Treat yourself to a healthier mind & body, see classes on pages 6 to 9
- Elliot Hospital opened as the first general hospital in Manchester, NH
- Elliot Hospital Associates formed to help care for patients and raise funds to support the needs of the Elliot Hospital. This group continues, to this day, to carry out their mission.

- Emily Smith Nurses’ Home opened (housed 30 nurses with quarters for a house mother)
- Maternity Department was established

- Children’s ward opened

- The Elliot Regional Cancer Center opened as the first of its kind in New Hampshire

- Elliot designated as the region’s Trauma Center
This year, Elliot Hospital celebrates a milestone – namely this is the 125th Anniversary of Elliot Hospital. It all started in 1890 when Elliot Hospital first opened its doors becoming the first community hospital in Manchester. That 25 bed hospital has grown exponentially to become a 296-bed hospital with a cohesive health system spanning across southern New Hampshire. The Elliot Health System, as it is known today, grew out of the vision of Mary Elliot, when she endowed the Elliot Hospital in her will. The 300 physicians and over 3,000 staff of Elliot proudly serve the community in accordance with the original intent of its founder and we are ever-proud of our healthcare services delivered to the fine people of New Hampshire. This is a look at a few of the milestones that took us from being the first community hospital to the health system we know today!

Time has clearly been a friend to Elliot and the growth of
this great organization has been a reflection of our effort to better serve you. Thank you for the many years of trust and loyalty you have shared with us. We have so appreciated bringing your babies into the world, caring for you in your time of need, diagnosing and treating you when you were ill, and helping you with your wellness goals, today and for the future.

2005
- Newly renovated Maternity Unit and state-of-the-art Neonatal Intensive Care Unit (NICU) opened to care for premature babies as early as 26 weeks
- Elliot Child Care opened its new facility

2006
- Stereotactic Radio Surgery is added to the Elliot Regional Cancer Center to enable surgery on tumors to the brain and body previously said to be "inoperable"
- Elliot opens the area’s first Oral Maxillofacial Surgery Center

2007
- Elliot opened its first ambulatory care center – The Elliot Medical Center at Londonderry
- Elliot Urgent Care at Londonderry opened

2008
- Elliot performs hysterectomy surgery with the new DA VINCI® S™ HD system
- Dana Farber/NHOH Cancer Center opens at the Elliot Medical Center in Londonderry

2009
- Elliot opened first dedicated Pediatric Emergency Department in NH
- The Elliot Medical Center at Hooksett opened
- Pediatric surgery opens at Elliot Hospital
• The Elliot at River’s Edge and Urgent Care opened its doors forever changing out-patient care in the heart of downtown Manchester
• New Hampshire’s Hospital for Children established

2010

2011

• Elliot receives New Hampshire’s Level II Trauma Designation

2012

2013

• Elliot Retail Pharmacy opens to the public on the River’s Edge campus

2014

• Elliot recognized as Top 100 Most Wired Hospital for Fourth Consecutive Year
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.

**Heartsaver CPR**
RE: Sat, Mar 7, May 2 or Jul 18, 8 to 11AM

**CPR for New Healthcare Professionals or Those with Expired Certification**
RE: Sat, Apr 4, Jun 6 or Aug 1, 8AM to 12:30PM

**CPR Renewal for Healthcare Professionals**
RE: Sat, May 7 or Jul 18, 11:30AM to 2:30PM

**Heartsaver First Aid**
RE: Tue, Apr 7 or Jul 14, 6 to 9PM
Learn techniques to give immediate care to an injured, suddenly ill person, or someone involved in a life threatening situation, and when to alert medical personnel.

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

**1-Day Surgery Ctr Tour for Children**
Free!
RE: 1-Day Surgery Center: First & Third 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 session $45
- One, hypnosis private session $90
Studies show that intense support and counseling with a trained tobacco treatment specialist increase the chances you can quit smoking for good. Our certified counselor works with you privately to formulate a quit plan based on current clinical guidelines.

**Understanding & Managing Chronic Pain**
$35
RE: Wed, Apr 1 to Jun 3, 5:30 to 7:30PM.
Call 663-4567 to register.
Learn techniques to control pain, improve function, restore hope and improve the quality of life. Taught by an experienced Pain Management Center nurse with years of experience working with pain patients.

**Emotional Eating**
$45 per session*
EBHS: Wed, Apr 8 to Jun 10, 1:30 to 3PM or Th, Apr 9 to Jun 11, 6 to 7:30PM. *This 10-week course is $45 per session if paid in full on at time of service, or $60 per session. Most insurances accepted, including Medicaid. Wed group can accept Medicare, Medicare cannot be accepted in the Thurs night group. To register call 663-8621.
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 adult (ages 21+) group 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.

**Programs Sponsored by the Alzheimer’s Ass’n:**
- Conversations about Dementia: Tips to Help with Family Conversations
  **Free!**
  EMMC: Th, Mar 19, 1 to 3PM. To register, call 552-1670.
  Tips on how to have honest and caring conversations about difficult topics when you are caring for someone with memory problems: the importance of going to a doctor for a diagnosis or follow-up, concerns about driving and making financial and legal plans. You'll hear from family care-givers about these challenging issues via video as well as recommendations for what to expect.

**Legal & Financial: Issues & Answers**
**Free!**
EMMC: Th, May 14, 5:30 to 7PM. To register, call 552-1670.
Many families wait until it’s too late to learn about legal and financial concerns. This presentation by an elder law attorney provides information about wills, durable power of attorney, protection of assets, health care proxy, and what Medicare and Medicaid do and do not cover. While this program is not intended to substitute for a personal appointment with an elder law attorney, you will have the opportunity to hear about typical issues and problems that can be avoided or reduced by adequate planning.

