Dear Amy,

Most children who swallow “foreign objects” are between the ages of 6 months and 3 years, because they are mobile and use their mouths to explore their world! Coins are the most common of these swallowed objects. The good news is that most of these will pass on their own through the intestinal tract. Some objects do require removal, however, so an evaluation in your pediatrician’s office or the emergency department is an important place to start. Many times the ingestion is witnessed by a caregiver, but sometimes symptoms such as drooling, refusing to eat or drink, fussiness, or difficulty breathing may be the only clue. An x-ray can see a metallic object, such as a penny, but may not be able to see other objects made out of plastic or other materials. Objects that are sharp, large, or lodged in the esophagus may need to be removed. This procedure, called an “endoscopy,” uses a small camera placed through the mouth to grasp and remove the object, during a brief anesthesia. If the coin has passed into the stomach, it will likely pass on its own in the next week or two. Your pediatrician will usually check another x-ray to make sure, unless you find it on the other end!

There are a few important things to know right away however. Magnets and batteries are extremely dangerous when swallowed and should be considered an emergency. Strong magnetic balls are marketed as toys and are appealing to toddlers because they are small, shiny, and round. These magnets can cause serious damage to the intestines if swallowed and unfortunately, I have had to operate on a number of children for this. Although these magnet toys were taken off the market due to these serious safety concerns, they are back... (https://www.popsci.com/buckyballs-are-back-on-market). Batteries can also be very dangerous if swallowed, particularly the small “button batteries” found in hearing aids, games/toys, finger flashlights, watches, and even hallmark cards. If stuck in the esophagus, batteries can rapidly cause a very serious internal burn needing emergency surgery and removal. It is important, as parents, to be aware of these seemingly harmless objects in our homes that could cause serious injuries if ingested. I hope this question helped to educate us all! Thanks for your question!

Elizabeth S. Soukup, M.D., M.M.Sc., Pediatric Surgeon

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

Dr. Soukup earned her Bachelor of Science from the Massachusetts Institute of Technology and her Doctor of Medicine from the University of Chicago Pritzker School of Medicine, where she received the Outstanding Achievement Award in Medicine, graduating first in her class. She completed her General Surgery training at the Massachusetts General Hospital and her fellowship in Pediatric Surgery at Children’s Hospital Boston. During her time in Boston, she also completed a Masters of Medical Sciences degree in clinical investigation from Harvard Medical School. She is board-certified in both Pediatric Surgery and General Surgery. She has specialized training and experience in minimally invasive surgical treatment for babies, children and teenagers. Her practice includes all areas of general pediatric surgery, including common pediatric surgical problems as well as neonatal surgery, congenital anomalies, minimally invasive surgery, and complex thoracic surgical problems.

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Please send your questions to: askthepediatric Surgeon@elliot-hs.org
URGENT CARE at ELLIOT

Your child develops a sore throat just before bedtime. A co-worker cuts her hand and needs stitches. You fall off a ladder and think you’ve broken your arm. Your first thought might be to head to the emergency room.

In the past, this has been the ideal place to turn to for life’s little medical surprises, but now, choices abound with Elliot Urgent Care Centers in Bedford, Manchester and Londonderry.

Our Urgent Care Centers offer quick treatment for non-emergency medical issues. Emergency room patients may have to wait while trauma patients are treated, but our urgent care centers focus solely on those with non-life threatening illnesses, thereby shortening the wait time. Quality, however, isn’t sacrificed in the name of short waiting times. Board certified emergency medicine physicians are on staff during all hours of operation and work with a specialized clinical team to deliver the highest quality of care to each patient. The urgent care centers are unique in that they also feature a lab with many test results available in just minutes, x-rays and CT scans – all conducted on-site with professional radiologist interpretation during your visit.

At Elliot, we believe that your care should continue even after you leave our Urgent Care Center. With your permission, a summary of your visit will immediately be sent to your primary care physician or specialist. Appropriate referrals to specialists in your area will be given at the time of your visit and information about your visit will be stored in Elliot’s confidential electronic medical record system. To top it off, Elliot offers its own Pharmacy allowing you to get your medications right on site in Bedford before you even leave the building. The River’s Edge facility has an expansive Pharmacy and Home Medical Equipment facility on the campus, steps away from our Urgent Care, and our Pharmacies are linked to your Elliot electronic medical record.

Elliot Urgent Care wait times are prominently displayed on the home page of our website. Go to ElliotHospital.org to learn more.

Shorter wait times than the emergency department and now in three convenient locations!

