Electrophysiology is a sub-specialty in cardiology that deals with rhythm disturbances. Here at the Elliot Cardiovascular Center, we care for patients with irregular heartbeats, or arrhythmias, on a daily basis. In many, electrophysiologic (EP) testing, which involves the placement of catheters with electrodes at the tip, inside the heart chambers to record electric signals, is performed to help diagnose arrhythmias. Once a diagnosis is made, radiofrequency ablation (RFA), applying heat to the origin of arrhythmias, has provided useful as a therapeutic measure for a variety of rhythm disturbances.

In the past, we relied mainly on fluoroscopy (X-ray) to obtain anatomic information and perform EP studies. Fluoroscopic images provide reasonable, but rough anatomic information; it is mainly a two-dimensional rendering, a flat picture. Only positions where catheters are placed have an electrical signal recorded. In addition, patients and staff members cannot avoid radiation exposure during EP studies.

Recently, the Elliot EP Lab successfully launched and implemented a state-of-art 3 dimensional electroanatomic mapping (EAM) system – Rhythmia Mapping system from the Boston Scientific Corporation. It tracks electric signals through the beating heart and can collect tens of thousands points with electric signals in 10 to 15 minutes. It creates a high definition image of the heart. The images are 3 dimensional and provide more accurate anatomic information and details. It reliably shows the catheter position without the use of fluoroscopy. It is literally a GPS system of the heart that allows us to navigate inside the heart chambers accurately with less than 1 mm of error and with memory. It can also show how the electric waves travel and help achieve a more accurate diagnosis. Suspected origins of arrhythmias can be more precisely recorded and targeted for ablation than with the older 2D mapping, while accidental injury to important structures inside the heart can be avoided. Moreover, radiation exposure is also reduced significantly for both patients and staff members.

We at Elliot Cardiovascular Services are extremely excited to offer this new 3 dimensional mapping technology and look forward to providing even more sophisticated cardiovascular care with this state-of-the-art system for our patients with more complex arrhythmias or cardiac anatomy.
Survivorship: Improving Cancer Patients’ Ability to Achieve Long-Term Health

by: Steve Paradis, RN, BSN, MBA, OCN, Clinical Leader Radiation Oncology

The revised American College of Surgeons (ACOS) Commission on Cancer standards (2012) include a requirement that cancer centers have a process that provides a summary of care and healthcare follow-up recommendations to all patients who are completing oncology treatments. The seed for the establishment of this standard has its roots in the concerns that cancer survivors that have completed the active treatment portion of care and are now beginning a new phase of health may get lost in the various transitions during such a pivotal time.

While the ACOS has set these standards there was considerable “wiggle room” given to the providing cancer centers on how to achieve these standards. As a result the Elliot Regional Cancer Center formed a committee to review the ACOS standards to develop a formal plan/process to achieve them. The committee, comprised of the Center’s lead social worker Christine Howard, its IT Manager Eddie Reiter and Clinical Leader Steve Paradis studied the requirements and attended educational forums on survivorship, and used this information to develop a program that is now in place for all patients treated at its Center.

At the completion of treatment, a nurse meets with patients and provides them with a Treatment Summary that gives detailed information about the treatment they have just received. This includes information about their cancer diagnosis and its staging, some demographic information, a listing of all the patient’s health care team members and contact numbers. A detail of the radiation dose they have received: what area has been treated with the cGy dose given, when treatment began and ended and the number of fractions (treatments) is provided. Also included is how to get information on chemotherapy given for this diagnosis and all surgical treatments performed related to this diagnosis. For certain cancers there is also information about genetic risk factors.

The patients are also provided with specific discharge instructions that are tailored to their diagnosis which includes activity information, skin care, and any special instructions. The document also includes information regarding possible long term or late side effects of their treatments. A Follow-Up Care Plan guides the patient as to “what happens next.” Information on adjuvant treatment and who to contact, and when the next follow up appointment is also provided. A key piece is the cancer surveillance or other related tests section which provides established recommended guidelines for follow-up care and management of long term side effects of treatment, such as a mammogram within 6 to 12 months after completion of treatments for breast cancer. The final part of the Survivorship Care Plan includes a list of resources that remain available post treatment and the patient is encouraged to take full advantage of them. Resources such as Support Groups, Practical Needs such as completing Advanced Directives, or employment issues are included. Help with financial assistance, rehabilitation, exercise programs, nutrition, smoking cessation, emotional support, palliative care and spiritual support along with a listing of other useful web site resources are provided.