**GENERAL FITNESS**

**Gentle Yoga**
**$80**
RE: Mon, Mar 23 to May 11; May 25 to Jul 13; Jul 27 to Sep 14; Sep 28 to Nov 16, 5:45 to 6:45PM.
Promotes 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. Good for the beginner level participant. Instructor: Cheryl.

**Tai Chi**
**$40**
RE: Tue, Mar 24 to May 12; May 26 to Jul 14; Jul 28 to Sep 15; Sep 29 to Nov 17, 9 to 9:45AM.
A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Tai Chi will allow you to experience the ancient way to improve balance, strengthen the body, and cleanse the mind. Beginners welcome. Instructor: Bill.

**LOCATION OF CLASSES ARE DENOTED IN EACH DESCRIPTION**

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

Fit & Feisty $60
RE: T/Th, Mar 24 to May 14; May 26 to Jul 16;
Jul 28 to Sep 17; Sep 29 to Nov 19, 10 to 11AM
or 11AM to noon.
A low-impact aerobic and strength class with
easy-to-follow moves in a fun environment.
Includes aerobics and strength training utilizing
free weights, resistance bands, and stability balls.
Floor exercises, core work and stretching are also
included. For ages 50+. Instructor: Cecily.

Full Body Fusion $85
RE: T/Th, Mar 24 to May 14; May 26 to Jul 16;
Jul 28 to Sep 17; Sep 29 to Nov 19, 6 to 7PM.
A fusion of strength training exercise using body
& free weights, cardiovascular intervals utilizing
steps, plyometrics, yoga, pilates, core work and
stretching. Keeps your body guessing! Geared
towards intermediate levels. Instructor: Cheryl.

Thriving with Yoga FREE!
RE: Wed, Mar 25 to May 13; May 27 to Jul 15;
Jul 29 to Sep 16; Sep 30 to Nov 18, 1:30 to 2:30PM.
Designed especially for those with 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. To register, please
contact YogaCaps at 603-670-0302 or info@yogacaps.org.

Vinyasa Yoga $80
EH, Welliot: Mon, Mar 23 to May 11; May 25 to
Jul 13; Jul 27 to Sep 14; Sep 28 to Nov 16, 5:15 to
6:15PM.
Vinyasa (flow) yoga class encompasses yoga
stretches and poses (asanas) that combine
strength, flexibility, mind-body awareness,
relaxation, and fitness all in the same class. It is
perfect for beginners or any seasoned yoga
practitioner. Please bring a yoga mat. Instructor:
Brian, Yoga Fit Level 1 certified.

Zumba GOLD® $20
RE, Welliot: Thu, Apr 2 to Apr 23, 1 to 2PM.
Zumba Gold® is 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. Instructor: Cammie.

Zumba® $56
EH, Welliot: Wed, Mar 25 to May 13; May 27 to
Jul 15; Jul 29 to Sep 16; Sep 30 to Nov 18, 5:15 to
6:15PM. Zumba® is the Latin-inspired dance-fitness
program that blends red-hot international music
and contagious steps to form a “fitness-party.” It’s
easy to do, effective and totally exhilarating. Tons
of fun! Instructor: Amy.

Body Sculpt $80
EH, Welliot: M-F, ongoing, 6:30AM to 4PM. Call
663-4200 to get started.
The Weliot 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.

Welliot at RE Gym Membership $35 monthly
RE, Weliot: M-F, ongoing, 6:30AM to 4PM. Call
663-4200 to get started.
The Weliot 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.

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

NUTRITION

LBI Support Group $25 per 3 sessions
EH Pavilion: Second Wed of each month, 5 to 6:30PM.
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, Wed, May 13, 6:30 to
7:30PM or Tues, Jul 7, 5:30 to 6:30PM.
This introductory session outlines the 10-week
comprehensive weight mgmt program focusing
on total health, not just pounds on a scale.

Jump Start Your Health $125
EH Pavilion: Wed, May 10 to Jun 24, 6:30 to
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.

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

SCREENINGS and CLINICS

Breast & Cervical Cancer Screenings Free!
FREE breast and cervical cancer screening tests
to eligible women. For more info, 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, Elliot Childcare Ctr Activity Rm, Elliot
Hospital campus, 450 Massabesic St.: Mon,
10:30AM to noon. Call Alison Palmer, RNC, MS,
at 663-3052 for more information.

This group helps support 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 new motherhood.

S.H.A.R.E. Free!
Third Wed monthly, 7 to 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, Mar 10 to Jun 23,
5 to 6:30PM. Call 663-2881 with any
questions. Guest speakers.
Peer support group focused on education;
bringing new thinking to what chronic pain
patients can do to more fully engage in life.

Living Beyond Breast Cancer Free!
EH, ERCC: 2nd Wed monthly, 6 to 7:30PM.
Call 663-1804 for more information.
A group that provides support and sharing for
women who have experienced breast cancer.

Living with Cancer Free!
EH, ERCC: 3rd Wed monthly 5:30 to 7PM. Call
663-1804 for more information.
A support group for people living with cancer,
including family and caregivers.

Prostate Cancer Free!
ERCC: 4th Mon monthly (except May, which will
be May 18th), 6 to 7:30PM. Call 663-1804 for
more information.
Support and education for men with prostate
cancer, their families and/or support person.

Look Good, Feel Better Free!
EH, Conference Rm: offered monthly, for dates and
times, call 663-1804. In conjunction with the
American Cancer Society.
Cosmetology help is provided to those receiving
cancer treatment.
COMMUNITY WELLNESS

Healthy Nutrition for Cancer Survivors Free!
EH: Mon, Mar 30, 5:30 to 7pm. Call 663-1804 to register.
Learn how to eat healthy with nutrition guidelines for cancer prevention and recurrence.

Healthy Weight for Cancer Survivors Free!
EH: Wed- May 27, 5:30 to 7pm. Call 663-1804 to register.
Tips on weight management, portion control and healthy meal ideas.

