion: 2nd Wed monthly, 5 to 6PM.
Includes weigh-in and group session with a professional. Supports people who would like to maintain their weight loss.

Comprehensive Weight Mgt Program   Free Intro!
EH, Pavilion: Intro Class, Tu, Jul 11, 5:30-6:30PM.
This introductory session outlines the 10-week comprehensive weight mgt program focusing on total health, not just pounds on a scale.

Jump Start Your Health to Wellness   $125
EH, Pavilion: Wed, Apr 12-May 17, 6:30-7:30PM.
This 6-week series will teach the basics of healthy eating, how to plan and cook quick and easy meals along with a focus on exercise.

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

SUPPORT GROUPS
NICU Parent Support Group   Free!
EH, NICU Family Rm, 5th Floor: Tue, noon.
Call 663-4360 or Littlemiraclegroup@yahoo.com

Postpartum Emotional Support Group   Free!
EH, Library; Mon, 10-10:30AM. Call Sandra Netto, LICSW , at 663-4479 for more information.
This group supports women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after their baby’s birth. We discuss issues and coping strategies related to the adjustment period and challenges of motherhood.

S.H.A.R.E.   Free!
3rd Wed monthly, 7-9PM. Call 663-3396.
For parents who have experienced a miscarriage, stillbirth or neonatal death.

Chronic Pain Support Group   Free!
RE, Conf Rm: 2nd & 4th Tue, Sep 13-Jun 27, 5-6:30PM. Call 663-2881 for more information, guest speakers.

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

Support Group for Caregivers of Those with Dementia   Free!
SHC: 1st & 3rd Tue monthly, 10-11:30AM. Call Barbara MacPhee, MSW, LICSW at 663-7051. Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

EMMC Caregiver Support Groups   Free!
Caregiver Support Group 3rd Wed monthly, 10:30AM-12 noon: Frontotemporal Degeneration Support Group 2nd Wed monthly, 10:30AM-12 noon. For more info, please call 552-1670.
We’re here to help you cope with caring for a loved one experiencing memory loss or dementia.

AICD (Automatic Internal Cardiac Defibrillator)   Free!
1st Fri monthly, 11AM-noon. Call 663-2959 for information.
The only AICD support group in the tri-state area. Designed to help patients with internal cardioverter defibrillators & their families deal with unique issues.

Parkinson’s   Free!
SHC: 3rd Wed monthly, 3-4:30PM. Call 663-7063 for information.
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease.

Women’s Coping Skills   $60 per session
EBHS: Tue, Apr 18-May 23, 11AM-12 noon. Tue, May 30-Jun 27, 10-11AM. Most insurance accepted as well as Medicaid.
Do you often feel overwhelmed? Would you like to improve your ability to handle stress? Do you have self destructive patterns you would like to change like over eating, over spending or poor relationship choices? Often, patterns develop to avoid emotions we find overwhelming. Come and learn some coping strategies that can help you better manage your feeling and emotions in a safe environment. A women’s only group that will use mindfulness techniques, self exploration and self care strategies you can use immediately. Tracey Coulon, LICSW, facilitator.

Healing from Trauma   Free!
Women’s Group   $60 per session
EBHS: Thu, Apr 20-Jun 22, 10 AM-12 noon. Call 663-8617 or 663-8618 for more information.
For survivors of trauma. The discussion of
personal trauma will be extremely limited as the focus will be learning new and effective coping skills for regulation of emotions, impulses, self-care, grounding techniques, acknowledging and celebrating resiliency. Includes take-home sheets, hands-on, creative and expressive activities in a safe, nurturing environment. Facilitators: Tracey Coulon, LICSW & Kristy Moen, LICSW, MLDAC.

Women’s Stress Management and Self-Care Group $60 per session

EBHs: Tue, Apr 18-May 23; 11AM-12 noon; Tue, May 30-Jun 27; 10-11 AM. To register, call 663-8617. Do you find it difficult to find time in your day to take care of yourself? Feel guilty about saying no? Just can’t unwind? Join us to learn how to take better care of yourself. We’ll talk about stress and the toll it takes on your body and how you can reduce anxiety, relaxation skills, with hands on practice and much more! Participants will leave relaxed and hopeful about practicing at home. Self care starts with you! Tracey Coulon, LICSW, facilitator.

COMMUNITY WELLNESS

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

CanThrive Free!

EH: Wed, Mar 15, Apr 12, May 10, Jun 14, Jul 12, (no group in Aug), 5:30-7PM. Support and education for cancer survivors and their caregivers in the first few years after treatment.

Thriving Through Treatment Free!

RE: Wed, Mar 8-29, 12:30-2PM. A 4-week support and educational group for women diagnosed with Breast Cancer within the last 12 months.

Survivors Series:
- Surviving Colorectal Cancer Free!
  
  EH: Tue, Mar 14, 5:30-7PM.
- Surviving Oral, Head & Neck Cancers
  
  EH: Tue, Apr 18, 5:30-7PM.

An opportunity to network with other survivors and hear about particular therapies that can improve quality of life after treatment.