Producing such a comprehensive document that the patient can use in their post active treatment phase and beyond takes considerable effort. Our IT Manager was crucial in helping to utilize our software capabilities to auto download as much information to complete the documentation. Helping to provide structure and format that resulted in a neat, easy to read and useful document was critical to the success of this endeavor. As a result, we have a process in which all the oncology nurses in the Cancer Center are able to utilize in order to provide each patient with a comprehensive document that helps our patients prepare for life after cancer treatment.
More and more these days, parents are searching for a comprehensive, wellness based, holistic approach to their child’s health care. National data shows that among patients with chronic illnesses, greater than 50% are using some form of integrative therapy. For patients and health care providers this can be a dilemma; parents searching for proven, effective integrative modalities and health care providers grappling with giving adequate information and lacking appropriate referral options.

We are fortunate at Elliot Health System to have fellowship trained integrative medicine (IM) pediatricians to care for your children in the primary care setting. Additionally, over the past few years we have introduced IM consultations and a variety of integrative therapies on our inpatient units including in the Newborn Intensive Care Unit (NICU) and the Pediatric Unit. Selected botanicals are now on our formulary and osteopathic manipulation has become a standard element in the treatment of neonatal abstinence syndrome in our NICU.

We are now pleased to announce that Drs. Matt Hand and Mark Integlia are offering a Pediatric Integrative Medicine Clinic at the Pediatric Specialty Clinic, 275 Mammoth Road, Manchester. The doors to the clinic are scheduled to open September 22, 2016.

The focus of this new Pediatric IM Clinic will be on assisting clinicians who are caring for children with chronic medical conditions such as diabetes, asthma, cystic fibrosis, cancer, as well as a variety of gastrointestinal, cardiovascular, neurologic and rheumatologic disorders.

The goal of Integrative Medicine is to offer additional healing modalities as part of a patient’s plan of care, taking into account the whole person (mind, body and spirit). It is not about rejecting conventional therapies, but rather about building upon a base of the highest quality conventional medicine and offering alternative and complementary therapies. Typical therapeutic elements considered may include:

- Nutrition/diet
- Exercise/physical activity
- Whole body systems: traditional Chinese medicine, ayurveda, naturopathy, homeopathy
- Botanical medicine
- Energy medicine: Reiki, healing touch, Qi Gong, etc.
- Spirituality
- Manual medicine: OMM, PT, chiropractic, massage, reflexology
- Mind-body medicine: hypnosis, biofeedback, guided imagery

What can patients anticipate at an integrative medicine consult?

IM physicians will obtain a history that includes questions not only regarding a child’s current symptoms, but other aspects such as diet, activity, sleep; interactions with community, friends, family and school; their goals, hopes and future plans. In essence, the history is an exploration into how the child chooses to live their life, spend their time and view their health. Taking this history will likely be quite different than those they have experienced in the past, and may require more than one meeting to gather all the information needed to fully understand the patient’s current symptoms and state of wellness.

We then will work with each patient to formulate a plan that will often include modifications to food choices, movement and activity, a focus on sleep and perhaps recommendations for manual medicine interventions, supplements or botanicals to target selected symptoms.

We promise to be inquisitive, open to your child’s thoughts and concerns, and a full partner in their journey to better health and living. Particularly for parents of children and children managing chronic medical conditions, IM strives to help you and your child focus more on their wellness than on their illness.
PEDIATRICS SPECIALTY SERVICES ARE ROBUST AND GROWING

This guide will help you and your family learn about the services available and what we are doing to keep healthcare for children local.

LABOR & DELIVERY/MATERNITY: Elliot is still the leader in deliveries in the state. Elliot Hospital delivers an average of 1,800 babies each year and your local OB/GYN practices are open, and here with you for that special day!

NEWBORN INTENSIVE CARE (NICU): The NICU is staffed 24/7 with neonatologists and neonatal NPs and PAs. Elliot Hospital has seen a significant growth in both volume and acuity over the past few years. Working with our Maternal-Fetal Medicine and Obstetrics colleagues, and supported by pediatric specialty services, pediatric surgery, we are becoming a truly regional NICU.