Survivor Series: Free!
• Surviving Colorectal Cancer
  RE: Tue, Mar 24, 5 to 7pm
• Surviving Oral, Head and Neck Cancer
  RE: Tue, Apr 21, 5 to 7pm.
Call 663-1804 to register for either session.
Support and resources for dealing with the after effects of diagnosis and treatment

Support Group for Caregivers of Those with Dementia Free!
SHC: 1st & 3rd Tue monthly, 10 to 11:30AM. Call Barbara MacPhee, MSW, LICSW at 663-7051.
EMMC: 1st Wed monthly, 5 to 6:30pm. 3rd Wed, 10:30AM to 12pm. Call Lisa at 552-1675.
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

Drug and Alcohol Group $60 per session
EBHS: Wed, 5:30 to 6:30pm. Most insurance accepted as well as Medicaid. For more information, call 663-8618.
For those who would like to be in a supportive environment with others going through the same transition in early or continuing recovery. Provides a positive atmosphere of peer support and encouragement to abstain from substances of abuse and teaches individuals how to cope with their substance use and other problems. Members have the opportunity to learn/relearn the skills needed to cope with everyday life instead of resorting to substance abuse.

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

Parkinson’s Free!
SHC: 3rd Wed monthly, 3 to 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.

Frontotemporal Dementia Support Group Free!
EMMC: 4th Wed monthly, 10:30 to noon. Please contact Lisa with questions at 552-1670.
Open to anyone caring for someone with frontotemporal dementia.

Women’s Body Acceptance Group $60 per session
EBHS: Thu, May 21 to June 25, 3 to 4PM. Most insurance accepted as well as Medicaid.
A women’s group on making peace with your body, lumps, bumps, spots and all! Discussions will focus on changing your negative thoughts, whether it was created through media, illness, family or our own ideas. Let’s explore in a safe and nurturing space how that has affected how we look at ourselves. We will learn how to have compassion for the body we have and learn how to have a more positive body image of ourselves.

Women’s Coping Skills $60 per session
EBHS: Tue, Apr 14 to May 19, 10AM. Most insurance accepted as well as Medicaid.
A group for women only who are struggling with symptoms of anxiety. We use cognitive behavioral techniques as well as learn about techniques, relaxation skills and coping skills.

Healing from Trauma
Women’s Group $60 per session
EBHS: Mon, Mar 16 to Apr 27; May 4 to Jun 8, 10 to 11:45AM. To register or for more information, call 663-8617 or 663-8618.
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 and nurturing environment.

Women’s Stress Management and Self-Care Group $60 per session
EBHS: Tue, Jun 2 to Jul 7 (6 weeks), 10AM.
Register or for more information, call 663-8617.
Living with depression can be isolating, discouraging and lonely. Learn ways to cope with symptoms and get support from others who have experienced the same thing. You’re not alone, there is help!

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

SENIOR HEALTH and FITNESS

All classes require registration, please call 663-7016 to register. Payment is due when you register; your spot on the roster is not confirmed until payment is received. All classes are 8-weeks.

ZumbaGOLD® $80
SHC: M/W, Mar 23 to May 13; May 25 to Jul 15; Jul 27 to Sep 16; Sep 28 to Nov 18, 9 to 9:45AM.
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 27 to May 15; May 29 to Jul 17; Jul 31 to Sep 18; Oct 2 to Nov 20, 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 an active adult 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! Instructor: Ginger. Must buy your own Zumba Toning sticks, available from instructor.

Chair Aerobics $62
SHC: M/W, Mar 23 to May 13; May 25 to Jul 15; Jul 27 to Sep 16; Sep 28 to Nov 18, 11 to 11:45AM.
This seated light to moderate intensity class consists of a variety of upper and lower body movements to increase cardiovascular endurance, as well as strength and range-of-motion. Resistance bands and light weights are used to increase intensity. Stretching and balance exercises at the end of each class. All fitness levels welcome.

Seniors in Motion $62
SHC: T/Th, Mar 24 to May 14; May 26 to Jul 16; Jul 28 to Sep 17; Sep 29 to Nov 19, noon to 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.
COMMUNITY WELLNESS

Tai Chi $40
SHC: Thu, Mar 26 to May 14; May 28 to Jul 16; Jul 30 to Sep 17, 10 to 10:45PM.
A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. You will experience the ancient way to improve balance, strengthen the body, and cleanse the mind. Beginners welcome. Instructor: Bill.

Massage Therapy $70; $55 for Seniors 65+
The Elliot at Hooksett, 20 Chambers Drive, Hooksett. Call 663-5730 to schedule an app.
Massage therapy is manipulation of the soft tissues of the body, including muscles, connective tissue and tendons. It can help alleviate the soft tissue discomfort associated with everyday home 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 pain/tension/joint stiffness, reducing stress and mental and physical fatigue, increasing energy levels, strengthening the immune system and helping to relieve anxiety. Massage Therapists: Bruce Wood, LMT, KMI, Licensed Massage Therapist and Kinesis Myofascial Integration/Structural Integration Therapist and Melissa Lower, LMT, Licensed Massage Therapist and nationally certified in therapeutic massage and body work.

Elder Law Clinic Free!
SHC: Fourth Wed Monthly, 4 to 5PM. No cost, but registration is necessary by calling 663-7041.
Round table discussion with an Elder Law Attorney. Issues include: how to pay for current and long term health care needs, how to protect your home and other hard earned assets, and advice on estate planning.

Gym Membership $25 per month
SHC: Mon to Fri, ongoing, 6:30AM to 4PM. Call 663-7016 to get started.
The Elliot Senior Fitness Center is designed specifically for those 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 an equipment orientation with an individualized exercise program designed to fit your needs and goals. Membership is on-going – join at any time.