BEDFORD
25 Leavy Drive
9AM-8PM

RIVER’S EDGE
185 Queen City Avenue
7AM-10PM

LONONDERRY
40 Buttrick Road
9AM-8PM

Open 7 Days a Week

Elliot Urgent Care

Please visit www.elliothospital.org/urgentcare for current wait times.
Tell us about your background and how you decided on medicine as a calling?
I grew up on a farm in a small town in Mid-Coast Maine, where I first learned about the strength of a tight knit community, watching people help each other without being asked. I also saw firsthand the awesomeness of mother nature and simultaneously the harsh reality of the animal world. These experiences led me to pursue an undergraduate degree in biology where I began to be pulled toward courses in physiology and biochemistry. Over time, I found that I really wanted to learn about human physiology, pushing me to pursue becoming a physician so I would be able to do my part and help those in need. My work as an Elliot emergency medicine doctor for over a decade has been extremely fulfilling.

What is it about your background and experience that led you to wanting to lead Elliot as President?
Throughout medical school, my Emergency Medicine residency and early clinical career, I found great satisfaction with being able solve complex problems by simplifying things. As I simplified things, the root cause of a problem often became clear allowing the issue to be addressed and positioned the team for success. Along the way, I got a little better at this process and at the same time I became increasingly convinced that many times, despite tremendous efforts, a team’s performance is dictated by the system and process in which they work. I saw many smart, well intentioned, diligent people work very hard to deliver acceptable patient care. I began to appreciate that we can’t accept a system that requires 110% effort to achieve only an acceptable outcome. Over the years, I was given ever increasing opportunities to influence people and programs at Elliot, most recently offering my service as President. In this role, I spend nearly all of my time thinking about how to position our teams and their individuals for success. Our vision is: To Be Your First Choice to Give and Receive Care. The emphasis here is that both the recipients of our care and the teams of people that provide it will choose The Elliot as their first choice.
Is there a key strategy that you feel will be the reason Elliot is successful into the future?

In our complex dynamic world of healthcare, it is both daunting and required to identify what you need to do as a “must-do, can’t fail.” For Elliot, the path forward is guided by focusing on the things that our community needs to become healthier. With this focus, we will engage in programs and services that are more valuable to our community. The focus should be constant, the specific tactics will change as dictated by the technology, advances of medicine, and the shifting needs of the community. In short, keeping the right things in focus and ensuring that The Elliot can adapt and change, is critical to our future success.

Describe your leadership style.

My style is a direct result of the processes that I use and the manner in which I aspire to interact with all members of The Elliot. I expect to lead by example, being able to actively listen, remain open to diverse viewpoints, and support a high performing team that is aligned and committed to each other, and to the organizational mission. To do this, I aspire to develop team members to their fullest capabilities and play a key role in helping everyone align their work to the strategies, goals and vision of our health system.

Do you have any strategies that are unique to you and your leadership that you think the public may be interested in learning about?

People may be interested to know that I am always thinking about making sure every member of Elliot is aligned to help us achieve our vision. To accomplish this, I see one of my roles as surfacing conflict to help resolve barriers to our collective success. Resolving conflict is key, as every time I see a team struggle it is always rooted in an incomplete agreement on the “what, how or why.” On the other hand, every high functioning team works diligently to ensure they are clear on the “what, how and why” that guides their work. I think my style of leadership and encouraging influence, especially when people face barriers, has become helpful to them in their daily work.

How do you see your role in SOLUTIONHEALTH as Elliot’s President?

As Elliot President my job is to ensure that The Elliot is a strong partner in SOLUTIONHEALTH, meaning that we have to execute our strategy that is informed by the goals we have set as SOLUTIONHEALTH, improving the health of the community. As a member of the SOLUTIONHEALTH team I have to be vigilant to ensure that we are working through the process to relentlessly pursue our collective identity as a system that respects its individual members, balanced against functioning as one system across two hospitals, serving two communities.

What types of things do you do outside of healthcare and work?

I have a wonderful family. My wife Diane and I met 30 years ago in college. After college she went on to get her nursing degree and we have two teenagers, Chris and Lily. By age two, both kids were skiing and we spend many hours on the snow; summers are filled with water sports and spending time with cousins and friends in Maine. I have always been active, I even do a marathon every few years, seems like I need that long to forget the effort it requires. A few years back I found my newest interest, Crossfit. In fact, I have been known to invite friends into this vortex so that they can enjoy the “fun.”

Is there anything you’d like to share with the community?

I accepted The Elliot Presidency humbled by the opportunity and responsibility to lead this proud and great organization to become even more valuable to the people we serve.
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.

Doug Dean who has served as Elliot President & CEO for 20 years, was a visionary, fiercely committed to the Elliot mission, and a thoughtful leader to thousands of providers and staff throughout NH healthcare. Doug has shown unparalleled dedication to Elliot, its patients, and the greater Manchester community. He played a pivotal role in growing Elliot’s primary care network, introducing the concept of comprehensive ambulatory care facilities throughout southern New Hampshire, opening the first Urgent Care center in Londonderry and Manchester, bringing the first Geriatricians to the community to better serve the aging population, and he was a pioneer in bringing a single electronic medical record to Elliot. He did all of this and more to better serve the people who turn to Elliot for care. Most importantly, he expanded behavioral health services when others closed their doors and he never turned his back on community need.