MATERNAL FETAL MEDICINE: Drs. Gary Kaufman and Allan Fisher work closely with the NICU and community OB/GYNs to offer counseling and screening coordinated by our certified genetic counselors, chorionic villus sampling (CVS) and amniocentesis, consultation for maternal conditions affecting pregnancy and preconception counseling for medical and genetic concerns, pregnancy loss, early preterm delivery or other issues.

PEDIATRIC EMERGENCY MEDICINE: Elliot continues to represent the largest and most active Pediatric Emergency Medicine service in the state and region.

PEDIATRIC SURGERY: Dr. Elizabeth Soukup and Amanda Dubois, APRN continue to grow pediatric surgery services and have the support of the Pediatric Hospitalists and Neonatologists in the NICU to help care for babies and children.

PEDIATRIC HOSPITALIST PROGRAM: This 24/7 inpatient service remains a cornerstone of pediatric care at Elliot Hospital for the only pediatric inpatient unit in Manchester.

PEDIATRIC NEUROLOGY: We are pleased to be continuing the Pediatric Headache Service under Suzanne Bowden, APRN. This has been a very well received and active service and will continue to be a valuable resource for the community. Referrals to the headache clinic can be made through your primary care doctor.

DEVELOPMENTAL BEHAVIORAL PEDIATRICS (DBP): Patient needs are steady here and Elliot remains committed to addressing the behavioral health needs of our community. Dr. James McGuire and Mary Ellen Ryan, APRN continue to provide DBP services to our local children.

PEDIATRIC GASTROENTEROLOGY: We have a robust program here under the guidance of Dr. Mark Integlia and Dr. Harohalli Shashidhar and they continue to diagnose and treat children in both the inpatient and outpatient settings.

CHILD PROTECTION: Dr. Amy Roy provides continued local service and sees patients on Wednesdays in the clinic. Elliot Hospital’s emergency department also staffs trained pediatric Sexual Assault Nurse Examiners who play a significant role in caring for sexually abused youth.

PEDIATRIC NEPHROLOGY/URETEROLOGY: Dr. Matt Hand and Mary Gheen, APRN provide nephrology/medical urology services for pediatric patients. For many of the cases requiring surgical intervention, they are able to coordinate care with our pediatric surgeon, Dr. Elizabeth Soukup.

AUDIOMETRY: Due to increasing demand, our pediatric audiology team, Karen E. Lukeman, Au.D., CCC-A and Alison Nardone, Au.D., will be expanding their availability from two to three clinic days each week.

ANESTHESIA: Dr. Charles Eastwood is now assisted in pediatric anesthesia by Drs. Jessica Bland and Christopher Chinn, enhancing our ability to support our growing pediatric surgical and procedural services.

PAIN FREE PROGRAM: Dr. Charles Eastwood and his colleagues offer pain free experiences for children undergoing procedures. The anesthesia team is also assuming the conscious sedation service previously provided by the Pediatric Intensive Care Unit providers.

PEDIATRIC RADIOLOGY: Services are available with the oversight and assistance of Dr. John Januario.

PEDIATRIC PULMONOLOGY: Lisa Waller, PA-C has extensive experience in pediatric pulmonary medicine and provides services at the specialty clinic one day a week for diagnosis and treatment of many pulmonary issues including asthma, chronic cough and recurring respiratory infections.

INTEGRATIVE MEDICINE: We are also pleased to announce a dedicated Pediatric Integrative Medicine Clinic to care for children with chronic illnesses. Dr. Matt Hand will be joined by Dr. Mark Integlia, both of whom have completed fellowship training in integrative medicine.

To learn more about the clinic and how we can help your child and the children suffering from chronic illness, call 603-663-3222.
The Foundation for Healthy Communities announced Anna R. Lamothe, RN, as the 2016 recipient of the Clint M. Jones New Hampshire Nursing Award.

Lamothe, a graduate of Worcester State College, received the annual award during a special Nurses Week celebration held May 5th at Elliot Hospital.

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

Lamothe joined the staff at Elliot Hospital in 2014 and currently serves on the hospital’s Fitch Unit working with oncology patients, and serves on the Unit Practice Council focusing on improving the delivery of patient care.

“We are pleased that Anna was selected for this year’s Clint Jones Award,” stated Jean Ten Haken, Chief Nursing Officer, Elliot Health System. “Her ability to perform the science of nursing, such as the tasks of physical care, in addition to taking the art of nursing which are the soft skills that nurses develop over a period of time, is exemplary. Elliot Health System and the profession of nursing are fortunate to have Anna.”