What’s the Meaning of This? Free!

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

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

Look Good, Feel Better Free!

EH, Conference Rm: Monthly, for dates and times, call 663-1804. In conjunction with the American Cancer Society. Cosmetology help is provided to women receiving cancer treatment.

SENIOR HEALTH and FITNESS

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

Zumba GOLD® $80

SHC: M/W, Mar 20-May 10; May 22-Jul 17; Jul 24-Sep 18; 9-9:45AM and 10-10:45AM. 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 24-May 12; May 26-Jul 14; Jul 28-Sep 15; 9 to 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: Ginger.

Choir Aerobics $68

SHC: M/W, Mar 20-May 10; May 22-Jul 17; Jul 24-Sep 18; 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. Any fitness level. Instructor: Jennifer.

Strength, Stretch and Balance $70

SHC: M/W, Mar 20-May 10; May 22-Jul 17; Jul 24-Sep 18; 1:30-2:15PM. This class will help strengthen your upper and lower body using strength training equipment such as resistance bands, free weights and exercise balls. We will teach you standing and seated exercises to help improve your balance as well as stretches to keep your muscles flexible and reduce risk of injury. Instructor: Matt.

Seniors in Motion $68

SHC: T/Th, Mar 21-May 11; May 23-Jul 18; Jul 25-Sep 14; 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.

Choir Yoga $48

SHC: Tue, Mar 21-May 9; May 23-Jul 18; Jul 25-Sep 12; 3-3:45PM. 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 $48

SHC: Thu, Mar 23-May 11; May 25-Jul 13; Jul 27-Sep 14; 10-10:45AM (Advanced); 11-11:45AM (Beginners). A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Tai Chi will allow you to experience the ancient way to improve balance, strengthen the body, and cleanse the mind. Instructor: Bill.

Get Fit With Us $25 per month

SHC: Mon to Fri, ongoing, 6:30AM-4PM, call 663-7016 to get started.

The Elliot Senior Fitness Center is designed for those age 50 and older. The fitness center consists of a variety of easily accessible cardiovascular equipment and strength training machines. Our friendly team of fitness specialists are here to help guide you as you integrate physical activity safely into your life. We offer equipment orientations with an individual exercise program designed to meet your needs and goals.

Elder Law Free!

SHC: 4th Wed Monthly, 4:5PM. No cost, but registration is necessary by calling 663-7041.
COMMUNITY WELLNESS

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.

CHILDBIRTH and FAMILY EDUCATION

For Childbirth Education class descriptions log onto elliott-hs.org. For dates, times, and registration for all childbirth classes, call 663-4567 and choose option 3. Or email to jdunlap@elliott-hs.org or, kconnell@elliott-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 that work in the Maternity Center and teach the childbirth education classes. Bring your questions! Through this tour you will become familiar with the rooms and people that you will see when you come to have your baby. We love showing parents-to-be why our Maternity Center has been repeatedly honored as the best place to have a baby in the state of New Hampshire. Start with us!

Caring for & Breastfeeding Your New Baby $50 per couple
EH, Maternity Conference Room: On-going.
You may opt to select only the infant care portion or the breastfeeding portion if desired.

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

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

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

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

Gold Package $160
Includes: Labor, Care and Breastfeeding your Baby, Infant Safety and CPR.

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

VISITING NURSE ASSOCIATION of Manchester & Southern New Hampshire

VNA Hospice Bereavement Services. Death is a painful loss experience, and one of the hardest from which to recover. Death takes away, but facing it and grieving can result in peace, new strengths and purpose.

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

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

- Men’s Drop-In Support Group. The Men’s Group meets twice monthly, the fourth Friday, 9 to 11AM and the second Wednesday, 6 to 8PM, at Southside Bible Fellowship Church, 200 So. Jewett St.

- Women’s Drop-In Support Group. The Women’s Group meets first and third Friday monthly, 9:30 to 11AM, at Elliot at River’s Edge, 185 Queen City Ave. Please contact our bereavement support team at 663-4005 for more information.

Hospice Services. For more information, please contact the Bereavement Coordinator, Chuck Johnson, at 663-4005. You may also obtain information online at www.manchestervna.org. Unless noted, all classes require pre-registration.
Our DOCTORS are in!
OUR DOCTORS ARE ACCEPTING NEW PATIENTS.

Sunil Dhunna, MD
Elliot Pulmonary Medicine
Elliot at River’s Edge
185 Queen City Avenue | Manchester
603-663-3770

Dmitriy Kedrin, MD, PhD
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Elliot at River’s Edge
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Sung Jang, MD
Elliot Family Medicine at Bedford Village
15 Constitution Drive | Suite 1L | Bedford
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Memory & Mobility Center
40 Buttrick Road | Londonderry
603-552-1670

Salva Bilal, MD
Elliot Family Medicine at Bedford Commons
25 South River Road | Bedford
603-626-4392

Jason Fleming, MD
Elliot Neurology
Elliot at River’s Edge
185 Queen City Avenue | Manchester
603-663-4800

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.

Your Wellness Matters
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