Doug’s vision for unprecedented collaboration has resulted in his work to encourage the combination of Elliot Health System and Southern New Hampshire Health in what is now SOLUTIONHEALTH.

His dedication, passion and commitment of time have rightfully earned him this year’s William S. Green Award.

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ANNMARIE TENN NAMED CHIEF OF STAFF AND VICE PRESIDENT OF BUSINESS STRATEGY

Annnarie Tenn was named Elliot’s first Chief of Staff & Vice President of Business Strategy. This newly-created role is designed to improve the focus and effectiveness of Senior Leaders and enhance the alignment of initiatives across the Health System with our strategic goals and organizational priorities. In this role, Annmarie will serve as a key liaison for leaders across the Health System, and will work to support and strengthen business plan development and analysis. As Elliot continues to grow and to explore new ways to meet the needs of our community, Annmarie will partner with us to be a thoughtful and analytical voice in that discussion.

JOSEPH TATE CURTI NAMED CHIEF OPERATING OFFICER

Tate has a strong background in hospital operations having most recently served as Chief Operating Officer and Senior Vice President of Southern New Hampshire Health (SNHH). His responsibilities included oversight of hospital operations at Southern New Hampshire Medical Center, which entailed direct involvement in strategic planning, clinical excellence initiatives, and patient experience and advocacy efforts. He served as a critical member of the senior team that led SNHH to be named employer of the year. Prior to his role at SNHH, Tate was a member of the Elliot Health System senior team, serving as Vice President of Professional and Support Services. Tate is respected and known for his capabilities in financial and operational management, physician relations, and employee and patient engagement.

As Chief Operating Officer, Tate will be responsible for the continued development and execution of the organization’s strategic plan, ensuring alignment with organizational goals and objectives. He will lead the organization in achieving operational excellence, managing financial performance, and enhancing patient experience. Tate’s leadership will be instrumental in driving the growth and innovation necessary to meet the evolving needs of our community.

His dedication, passion and commitment of time have rightfully earned him this year’s William S. Green Award.
Congratulations, continued from previous page

for Elliot Hospital operations, as well as oversight of the Elliot Medical Group (primary care and specialists) and the Visiting Nurses Association of Manchester & So. NH. In this new capacity Tate will continue leading hospital integration activities within SOLUTIONHEALTH.

Please join us in welcoming Annmarie and Tate.

The Foundation for Healthy Communities recently honored Elliot Health System with the 2018 Noah Lord Award for Patient & Family Engagement during its Annual Meeting at the Omni Mount Washington Resort in Bretton Woods. Accepting the award on behalf of Elliot Health System was Carol Bradley, member of the Patient & Family Advisory Council.

The Noah Lord Patient & Family Engagement Award recognizes the innovative work being done by Patient and Family Advisory Councils to better engage patients and families with Patient Family Advisors to improve patient safety, quality improvement and the patient experience in a NH hospital system. The award celebrates efforts to create change through improving communication between patients, families and the medical team, and is designed to facilitate the sharing of success stories across the state.

The Foundation for Healthy Communities presented the 2018 Noah Lord Patient & Family Engagement Award to Elliot Health System for their project facilitated by the Service Recovery Task Force to identify and address areas of dissatisfaction or unmet expectations on behalf of the patient. Elliot’s project aimed to assess the organization’s current state of service recovery efforts, identify areas for improvement, develop an understanding of the needs of patients and families, and implement best practices that empower employees and patient family advisors to create better patient experiences.

“Starting with patients and frontline staff, Elliot established a Service Recovery model that became a system-wide initiative that was adopted by all staff to better serve every patient,” stated Peter Ames, Executive Director of the Foundation for Healthy Communities. “The essence of this award is to recognize the successes of our hospitals to enhance patient and family engagement and improve the patient experience, and we’re pleased to honor Elliot’s efforts with this recognition.”
The $29M Elliot Regional Cancer Center project includes a significant expansion of programs, treatments and facilities, bringing nearly all cancer services and treatments, and many of southern New Hampshire’s top oncology service providers, into a single, convenient location.

“A cancer diagnosis can affect any individual in our community at any time. We need to be able to provide the most up to date care locally for our family members and neighbors when that critical need arises.”

– Brian Knab, MD, Medical Director, Elliot Regional Cancer Center

Please join us in bringing hope to those facing cancer in our community by providing this much-needed, advanced oncology care close to home.

Email foundation@elliothospital.org, or call 603-663-8934, for more information.

Visit www.elliothospital.org/campaign to learn more about the project. Visit www.elliothospital.org/donate to show your support today.