CHILDHOOD and FAMILY EDUCATION

Labor Series $130 per couple
RE, Conference Rm: On-going
This class prepares the expectant mother and her partner for aspects of labor and birth. Includes knowledge of the natural labor process, as well as a variety of coping measures, from relaxation and breathing, to available medical options. Includes a video tour of the Maternity Center.

Care and Breastfeeding Your Newborn $50 per couple
EH, 3rd Floor Conference Rm: On-going
This class for parents-to-be will focus on breastfeeding and caring for your new baby and your transition into parenthood. Our instructors will help you understand the benefits of breastfeeding, the basics of breastfeeding your baby, how to get off to a good start, and answer your questions about pumping and storing mother’s milk.

Mom’s Group $0
Free!
RE, Conference Rm: Wed, call for times.
Offered to mothers and their babies as an opportunity to share and network. Weekly topics include: feeding, crying, sleep, caring for yourself, growth & development, nutrition, dealing with relationships, preventing illness and more.

Ongoing Classes
• Breastfeeding – offered at Elliot Hospital

Remaining classes offered at River’s Edge:
• Infant/Child CPR & Safety
• Labor Series
• Maternity Tour
• Mom’s Group
• Sibling Class

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.

Stepping Stones through Grief. A bereavement group for children and adolescents ages 5-18. The groups will help explore and better understand such topics as the meaning of death, the feelings generated around loss and how to celebrate and honor the loved ones we have lost. Parents are required to stay and support their children by attending their own adult support group. Groups meet weekly for 8 weeks. Stepping-Stones is held in the spring and fall. The group meets from 6 to 7:30PM. Pre-registration is required and applicants will be notified by the facilitators prior to the start of the 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 Street.

• 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 603-663-4005. You may also obtain information online at www.manchestervna.org. Unless noted, all classes require pre-registration.
Congratulations

James L. Woodward, President & CEO of Elliot Health System announces the appointment of Craig Williams to the position of Chief Operating Officer and Joseph Kulle to the position of Senior VP, Chief Information Officer, effective February 2, 2015.

CRAIG WILLIAMS NAMED CHIEF OPERATING OFFICER

Craig has an exceptionally strong background in hospital operations having most recently served in the dual role as Chief Operating Officer of Tufts Medical Center and Tufts Medical Center Physicians Organization. Prior to his role at Tufts, Craig served in a variety of progressively more responsible roles with the Partners Healthcare System. Craig brings with him a strong background in both financial and operational management, physician relations, employee and patient engagement.

Craig is a graduate Suffolk University where he obtained his Masters of Business Administration with a health care concentration. He is a Certified Medical Practice Executive by the Medical Group Management Association. Craig is also a member of the American College of Healthcare Executives as well as the Healthcare Financial Management Association.

JOSEPH KULLE NAMED SR. VP, CHIEF INFORMATION OFFICER

Joe was recently working as Executive Director overseeing the installation of EPIC for Brigham and Women's Health Care in Boston. Prior to this role, Joe served for a number of years as Chief of Staff of Information Systems at Atrius Health in Newton. Joe brings with him an outstanding background with EPIC which is Elliot’s IT platform as well as significant experience in optimizing EPIC across health systems and large physicians groups of varying size and complexity.

Joe obtained his Masters of Science Technology Management from Bridgewater State College. He is a member of HIMSS and the New England Chapter of HIMSS. Joe is active in the Chief Information Officer Network.

TATE CURTI NAMED ONE OF THE UNION LEADER’S 40 UNDER FORTY TOP PROFESSIONALS IN THE STATE

At 35 years of age, Tate serves as Vice President of Professional and Support Services where he leads hundreds of employees and maintains responsibility among a team of Vice President’s for strategic planning, providing solutions to community healthcare needs, and offering skill and expertise anywhere it may be needed.

Tate arrived at Elliot as an Administrative Resident completing the didactic portion of his Master of Health Services Administration degree from George Washington University in 2010. In a very short period of time, he was having an influence on the leadership of Elliot, possessing the maturity of a seasoned executive, a passion for caring on par with our most dedicated clinicians and the requisite business acumen to tie it all together and execute on strategy.

He is also a community leader, serving as a Board member and Treasurer for the Granite State Children’s Alliance, a statewide network of Child Advocacy Centers who coordinate the multidisciplinary response to children experiencing physical or sexual abuse.

Congratulations on this well-deserved honor!
The William S. Green Award recognizes a group or individual who has made a lasting impact on the Elliot Health System and the community served by Elliot. Those who receive this prestigious honor are as highly regarded as the award’s namesake.

So too has been the impact of the Elliot Hospital Associates whose legacy spans 125 years. The Elliot Hospital Associates have been in lock-step with the hospital from its inception and the people who make up the Elliot Hospital Associates work as tirelessly today as they did from the day the hospital opened its doors. The Elliot Hospital Associates serve with passion for the mission of Elliot Hospital in everything that they do. This includes a myriad of tasks from patient interactions, knitting caps for the NICU babies, the former Thimble Club, Sewing Ladies, fundraising efforts such as the Silver Tea, Antique Shows, Galas, Golf Tournaments, to the daily efforts of running the Gift Shops at the Elliot Hospital and The Elliot at River’s Edge. This incredibly benevolent group of people provided the first gift of $1 million dollars to support the Urgent Care Center at The Elliot at River’s Edge. In 125 years of service to the Elliot and the local community, their impact is immeasurable and they deserve our collective appreciation. Today, they continue to play a vital role in shaping the future success of our organization and we applaud each and every one of the members of the Elliot Hospital Associates.