In nominating Lamothe for the award, Sharon Kostansek, MS, RN, CNML, Clinical Nurse Manager, cited both her support of her fellow colleagues and her dedication to her professional advancement, and highlighted her commitment to her patients and their families. “Anna exemplifies compassion every day, whether it’s engaging the patients and their families at rounds or comforting them through a difficult time. She always goes above and beyond to make a difference in the lives of her patients and their families,” offered Kostansek.

Between November 2002 and February 2005, the NH Nursing Workforce Partnership, under the direction of Clint Jones, distributed millions of dollars in forgivable loans to hundreds of aspiring nurses in college and practicing nurses who received specialty training or advanced degrees.

“Clint worked with extraordinary enthusiasm and commitment at the Foundation for Healthy Communities and with several other New Hampshire organizations to encourage people to pursue a nursing career,” said Shawn LaFrance, the Foundation’s executive director. “This award in Clint’s name is one way to honor those who work so hard to care for patients across the state.”

As they have every year, Clint’s family, represented by his son, Matt, attended the ceremony held at the annual at Elliot Hospital to present the award to Lamothe.

“As always, it was a pleasure to be a part of the 11th Annual Clint Jones Nursing Award ceremony,” stated Clint Jones’ son, Matt Jones. “Like previous winners of the Clint Jones Nursing Award, Anna is truly a deserving recipient, exemplifying what it means to be a nurse and representing New Hampshire at the highest level.”

The Foundation for Healthy Communities is a nonprofit corporation that exists to improve health and healthcare in NH communities through partnerships that engage individuals and organizations.

Congratulations!... to Samantha (Sam) O’Neill, VP of Human Resources and Alex Petron, MD, VP, Information Technology, both were recently named Vice Presidents.
New Hampshire Business recently announced the results of their eighth annual BOB Awards, which honor the Best of Business in New Hampshire for 2016. We are honored to announce Elliot Health System won Best Hospital.

The mission of the BOB Awards is to find the Granite State’s most stand-out businesses: the ones that offer the best customer service, that pay attention to details, that are willing to go above and beyond to ensure an exceptional customer experience. In other words, BOB-winning businesses offer nothing less than outstanding products and services. Being named a BOB winner really says something about the high caliber of the winners. This is our fourth BOB Award for Elliot Hospital – something you’ve earned and for which you should be proud!

Elliot MRI at Londonderry now has Metal Artifact Reduction Software! With this software, we are able to better image MR conditional metal implants such as joint replacements, spinal hardware and much more! These images are examples of Warp’s capabilities.

The Granite United Way awarded Elliot Health System with a prestigious award for Elliot’s support and advocacy of critical community programs.

On April 6, 2016, Mayor Ted Gatsas presented Elliot Hospital with the 2015 Granite Award from the Granite United Way. The award reads, “With gratitude to leadership and employees of investments of more than $100,000 to the 2015 Granite United Way campaign.” President & CEO, Jim Woodward said, “In fact we gave more than $175,000, so I am incredibly proud of the staff and the organization for getting behind the United Way in such a substantial way.” Woodward added, “The work of the Granite United Way is vital to many local programs, so our generosity is a reflection of our understanding of the need that clearly exists for these programs to thrive as well as for our role as a good community partner.”

On April 9, 2016, Elliot Health System was presented with the Robert and Karin Finlay Service to Children Award at the Child Advocacy Center (CAC) of Hillsborough County’s Annual Gala. The award reads, “With your generous support, you provide Justice, Healing and Hope to children in New Hampshire.” President & CEO, Jim Woodward accepted the award and explained, “When you learn about the work of the CAC, and you understand the need to offer children a safe place for disclosure of abuse and neglect, you cannot help but get involved. Elliot has a strong history of working with the CAC and recently committed $410,000 over two years, the largest gift the CAC has ever received. We are motivated to help sustain this program well into the future.”