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| Check enclosed (payable to Mary & John Elliot Charitable Foundation) | |
| American Express | Discover | MasterCard | Visa |
| Card# ___________________________ Exp__________ Code__________ |
| Email Address __________________________ |
| Cardholder signature __________________________ |

Give online at www.elliothospital.org/iGive

Please apply my gift to:
- Regional Cancer Center
- Other
- Matching gift form from my or my spouse’s employer is enclosed
- My gift shall remain anonymous

Thank you! Gifts of $1,000 or more will be recognized in our new main lobby donor recognition all. Your gift is tax-deductible to the extent provided by law. If you wish to be removed from future Foundation communications, please call 603-663-8934.
A Life-Saving Gift of Support: Dr. Bryan Hoertdoerfer, owner of Hoertdoerfer Dentistry, and his wife Emily have generously pledged $160,000 over the next five years in support of the expansion of cancer services in the new, $29M Elliot Regional Cancer Center to be constructed in Manchester, NH. Dr. Hoertdoerfer was the very first Elliot corporate sponsor in 2018 to achieve the Elliot Elite Sponsorship level by contributing more than $35,000 through both personal and corporate gifts. For the past seven years, Dr. Hoertdoerfer has also hosted the Big Z Challenge featuring Boston Bruins Captain Zdeno Chara, which has raised over $125,000 in support of multiple causes across Elliot Health System. He is also a past recipient of Elliot’s Robert & Lucille Davison Award for Philanthropy. To learn more about Elliot’s Regional Cancer Center, visit www.elliothospital.org/campaign.

Elliot Gala: Save the Date for a “Vintage Circus” Evening: The 18th Annual Elliot Health System Gala will support the program expansion and construction of the new Elliot Regional Cancer Center. The Vintage Circus inspired, black tie optional celebration will take place on Friday, September 20, 2019 at the Radisson Hotel Downtown Manchester. You won’t want to miss this fun and festive event, which was recently nominated for a Best of Business award in the Best Networking Event category for all of New Hampshire. 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 or live auction, visit www.elliothospital.org/gala or call the Foundation at 603-663-8934.

More than 425 guests attended the 2018 Elliot Health System Gala. The 2018 Signature Sponsor was the Elliot Hospital Associates. Our Presenting Sponsors were BOND, Hoertdoerfer Dentistry, Pearl Manor Fund and Turkish Airlines.

Pearl Manor Fund Grants Nearly $2.5 Million in Support for Local Seniors: The Pearl Manor Fund Advisory Committee, chaired by Richard Rawlings of the Mary & John Elliot Charitable Board, awarded $490,000 to 12 local nonprofits, bringing the Pearl Manor Fund total distribution since 2005 to nearly $2.5 million in grant awards. The 2018 grants will benefit over 20,000 local seniors. The 2018 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, St. Joseph’s Community Services, The Way Home, and VNA Home Health and Hospice Services, Inc. The funds are distributed by community volunteers through annual 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. The next grant application deadline is September 6, 2019. For more information, or a grant application, visit: www.elliothospital.org/pearlmanorfund.

Davison Award for Philanthropy Presented: At the Elliot Health System Annual Meeting held on January 17, 2018, Mary & John Elliot Charitable Foundation Board Chair and Elliot Trustee James J. Tenn, Jr., Esq. presented the annual Robert and Lucille Davison Award for Philanthropy to Amoskeag Anesthesia, PLLC. Amoskeag Anesthesia has a deep and long-standing commitment to Elliot Health System featuring significant giving for 15 straight years, including one of the largest gifts to date towards the new Regional Cancer Center. The group truly sets the bar of a culture of philanthropy in our community. In presenting the award, Jim Tenn, stated “This medical group sets an example to follow, just as Robert & Lucille Davison were examples for the Manchester region in their vision, in their leadership and in their generosity to Elliot.” Martin Ginsberg, MD of Amoskeag Anesthesia, PLLC stated, “Contributing to Elliot, the various building projects and events has become part of who we are as a group of physicians. Equally important to the process is the element of charitable care last year alone, our group provided more than $900,000 of charitable care. On behalf of the physician partners of Amoskeag Anesthesia, we thank you. We are truly honored.” We offer our sincerest thanks, and congratulations, to the entire team at Amoskeag Anesthesia.

Dr. Greg Baxter, President of Elliot Health System (l) and Dr. Holly Mintz, Chief Medical Officer of EMG Ambulatory Care Services and Vice Chair of the Mary & John Elliot Charitable Foundation (r) accept the generous pledge of support from Dr. Bryan Hoertdoerfer.