ROBERT & LUCILLE DAVISON AWARD FOR PHILANTHROPY

Dr. Jack Evjy and Shelia Evjy received the Robert & Lucille Davison Award for Philanthropy at the Elliot Health System annual meeting on January 21, 2015. Shelia is a steadfast, loyal and most generous supporter of the Elliot. She began her career at the Elliot in 1969 and held a variety of positions as well as served on multiple Boards including the Board of Nursing and Elliot Health System Board of Trustees. As a retired medical oncologist Jack, a delegate for the MA Medical Society, has served on many volunteer Boards including the American Cancer Society and Harvard Pilgrim Health Plan. Both Shelia and Jack have continually supported the Elliot since 1980.

Home Medical Equipment moved to the Elliot Pharmacy on the River’s Edge campus

Patients now enjoy:
• Home Medical & Pharmacy needs being met in one location
• More space
• Enhanced services
• Parking near the entrance
• And the same great quality and service they have come to enjoy!

Northeast Rehab is now at Elliot Hospital

When a patient experiences a serious injury or illness, their recovery may include admission to an acute rehabilitation facility after discharge from the hospital.

The purpose of an acute rehab stay is to help a patient regain their ability to safely perform the activities of daily living. The goal is to have them return home at their highest possible level of independence.

In 15 private newly-renovated patient rooms on the 7th floor of the Elliot Hospital, treatment is available for:
• Traumatic and non-traumatic brain injury
• CVA, young stroke
• Spinal cord injury
• Multiple trauma with acute medical needs
• Other neurological disorders and/or exacerbations
• Joint replacement
• Multiple orthopedic injuries
• Cardiac disorders
• Pulmonary disorders
• Oncology patients
• Burns
• Lower extremity fractures and multiple fractures
• Amputation
ANNUAL iGive CAMPAIGN

As a result from our generous community members and employees at Elliot Health System, the Mary & John Elliot Charitable Foundation has raised more than $182,000 for the annual iGive campaign. We truly thank those who have participated and contributed.

For those who have not yet contributed, there is still time until June 30, 2015 to help us reach our goal of raising $225,000!

For your convenience, go to our website at https://elliothospital.org/website/donate_sj.asp to make a gift or call the Foundation Office.

Our greatest fund in need is New Hampshire’s Hospital for Children (NHHC). Each and every gift designated to NHHC will help us provide the very best healthcare to the youngest members of our community.

SPEEDWAY CHILDREN’S CHARITIES SUPPORTS NHHC

The Mary & John Elliot Charitable Foundation received a $9,405 grant from Speedway Children’s Charities to purchase a VGO Robot for NHHC and the Hospital. A formal presentation of the check was made to Dr. Kevin Petit and Michael DeBlasi on December 11, 2014 at the Palace Theater in Manchester.

Photo L to R: Michael DeBlasi, VP, Mary & John Elliot Charitable Foundation, Elliot Health System, Kevin Petit, MD, Medical Director, New Hampshire’s Hospital for Children, Cheryl LaPrade, Executive Director, NH, Chapter Speedway Children’s Charities, Mayor of Manchester, Ted Gatsas and Jerry Gappens, VP and General Manager, NH Motor Speedway.
“CUT FOR CURE”

Ryan Breton, owner of Revolution Hair Design of Bedford, NH hosted a Cut-A-Thon on October 26, 2014 which raised $1,153 to support the Elliot’s Breast Health Center. In addition to Revolution Hair Design employees donating their time and services, several local businesses donated gifts for a raffle prizes.

4th Annual Big Z Challenge

Hoertdoerfer Dentistry hosted the 4th Annual Big Z Challenge on October 20, 2014, raising almost $10,000 for New Hampshire’s Hospital for Children. The Octoberfest themed event held at the Elliot at River’s Edge gave 50 fans the chance to spend time with Zdeno Chara, playing games, taking photos and getting autographs from the captain of the Boston Bruins. Proceeds from this event will go toward purchasing a Stinger Mobile Cart for the Pediatric Unit.

COGSWELL BENEVOLENT TRUST PROVIDES SUPPORT

The Cogswell Benevolent Trust awarded $37,000 toward the purchase of a Laerdal SimMan 3G Wireless Patient Simulator. This new manikin replaces an outdated one and will support acute, critical, and trauma education for local physicians, nurses, clinicians, and students seeking to enter the healthcare industry within the greater Manchester community. The adult-sized SimMan 3G manikin will be used for interdisciplinary training activities to include Advanced Cardiac Life Support (ACLS) certification classes, critical care courses, airway management courses for physicians, Code Blue training, annual nursing competencies, and competencies for newly graduated nurses.

KORKS FOR KIDS

The 2nd Annual Korks for Kids wine pairing dinner on May 13, 2014, raised more than $7,000 for New Hampshire’s Hospital for Children. The 100+ guests enjoyed a three course meal paired with wine from sponsors.

Nurses Shirley Jackson and Sharon Breidt demonstrate one of the many uses of the new manikin.

L to R: Lacey Jane Folger, MS-CLS, Rebecca Marden, RN, and Holly Neefe, MD.
It is 8AM at the Elliot Breast Health Center and concerned women and men flood the office with breast lumps, nipple discharge, and skin changes. Most of these findings will be benign, but the anticipation of “bad news” is palpable. More so, it is the fear of the unknown that slows the footsteps and quiets the crowded changing room. Perhaps if someone shed some light on what happens aside from a change of clothing and the anticipated mammogram; the heart might slow down a bit and soften the alarming pang in the chest.

So how does it all work?

First Step

We want to meet you and get to know you. If you are here for screening, only imaging studies will be performed. If you are here for specific symptoms then you will spend a bit more time with us. We want to see how long things have been concerning you and interfering with your lifestyle. This may, at first seem uncomfortable, dressed in a gown talking about your breast health and sharing intimate details with someone you have just met. But we need to hear your concern, see it, and be able to feel it. The more we know about you the more accurate the diagnosis.