New Technology in Londonderry (Quality)

Elliot MRI at Londonderry now has Metal Artifact Reduction Software! With this software, we are able to better image MR conditional metal implants such as joint replacements, spinal hardware and much more! These images are examples of Warp’s capabilities.
New Bundle Sponsorship Program Launched

In 2016, the Foundation tested a new “bundle sponsorship” concept, which was met with great interest and success, and attracted over $100,000 in support in 2016. Instead of asking major vendors and local businesses for an annual gift, then repeating asks throughout the year for additional support of our events, the bundle program allows businesses and organizations to make a single gift to the Elliot for the year, with enhanced benefits and marketing opportunities for the organizations across all our events. A win-win for the businesses/organizations and for Elliot. Pictured, The Associates of Elliot Hospital and Health System took advantage of the new bundle opportunity with a very generous $20,000 sponsorship for the year!

If you or your business is interested in learning more about the opportunities, please contact the Foundation at 603-663-8934 or foundation@elliothospital.org and a staff member will provide you with bundle sponsorship information.

$138,000 Raised by Elliot’s 17th Golf Classic

The 17th Annual Elliot Hospital Golf Classic was held on Thursday, June 9 at Passaconaway Country Club in Litchfield, NH. The fundraiser featured 39 major sponsors including three Masters Sponsors: The Associates of Elliot Health System, DCU for Kids Foundation and People’s United Bank, as well as over 60 raffle and silent auction donors from the local community. This sold out event far exceeded its fundraising goal by grossing over $138,000, an all-time Elliot record, to benefit multiple pediatric and cancer care improvements across Elliot Health System. The winning foursome from Winbrook was comprised of James Goddard, George Pervanos, Rodney McQuate and Don Shuffleton.

$300,000 in Grants Benefiting Elderly Now Available

The Pearl Manor Fund was established in 2005, when assets of the Women’s Aid Home (Pearl Manor) were transferred to the Mary & John Elliot Charitable Foundation. Funds are distributed through annual grants to provide assistance, comfort, care and treatment for the elderly population of Manchester and surrounding communities. Grants are awarded for new programs, projects and services that implement solutions and address the critical and unmet needs of the senior population, including medical needs, safe housing needs, nutritional needs, independent living assistance and transportation assistance.

Grant applications are now available for non-profit organizations and programs serving the elder community in the
towards Allenstown, Auburn, Bedford, Candia, Deerfield, Dunbarton, Goffstown, Hooksett, Manchester and New Boston. Grants typically range between $10,000-$25,000. Collaboration between organizations on projects benefiting the elderly population is highly encouraged, but not mandatory. Pictured are the recipients of multiple organizations who received 2015 Pearl Manor Fund grants via a collaborative proposal coordinated by Granite United Way.

The grant application deadline is September 1, 2016. For Pearl Manor Fund grant information and application form, visit: www.elliothospital.org/pearlmanorfund.

Elliot’s Generous Employee Donors
The Foundation sincerely thanks each and every donor who gave to the 2016 iGive campaign (July 1, 2015-June 30, 2016.) Contributions from the community and our employees exceeded the goal of $247,500 by raising more than $248,100 which is the highest grossing annual campaign in Elliot’s history. More than 530 Elliot physicians and employees contributed a staggering $109,000, also an all-time record. Thank you to all our employee and physician donors, and a special congratulations to the following Elliot Health System departments with the highest levels of donor participation in the employee campaign – these departments were honored at an end of year ice cream social sponsored by the Mary & John Elliot Charitable Foundation:

- **Small Department Division Champions:** (All with 100% participation) Outpatient Center, Laser Center, Managed Care Department, Office of Strategic Management, Office of the President & CEO, Public Affairs & Marketing Department, Mary & John Elliot Charitable Foundation
- **Medium Sized Department Division Champion:** Medical Records Department (100% participation, pictured)
- **Large Department Division Champion:** Fitch Unit (97% participation)

Hannaford’s Support for the Elliot
At the recent grand opening of the new Hannaford’s in Bedford, NH, Elliot Health System was presented with a $2,000 gift to support the Elliot Center for Advance Nutrition Therapy. The gift will help defray the cost of Elliot dietitians meeting with community members who will greatly benefit from our weight management program. Pictured (L to R): Megan Simula, Assistant Store Manager, Bedford Hannaford’s; Vipra Rai, Manager, Elliot Endocrinology Associates, Elliot Center for Diabetes Management, & Elliot Center for Advanced Nutrition Therapy; and Meghan Durkee, Development Specialist for the Mary & John Elliot Charitable Foundation.