Kelli Rafferty, Director of Development for the Mary & John Elliot Charitable Foundation (l) and Richard Rawlings, Chair of the Pearl Manor Fund Advisory Committee (r) were joined by Meghan Brady, President of St. Joseph Community Services (c) to receive a Pearl Manor Fund grant for their Meals on Wheels Program. With this $25,000 grant, they will be able to provide an additional meal day to low income seniors in our area.
WHAT IS THE HIGH RISK PROGRAM?
The high risk program at the Elliot Breast Health Center is a comprehensive approach targeting a woman at a higher risk of breast cancer than the average population. This program offers:
- A risk assessment that will estimate your lifetime risk based on your history
- Personalized screening & prevention plan
- State-of-the-art imaging with Tomosynthesis/3D mammography, MRI and Whole Breast Ultrasound
- Clinical breast exam by breast health expert

You might be at risk if you have:
- A mother/sister/daughter diagnosed with breast cancer before age 50
- Two or more close relatives (mother, sisters, aunts, cousins or male family member) on the same side of the family diagnosed with breast cancer at an early age (before 50) or three or more women on the same side of the family diagnosed with breast cancer.
- History of a breast biopsy showing atypical ductal hyperplasia (ADH), or lobular carcinoma in situ (LCIS)
- Radiation therapy for Hodgkin’s Disease before age 30
- A known genetic mutation in the family
- Personal history of breast cancer

Genetic Risk Assessment
Most breast cancers occur in women without a family history of breast cancer, but 5-10% of breast cancers are due to an inherited mutation. If you or your family members have any of the following, you may want to consider testing for hereditary breast cancer:
- Mother, sister or daughter diagnosed with breast cancer before the age of 50
- Two or more women on the same side of the family diagnosed with breast cancer
- Diagnosis of ovarian cancer in a close family member
- Breast and ovarian cancer on the same side of the family
- Male breast cancer in the family
- Family history of two or more cases of prostate or pancreatic cancer
- If you are of Ashkenazi Jewish Ancestry

Interventional Team/Our Staff
The breast center staff is dedicated to the screening, diagnosis and care of all affected by breast disease and those at increased risk. We offer the most comprehensive breast care for you and your family members. Our team includes: dedicated fellowship trained breast surgeons; nurse practitioner, fellowship trained breast radiologists; mammography technologists; and ultrasound technologists.

Waiting for Mammography Results is Stressful!
If you are part of the high risk program, we offer same day results on your mammogram combined with a clinical breast exam by a breast health specialists. Together we determine the best options for screening and prevention. In order to provide each woman with the care and attention she deserves there may be waiting time between your mammogram and visit with the breast health specialist as all images are being read real time. Appointments can be made by a woman or her physician, by calling 603-668-3067. Please plan two hours for your appointment with us.

Patient/Family Advisors Wanted! Elliot Health System wants to partner with you!
Elliot Health System Patient & Family Advisory Councils (PFAC) are currently seeking individuals who have chosen Elliot Health System for their healthcare to consider becoming a Patient/Family Advisor. As council members, our Advisors serve as “the voice” of patients and family members in the community. Through your unique perspectives, Advisors provide input on issues that impact quality, safety and clinical care, ensuring that the next patient or family members’ journey is easier. For additional information or to learn more about becoming a patient or family advisor on any one of our PFAC’s (Behavioral Health, Emergency Services, or Health System), please contact Leslie Chambers, Patient Experience Officer, Elliot Health System at lchambers@elliot-hs.org or call 603-663-2991.
COMMUNITY WELLNESS CLASSES

SOME CLASSES MAY BE JOINED WHILE ALREADY IN PROGRESS.

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, #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

Women’s Health Pre-operative Patient Education Class Free!
EH: On-going. Physician referral required, to participate, speak with your surgeon.
For women with scheduled gynecological procedures at Elliot Hospital. Learn how to prepare for surgery, what to expect following surgery, pain mgmt and more. Your questions will be answered. You are encouraged to bring a family member or support person.

1-Day Surgery Center Tour for Children Free!
RE, 1-Day Surgery Center: 1st & 3rd Wed monthly, 3PM, registration required.
Parents, children ages 12 and younger, and their siblings are invited to attend our special pediatric tours. Meet with staff, review the surgical process and tour the facility guidelines.

Skills for Caregivers, Part 1 – We Don’t Talk Like We Used To Free!
LON, EMMC: Th, May 2, 2-4PM.
Learn new skills and strategies for communicating more effectively with your loved one with dementia, it will make life better for everyone!

LON, EMMC: Th, May 16, 2-4PM.
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 tips and skills for identifying and responding to them more effectively.

Skills for Caregivers, Part 3 Self Care is NOT Selfish! Free!
LON, EMMC: Th, May 23, 2-4PM.
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

Com munity Wellness
Take time for your health

General Health Education

American Heart Association CPR & Basic First Aid
The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. 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. All classes require registration prior to the first day of class. Payment is due when you register for a class; your spot on the roster is not confirmed until payment is received. Class times/dates are subject to change. Refer to www.elliathospital.org, call program registration at 603-663-4567 or email ClassRegistration@elliot.org.

Heartsaver® CPR/AED $50
RE: Mon, May 13; Jul 15; Sep 16; Nov 4; 5:30-9:30PM.
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. Reading material is sent to you prior to class, once payment is received.