Second Step

Once we have seen, heard, and examined you, we need to obtain imaging studies. These studies allow us to see deep into the breast tissue and give us even more information to decide whether your symptoms are harmless and/suspicious and require additional work up. Suspicious findings on mammogram, physical exam, or both require more direct confirmation. That means we need to get some tissue in the area of concern: a biopsy. This is done with the help of ultrasound, mammogram or MRI depending on which picture shows it the best. We inject numbing medication into the skin and then use a specialized needle to obtain tissue samples through a small skin opening. The results take about three to five days at which time someone from the office will call you or schedule an appointment to discuss things in person. If the lesion is benign (the majority are), then the phone call will be a reassuring one and you will be informed of the next imaging study or/and follow up you may need. If the biopsy yields a cancer diagnosis, we have a lot to talk about and we get you back into the office immediately.

Fourth Step

The cancer diagnosis visit is a long one. We encourage you to bring someone with you during your appointment. You will meet with one of our dedicated breast surgeons and discuss the next immediate steps that are necessary to achieve a cure. Most of the time, a specific surgical procedure is required. Depending on your age and cancer type you may meet with our nurse practitioner for a genetic assessment and counseling. You may also need radiation therapy and/or chemotherapy. The order of these therapies may be switched or eliminated altogether depending on the type of cancer you have. The therapy is tailored to you and a multidisciplinary team of specialists will help you make these complex decisions. Once the treatment is complete you will have a yearly visit with us to make sure you remain healthy.

Most importantly, if you are a woman over the age of 40, please continue with your yearly screening mammograms. Eat plenty of fruit and veggies. Exercise at least three times a week for 30 minutes to maintain a healthy lifestyle. And if any trouble should arise, please contact us, now having a better understanding of what happens beyond the front desk.

Dr. Shikhman joined the Elliot Breast Health Center in September, 2014, after completing her Breast Surgery Fellowship at the University of Massachusetts. She received her medical degree at Ross University and completed her internship and residency at Robert Packer Hospital in Sayre Pennsylvania. Dr. Shikhman is Board Certified by the American Board of Surgery. She is a member of the American College of Surgeons, the American Society of Breast Surgeons, and a member of Women in Surgery.
The Elliot Emergency Department places the utmost value on both the effectiveness and speed with which patients are treated as the demands for emergency department care escalate. This escalation has resulted in wait times growing and Emergency Department beds becoming full and scarce for hours.

As many hospitals struggle with similar constraints, Elliot has initiated a performance improvement strategy to address these issues. The solution is an innovative approach to emergency department care called Rapid Triage and Treatment (RTT). RTT is a process meant to decrease the amount of time patients must wait to receive care. Rather than have an Emergency Department full of patients awaiting treatment, RTT allows the Emergency Department Rapid Triage and Treatment Team to see patients far more quickly and without the use of an emergency room bed.

**How does RTT work?** All of the patients who present to the Emergency Department are triaged to determine the nature of their illness or injury resulting in the visit. Patients who are deemed appropriate for RTT (those who can be treated without the likelihood of complications and who can be cared for rather quickly) are given the option of utilizing the RTT service, or waiting among the general population in the main Emergency Department (which could result in substantially longer wait time). Those who opt for RTT begin the diagnosis and treatment process almost immediately, however, the care being delivered is in a treatment chair located in a specific common area within the Emergency Department. Several patients share this area and therefore do compromise privacy somewhat for being seen in a more timely manner. This expedites the entire clinical care process and allows far more patients to be treated in a reduced amount of time, while allowing more critically ill patients to receive the more intensive care that they require from a traditional emergency department bed.

**Is RTT Making a Difference?** While RTT is still just a few months old, the initial results are very encouraging. As demonstrated through our Urgent Care program, patients value speed. From Dec 2, 2014 through Jan 2, 2015 there were 317 patients treated in the RTT program who never saw an emergency department bed. The total visit, on average, for these patients was 88 minutes from time of arrival to time of departure. The average length of time an RTT patient waited between entering the department to seeing a healthcare provider was only 18 to 24 minutes. Thus, the impact of both the efficiency in caring for less acute patients and the ability to free up beds for sicker and critically injured patients has been extraordinary for the doctors and nurses. “I’m really proud of the emergency department team and our RTT program,” said Joseph Guarnaccia, MD, Medical Director Emergency Services. “We hoped RTT would make a difference by lowering wait times, freeing up beds and allowing us to care for patients more quickly. I just don’t think any of us believed it would have this positive an impact literally from the day we launched it,” added Guarnaccia.

**What do patients have to say?** Feedback and honesty about the patient experience in RTT is critical to its growth, refinement and long-term success. Many patients have had nothing but positive comments about the program, with 47% of RTT patients saying that they were “extremely satisfied” and another 44% saying they were “satisfied.” One patient stated, “No other ER care has been this smooth,” and another claimed that they received “very quick care [and were] very happy.” Another patient referenced that she, “Liked the RTT care room better than a bed.”

**Next Steps** The Elliot expects the RTT program to serve as a model for the performance improvement possibilities that exist in healthcare. The Emergency Department has shown that they have decreased the stress and frustration that comes with awaiting treatment, while providing expert clinical care in a new-style setting.
In 1897, the Women's Auxiliary of the City Missionary Society of Manchester changed the course of countless lives by joining the international movement to create a district nurse program. On November 7, 1897, Miss Harriet J. Parkhurst was hired as the first district (visiting) nurse. She was a graduate of the Elliot Hospital Training School. The assumption was that a visit from a nurse would, “do a great deal for the mind as well as the body in bringing to the sickroom cheer, comfort and hope,” said Mr. Eliot, President of the Instructive District Nursing Association. A second nurse was hired in 1906 and by 1929, the mission was confirmed to improve public health by both visiting the sick and by teaching the simple rules of nursing and hygiene. That year, the number of nurses grew and they served 3,300 patients making prenatal visits, new mom and baby visits, providing care to patients with wounds, burns, cancer, post accidents, paralysis, and a host of other things. As of 1938, there were eight visiting nurses. By 1983, the New Hampshire Sunday News described the role of the Visiting Nurse Associations and Home Health Agencies as caring for “EVERYONE – young, old and in between…regardless of income level…whether living alone or with family or friends…whose health and related needs can be appropriately managed at home.” Visiting Nurses and Home Health Agencies were being celebrated!