Heartsaver® First Aid $50
RE: Wed, May 15; Jul 17; Sep 18; Nov 6; 5:30-8:30PM.
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. Reading material is sent to you prior to class, once payment is received.

Heartsaver® CPR/AED and First Aid $85
RE: Mon/Wed, May 13 & 15; Jul 15 & 17; Sep 16 & 18; Nov 4 & 6; (M) 5:30-9:30PM; (W) 5:30-8:30PM.
For those students who need both CPR/AED and First Aid certification (see previous class descriptions). This course includes 2 nights of training. Certification and AHA textbook. Reading material is sent to you prior to class, once payment is received.

Basic Life Support (for Healthcare Professionals) $75
RE: Mon, Jun 10; Aug 5; Oct 7; Dec 9; 5:30-9:30PM.
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. Certification will be received after successful completion of written and practical exam. Reading material is sent to you prior to class, once payment is received.

Onsite Courses
Please contact FitnessServices@Elliot-HS.org or call 603-663-4200 for more information.
Is your school, company or practice looking to hold a CPR or First Aid course? We offer onsite courses that provide a 2-year certification for Heartsaver CPR, Heartsaver First Aid and Basic Life Support for Healthcare Professionals.

Most classes and support groups are offered on a regular basis. Find the class that interests you, and enroll today!
To register, email classregistration@elliot-hs.org, or call 603-663-4567. Gift certificates are available to give the gift of health.
Thriving with Yoga

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.

Chairs yoga

RE: Fri, Mar 22-May 17 (9 wks $59); Jun 7-28 (4 wks $30); Jul 19-Sep 6 (8 wks $60); 12:30-1:30PM.

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.

Full Body Fusion I (Mon)

RE: Mon or Wed, Mar 18-May 15 (9 wks $72); Jun 3-26 (4 wks $32); Jul 15-Sep 9 (8 wks $64); 5:30-6:25PM.

A fusion of strength training exercises using body weight and free weights, cardiovascular intervals utilizing steps, plyometrics, Yoga, Pilates, core work and stretching. Keeps your body guessing! Geared towards intermediate levels. Instructor: Cheryl.

Full Body Fusion II (Wed)

RE: Mon or Wed, Mar 18-May 15 (9 wks $72); Jun 3-26 (4 wks $32); Jul 15-Sep 9 (8 wks $64); 5:30-6:25PM.

A fusion of strength training exercises using body weight and free weights, cardiovascular intervals utilizing steps, plyometrics, Yoga, Pilates, core work and stretching. Keeps your body guessing! Geared towards intermediate levels. Instructor: Cheryl.

Tabata Fusion

EH: Mon, Mar 18-May 13 (9 wks $72); Jun 3-24 (4 wks $32); Jul 15-Sep 9 (8 wks $64); 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 4 rounds alternating 20 seconds of work and 10 seconds of rest. Offers maximum benefit with the least amount of time to achieve results! TABATA Fusion has the best of everything – TABATA intervals, weight training, cardio kickboxing drills and core work. Keeps your body guessing! All levels welcome. Instructor: Jessica.

Tai Chi

RE: Tue, Mar 19-May 14 (9 wks $54); Jun 4-Jun 25 (4 wks $28); Jul 16-Sep 3 (8 wks $56); 8:45-9:30AM.

A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Tai Chi will allow you to experience the ancient way to improve balance, strengthen the body, and cleanse the mind. Beginners welcome. Instructor: Bill.
COMMUNITY WELLNESS

TABATA is a High-Intensity Interval Training (H.I.I.T.) minimum duration workout providing fitness and weight-loss benefits for participants at all fitness levels. The core of a TABATA workout is 4-minute, high-intensity intervals consisting of 8 rounds alternating 20 sec of work and 10 sec of rest. Offers max benefit with the least amount of time to achieve results! Instructor: Jessica.

**BOOTCAMP FITT I (Tues)** $32-$52
**BOOTCAMP FITT II (Th)** $32-$52
(Fitness Incorporating Tabata Training)

RE: TTh, Mar 19-May 16 (9 wks $72); Jun 4-27 (4 wks $32); Jul 16-Sep 5 (8 wks $62); Tues-5:15-6:15PM, Th-5:30-6:30PM.

A 60-min bootcamp class utilizing a variety of equipment incorporating the TABATA, a High-Intensity Interval Training (H.I.I.T.) formula. A minimum duration workout provides fitness and weight-loss benefits for participants at all fitness levels. The core of a TABATA workout is 4-min, high-intensity intervals consisting of 8 rounds alternating 20 seconds of work and 10 seconds of rest. Offers max benefit with the least amount of time to achieve results! Geared towards intermediate/advanced levels. Keeps your body guessing! Instructor: Jessica.

**Pre-Natal Yoga** $40-$90

EH: Wed, Mar 20-May 15 (9 wks $90); Jun 5-26 (4 wks $40); Jul 17-Sep 4 (8 wks $80); 6:30-7:30PM.

Connect with other mothers-to-be through a class specifically designed for the journey of pregnancy. Linking yoga postures with breathing you will bring awareness to the mind, body and spirit, and also the spirit of your baby. This program is intermediate/advanced levels. Keeps your body alternatng 20 seconds of work and 10 seconds of rest. Offers max benefit with the least amount of time to achieve results! Geared towards intermediate/advanced levels. Keeps your body guessing! Instructor: Abby R.

**Gentle Yoga** $40-$90

EH: Th, Mar 21-May 16 (9 wks $90); Jun 6-27 (4 wks $40); Jul 18-Sep 5 (8 wks $80); 6-7PM.

Designed to promote total health and well-being through stretching, strengthening and balance using traditional Yoga poses. This class uses both 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: Abby G.

**Sunday Morning Yoga Over Easy** $40-$90

RE: Su, Mar 17-May12 (9 wks $90); Jun 2-23 (4 wks $40); Jul 14-Sep 8 (8 wks $80); 10-11AM.
Start the week centered. Discover your breath and enjoy a relaxing flow with this Yoga class. Please bring a blanket or beach towel. Instructor: Jenny.

**Get Fit With Us!** $35 monthly

RE, Welliot: M-F, 6:30AM-4PM. Call 663-4200 or email FitnessServices@Elliot-HS.org to get started. The Welliot at River’s Edge Fitness Center consists of the latest and greatest cardiovascular equipment, Nautilus strength training machines, and several group exercise classes for all ages and levels. Our experienced team of friendly fitness professionals will design an exercise program specific to your current level and goals. If you are looking for a safe, non-competitive, supportive environment to help you reach your fitness goals, this is the facility for you. Seniors and first time exercisers encouraged.

**NUTRITION**

**Diabetes Self-Management Education Group Classes**

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

**Nutrition Classes for Elliot**

Physician Network Patients Free!

EH, Pavilion: MUST register by calling 663-4524.
• **Healthy Feeding for Toddlers:** Sep 20, 10-11AM or Oct 9, 5-6PM. For parents of toddlers.
• **Healthy Eating:** Aug 27, 5-6PM or Oct 8, 5-6PM. For any adult trying to lose weight.
• **Probiotics and Prebiotics:** Aug 16, 12:30-1:30PM or Oct 23, 4-5PM. For adults who want to learn about probiotics.

**SCREENINGS and CLINICS**

**Breast & Cervical Cancer Screenings** Free!

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

**Lung Cancer Screening** Insurance billed

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

**SUPPORT GROUPS**

**Pregnancy and Infant Loss TEARS**

Touching Lives, Healing Hearts Free!

EH, Rm A/B: 3rd Wed monthly, 7-8:30 PM. Call 663-3396 or visit http://thetearsfoundation.org/ for more information.

The TEARS Support Group is facilitated by a peer companion and a nurse with experience caring for bereaved families. Meetings are informational with an opportunity to share your story and meet others who have had similar experiences. The Memory Garden Service is held rain or shine, in May, Sunday of Memorial Day weekend at 1PM.

**Chronic Pain Support Group** Free!

RE, Conf Rm: 2nd & 4th Tue, thru May 28, 5-6:30PM. Call 663-2881 for more information. Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life. Guest speakers.

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

SHC: 1st Wed monthly, 10-11:30AM. Call Barbara MacPhee, MSW, LICSW at 663-7051.

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

**AICD (Automatic Internal Cardiac Defibrillator)** Free!

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

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

**Parkinson’s** Free!

EH, C onference Rm : 3rd Wed monthly, 3-4:30PM. Call 663-7063.

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

**CANCER SUPPORT GROUPS**

For any Cancer Support Group, call Megan Daniels at 663-2355 to register.

**Thriving Through Treatment** Free!

RE: Th, Mar 21 & 28 and Apr 4 & 11, 5:30-7PM.

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

**Look Good, Feel Better** Free!

EH, Conference Rm: Tue, Sep 25, 5-7PM. In conjunction with the American Cancer Society. Cosmetology help is provided to women receiving cancer treatment.

**Cancer Connection Support Group** Free!

EH, Cancer Ctr Waiting Rm : Th, Mar 21, Apr 18, May 16, Jun 20, 5:30-7PM.

for cancer survivors and caregivers: EH- Support group for those impacted by cancer.

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

**SENIOR HEALTH and FITNESS**

**Classes require registration, call 603-663-7016. Payment is due when you register; your spot on the roster is not confirmed until payment is received.**

**Zumba Gold**

SHC: M/W, Mar 18-May 15 (9 wks $80); Jun 3-26 (4 wks $40); Jul 15-Sep 9 (8 wks $80); 9-9:45 AM & 10-10:45 AM.