Today, the VNA of Manchester and Southern NH is a vibrant program offering traditional home health, hospice and personal services. Home Care and Maternal Child Health staff will make nearly 80,000 visits this year alone. These range from at-risk new mom and baby follow-up after delivery, sick baby and child care, post-accident recovery, wound care dressing changes, IV antibiotic administration, pain management, post-operative recovery, teaching new diagnosis, preparing for hip or knee replacement surgery, teaching how to walk again after accident or surgery, teaching how to speak again after a stroke, and how to cope with their illness. Hospice will care for more than 400 patients and their families, providing nearly 30,000 days of care to those facing their final journey. They will bring their skills to focus on living each day as fully as possible for the end of life. Personal Services staff will work with elders in the community helping them to stay at home by providing assistance in shopping, bathing, household chores, cooking, and companionship. This year, the nurses, aides, physical therapist, occupational therapists, speech therapists, social workers, and the hospice team will travel over 1 million miles in the care of our patients. That’s over 40 times around the equator!

Ironically, a lot has changed and little has changed. The tools that Miss Harriet J. Parkhurst had were limited in today’s world. She had her wits and her training, and little more. Today, our tools are unimaginable to Miss Parkhurst including IV’s and pumps in the home, pulse oximeter machines small enough to fit into your pocket to measure the amount of oxygen in your blood, PTINR machines to measure your blood’s clotting ability if you are on Coumadin or other blood thinners, blood glucose machines to measure the amount of sugar in your blood, stretch bands for exercises, stethoscopes to listen to your heart and lungs, high tech dressing supplies to help with complex wound healing, wound V.A.C. machines that attach to larger wounds and exert a negative pressure using a vacuum dressing to promote healing, computerized medical records, just to name a few. But the most important thing that both Miss Parkhurst and the dedicated staff of the VNA of Manchester & Southern NH and Hospice and Personal Services programs share is the passion for helping people in their home with the knowledge that their care and compassion bring real hope and relief to their patients and families. That personal touch has made all of the difference for well over a century!
Having nonstop access to electronic devices is the norm these days. Parents and kids are spending too much time on these devices rather than spending time with each other.

I see parents talking on their phones as they drive their kids to school. They pause their conversation long enough to say goodbye as the kids exit the car. At work, I see parents and/or the kids on their phones in the waiting rooms and then in the exam rooms. At after school events, kids are playing on phones while waiting for their sibling’s practice or game to be over. At home, kids are watching TV or playing video games to pass the time. Teens are texting or on other social media sites, and bringing their phones to the dinner table.

Kids and parents are averaging seven hours a day of screen time on various devices. Excess screen time is leading to problems such as obesity, attention and/or behavior problems, as well as sleep or eating disorders. In addition, it is leading to addictive like behaviors and cyberbullying has become as common as bullying.

This article is not meant to be accusatory. Rather, it is meant to help us take a step back and become more aware of the important moments we are missing with our kids.

Some ideas on what you can do to help reduce screen time:

• **Encourage face to face interactions.** Spend more time talking with your kids when you are with them. Put the phone away, on vibrate, or out of sight when you get home for the evening.

• **Encourage creativity and hobbies.** Show your kids that the phone is not more important than reading a book, playing a game, or helping with homework. Engage them in hobbies such as cooking, painting or puzzles.

• **Lead by example.** Don’t run to your phone every time it rings or buzzes. Explain to your kids that the nice thing about text messaging is that you can respond when the time is appropriate for you.

• **Encourage just being kids.** At events, don’t just offer your phones to keep the kids out of trouble. Bring some toys or books so they can play and interact with the other siblings that are waiting around too.

• **Prevent Obesity.** Put a limit on screen time every day, no more than one to two hours. Even better, avoid screen time during the week and save it for a limited time during the weekend. Encourage screen free activities such as playing outside, dancing, or exercising as a family.

• **Avoid sleep and behavior problems.** Encourage screen free areas in the house. Avoid TV’s, computer and cell phones in bedrooms. Do not allow video games or cell phone usage before bed as it is too stimulating and can cause trouble falling asleep. Don’t just leave the TV on as background noise, turn on some music instead.

• **Have family meals.** Don’t allow TV or phones during meal times. Sit together as a family and talk to each other.

• **Be here now.** No need to take pictures and post to facebook while you are at an event with your child. Take your picture and put the phone down. Enjoy the memory with your child.

• **Encourage safe phone/media usage.** Make sure you know all the passwords for your children’s Internet accounts. Check text messages. Make sure you know who they are texting and engaging with on social media networks. Discuss safe usage of photos and texts. Make sure they are comfortable talking to you about things they see or discuss online.

• **Set an example for safe driving.** Don’t talk or text while driving. Focus on driving. Pull over if you need to use your phone. Your teen will be driving soon. Have them witness safe driving tips from you.

Enjoy your kids now, as they grow up quickly.

Dr. Dahlia Pease is a board certified pediatrician and a member of the American Academy of Pediatrics. She received her undergraduate degree from Douglass College at Rutgers University in New Brunswick, NJ and her medical degree from the University of Health Sciences in Kansas City, MO. She completed her residency at the Children’s Hospital of Illinois through the University of Illinois in Peoria, IL. She is very active with her husband and their 3 sons. She currently practices at Elliot Pediatrics at Windham, 5 Industrial Drive, Windham, NH 03087. She is currently accepting new patients and can be reached 685-0150.
Did you know that bananas have to have their own storage space to avoid ripening every other vegetable near them? Should you ripen avocados in the fridge? If you’re making pesto, why isn’t basil with the other refrigerated herbs?

My role as a supermarket dietitian is more than nutrition education teaching about portion size of fruits and veggies, reading labels for vitamin content and pointing out the benefits of phytonutrients. I have found out while many customers spend a lot of time in the fresh produce aisles carefully shopping for fruits and vegetables – a big cheer for nutrition! – they may be misinformed about proper storage for different fruits and vegetables to keep the nutrition and best flavor. So now on my tours, I include some questions about fruit and vegetable storage and washing.

Test your produce manager skills: Which ones should you ripen on the counter first, then refrigerate? Is it avocado, nectarines or berries? Use this guide to find the best answer.

### Fruits & Veggies Storage 101

**For Best Flavor & Peak Nutrition**

*by Marilyn Mills, MS, RD, LD, CDE*

1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. After ripening, store in refrigerator and use within 1 to 3 days.

#### STORE ONLY AT ROOM TEMPERATURE

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGETABLES &amp; HERBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples (fewer than 7 days)</td>
<td>Basil (in water)</td>
</tr>
<tr>
<td>Pomegranates</td>
<td>Cucumber†</td>
</tr>
<tr>
<td>Bananas</td>
<td>Eggplant†</td>
</tr>
<tr>
<td>Plantain</td>
<td>Garlic*</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Ginger</td>
</tr>
<tr>
<td>Citrus fruits</td>
<td>Jicama</td>
</tr>
<tr>
<td>Mangoes</td>
<td>Onions*</td>
</tr>
<tr>
<td>Papayas</td>
<td>Peppers‡</td>
</tr>
<tr>
<td>Melons</td>
<td>Potatoes*</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Pumpkins</td>
</tr>
<tr>
<td>Sweet Potatoes*</td>
<td>Radishes</td>
</tr>
<tr>
<td>Spinach</td>
<td>Sprouts</td>
</tr>
<tr>
<td>Summer Squashes</td>
<td>Sweet Corn</td>
</tr>
</tbody>
</table>

† Cucumbers, eggplant, and peppers can be refrigerated for 1 to 3 days, use soon after removing from the refrigerator.

* Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.

### STORE IN THE FRIDGE

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGETABLES &amp; HERBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples (more than 7 days)</td>
<td>Artichokes</td>
</tr>
<tr>
<td>Apricots</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Asian pears</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Berries</td>
<td>Beets</td>
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<tr>
<td>Cherries</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Cut Fruit</td>
<td>Brussel Sprouts</td>
</tr>
<tr>
<td>Grapes</td>
<td>Cabbage</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
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<tr>
<td></td>
<td>Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Celery</td>
</tr>
<tr>
<td></td>
<td>Cut Vegetables</td>
</tr>
<tr>
<td></td>
<td>Green Onions (scallions)</td>
</tr>
<tr>
<td></td>
<td>Herbs (not basil)</td>
</tr>
<tr>
<td></td>
<td>Leafy Vegetables</td>
</tr>
<tr>
<td></td>
<td>Leeks</td>
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<tr>
<td></td>
<td>Lettuce</td>
</tr>
<tr>
<td></td>
<td>Mushrooms</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td>Potatoes</td>
</tr>
</tbody>
</table>

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.
3. Store each group in different produce drawers in the refrigerator to minimize the powerful ripening effects of ethylene produced by the fruits on the vegetables.

### RIPEN ON COUNTER, THEN REFRIGERATE

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiwi</td>
<td>Pears</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Plums</td>
</tr>
<tr>
<td>Peaches</td>
<td>Plumcots</td>
</tr>
<tr>
<td>Avocados</td>
<td></td>
</tr>
</tbody>
</table>

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
2. Keep away from direct sunlight.

Marilyn is a Senior Clinical Dietitian with Elliot Advanced Nutrition Therapy at the Elliot Pavilion and Supermarket Dietitian consultant to Hannaford Supermarket® serving Manchester, Hooksett, Goffstown, Derry and Hudson stores.
Dessert in 20 minutes!

Berry Delicious Summer Time Fruit Trifle

Prep Time 20 Minutes

3 containers (6 oz each) Stonyfield® or your favorite brand fat free lemon yogurt
2 cups Cabot whipped low fat whipped topping
3 containers (6 oz each) your favorite brand low fat blackberry yogurt
8 cups cubed (1-inch) angel food cake (10- to 12-oz cake)
4 cups fresh blackberries
2 tablespoons fresh grated lemon peel

• In medium bowl, Lightly fold lemon yogurt with 1 cup of the whipped cream topping. In another medium bowl, lightly fold blackberry yogurt with remaining 1 cup whipped topping; set aside.
• In 2- to 3-quart trifle bowl or clear glass bowl, arrange half of the cake cubes. Top with 2 cups of the blackberries. Top with blackberry yogurt mixture. Arrange remaining cake cubes over yogurt. Top with remaining blackberries. Spoon lemon yogurt mixture over berries. Sprinkle with lemon peel.
• Refrigerate until ready to serve in less than 30 minutes. Cover and refrigerate any remaining trifle.

Makes 20 servings
Our DOCTORS are in!
OUR DOCTORS ARE ACCEPTING NEW PATIENTS.

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Elliot Pediatrics at Windham
5 Industrial Drive | Unit B
Windham | 603-685-0150
www.elliotfmwindham.com

Lou Nackman, MD
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Vincent Aguirre, MD
Elliot Gastroenterology
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www.elliothospital.org

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

YOUR WELLNESS MATTERS is published as a community service for the friends and patrons of Elliot Hospital, One Elliot Way, Manchester, NH 03103, 603-669-5300, www.elliothospital.org.

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