This dance-fitness class is friendly and fun for all ages and genders. The Zumba formula is used with modified moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. The exhilarating easy-to-follow moves, the zesty Latin music, and the invigorating, party-like atmosphere will help you have fun while you achieve a great workout. Instructor: Gorica.

**Zumba Gold Toning**

SHC: Fri, Mar 22-May 17 (9 wks $45); Jun 7-28 (4 wks $20); Jul 19-Sep 6 (8 wks $40); 9-9:45 AM.

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.

**Chairs Aerobics**

SHC: M/W, Mar 18-May 15 (9 wks $77); Jun 3-26 (4 wks $34); Jul 15-Sep 9 (8 wks $68); 11-11:45 AM.

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**

SHC: T/Th, Mar 19-May 16 (9 wks $79); Jun 4-27 (4 wks $35); Jul 16-Sep 5 (8 wks $70); 9-9:45 AM.

This class will help strengthen your upper and lower body using strength training equipment such as resistance bands, free weights and exercise balls. We will teach you standing and seated exercises to help improve your balance as well as stretches to keep your muscles flexible and reduce risk of injury. Instructor: Lisa.

**Seniors in Motion**

SHC: T/Th, Mar 19-May 16 (9 wks $77); Jun 4-27 (4 wks $34); Jul 16-Sep 5 (8 wks $68); 12 noon-12:45 PM.

This class is primarily seated and incorporates an easy-to-follow fitness routine for increased stamina, strength, flexibility and balance. Resistance bands and light weights are used for total body conditioning. Any fitness level. Instructor: Jennifer.

**Chair Yoga**

SHC: Tue, Mar 19-May 14 (9 wks $59); Jun 4-25 (4 wks $30); Jul 16-Sep 3 (8 wks $60); 1:45-2:45 PM & 2:45-3:45 PM.

Would you like to reduce stress in your day? Strengthen your muscles, improve balance, and increase your flexibility through a gentle, supportive yoga practice. Feel the relaxation and calmness that yoga can bring, while practicing with the stability and security of a comfortable chair. We will focus on using our breath to bring awareness of our movements, reduce stress, and feel calm and peaceful throughout our class, ending with a quiet meditation. Instructor: Jennifer.

**Tai Chi (Beginners)**

SHC: Th, Mar 21-May 16 (9 wks $54); Jun 6-27 (4 wks $28); Jul 18-Sep 5 (8 wks $56); 10-10:45 AM.

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.

**Tai Chi (Advanced)**

SHC: Th, Mar 21-May 16 (9 wks $54); Jun 6-27 (4 wks $28); Jul 18-Sep 5 (8 wks $56); 10-10:45 AM.

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.

**Warm Welcome: A Maternity Tour**

For Childbirth Education class descriptions log onto elliothospital.org. For dates, times, and registration for all childbirth classes, call 603-663-4567, or email classregistration@elliot-hs.org.

**Learn to Labor: 1 day intensive**

For availability call 603-663-4567, or email classregistration@elliot-hs.org. Any class taken with Learn to Labor class receives 10% off the additional class.

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

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

Family & Friends CPR & Safety  $30 pp or $50 per couple
RE: On-going.
This class is an American Heart Association class designed to educate caretakers of infants and children, to include but not limited to parents, grandparents and relatives. The main focus of this class is to teach you lifesaving skills and safety for infants and children. Topics include the relief of mild and severe airway block, safe sleep, and car seat safety. We will also discuss poison and drowning prevention, child proofing and common childhood injuries. Hands only adult CPR will also be reviewed in this class. **Please note, this is not a certification class**

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

Parent Education Packages:
Premium Package  $185
Includes:
• Learn to Labor
• Learning to Care for and Feed your Baby
• Family & Friends CPR & Safety
• Big Brother/Big Sister Sibling Class
Gold Package  $165
Includes:
• Learn to Labor
• Learning to Care for and Feed your Baby
• Family & Friends CPR & Safety

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

Visiting Nurse Association of Manchester & Southern New Hampshire

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

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

Men’s Drop-In Support Group.
The Men’s Group meets monthly, the 4th Fri, 9-11AM, at Brookside Congregational Church, 2013 Elm Street.

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

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

David Lee, MD
Plastic and Reconstructive Surgery
Elliot at River’s Edge | 185 Queen City Ave | Manchester
603-314-6450

Andrea Greenfeld, MD
Elliot Internal Medicine at Bedford
Elliot at Bedford | 25 Leavy Drive | Bedford
603-314-6500

Jason Albrecht, DO
Elliot Internal Medicine at Bedford
Elliot at Bedford | 25 Leavy Drive | Bedford
603-314-6500

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

Alexander Jones, DO
Elliot Family Medicine at Manchester
4 Elliot Way | Suite 105 | Manchester
603-626-5113

Our Wellness Matters

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