The 2017 Annual iGive Campaign Commences
The Mary & John Elliot Charitable Foundation asks for your support of the 2017 annual iGive campaign. Funds raised through the annual campaign are critical to our mission, and benefit numerous departments and causes across Elliot Health System including (but certainly not limited to): Elliot Regional Cancer Center clinical improvements; high tech manikins for clinical staff to train and practice with; professional development opportunities for nurses and staff; food and gas gift cards for Elliot patients, educational programs for new parents, books for our youngest patients in the pediatrician offices, improvements to patient and waiting rooms, and more. If you are interested in contributing to the annual campaign you can make a gift online at www.elliothospital.org/donate or call the Foundation office at 603-663-8934. Every donation directly impacts and benefits healthcare delivered in our community!
Are your eyes feeling dry or scratchy? Do you suffer from irritation, burning, or constant watering? Do you feel like your eyes get blurry or fatigue while reading or working on the computer? You are not alone. It is estimated that over 20 million people suffer from some form of dry eye in the United States. Dry eye is probably the most common problem seen in the eye doctor’s office with up to 38% of patients having this condition at their visit.

Dry eye is caused by a deficiency in the tear film, a layer that coats the outer portion of the eye. This tear film is very important for the lubrication and comfort of the eye, as well as for clarity of vision. There are two main types of dry eye: aqueous deficient and evaporative. Aqueous deficient dry eye occurs when the lacrimal glands fail to produce enough of the watery (aqueous) component of tears to maintain a healthy surface. Evaporative dry eye is caused by blocked oil glands on the eyelid and is the more common form of dry eye. The oil layer is responsible for keeping our tears on the surface of the eye. When there is a lack of oil, our natural tears evaporate from the surface of the eye.

Often times, doctors choose to treat dry eye based upon a detailed history and clinical examination without any formal dry eye testing. In many cases, however, specialized tests are helpful to guide therapy and monitor treatment response. For example, a patient with a positive ImflammaDry® test, an indication of inflammation, may be more likely to respond to medications that have significant anti-inflammatory properties.

Treatment strategies are based on the type and severity of dry eye a patient may have. Many times, aqueous deficient and evaporative dry eye can be found in the same patient so it is important to customize the approach based upon testing and clinical findings.

Over-the-counter artificial tears are the mainstay of treatment for dry eye. They help soothe the eyes and give temporary relief by replacing our natural tears. Other traditional treatments include punctal plugs, which block the normal tear duct drainage system and allow tears to accumulate in the eye; and Restasis®, a prescription medication for dry eye that can help increase your eyes’ natural ability to produce tears. Omega-3 fatty acids are known to have significant anti-inflammatory properties and have also been found to be effective in dry eye management.

Although there is no cure for dry eye, newer treatment modalities offer the potential for long-term control of symptoms. Intense pulsed light (laser) was originally developed in dermatology to treat acne and rosacea. This technology utilizes powerful bursts of light energy that changes blood vessels and raises skin temperature near the surface of the eyelid. The heat helps soften secretions in the oil glands, which can then be expressed after the procedure. LipiFlow (TearScience®) is another novel technology that applies controlled heat to the eyelids while simultaneously applying pressure to open block oil glands. Both modalities have been developed for patients with evaporative forms of dry eye and can be particularly helpful in cases that have not responded to traditional treatments.

Dr. Lazos is a comprehensive ophthalmologist specializing in medical and surgical treatments of the eye including cataract and LASIK surgery. He is the medical director of the Dry Eye Center at NH Eye Associates (www.nheye.com). His office is located at 1415 Elm St in Manchester and can be reached at 603-669-3925.
**Community 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.

- **Heartsaver CPR**  
  RE: Sat, Sep 10, Nov 5 or Jan 7, 8-11AM  
  $40

- **CPR for New Healthcare Professionals or Those with Expired Certification**  
  RE: Sat, Oct 1, Dec 3 or Feb 4, 8AM-1PM  
  $65

- **CPR Renewal for Healthcare Professionals**  
  RE: Sat, Sep 10, Nov 5 or Jan 7, 11:30AM-3PM  
  $50

- **Heartsaver First Aid**  
  RE: Mon, Oct 10 or Jan 9, 6-9PM  
  $40

- **Women’s Health Pre-operative Patient Education Class**  
  Free!

  **EH:** On-going. Physician referral required, to participate, speak with your surgeon.

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

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

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

- **Elliot Center for Tobacco Treatment**  
  RE: By appt., call 663-2201. Sessions may be reimbursed by Anthem or other insurances.  
  - Four, 1-hour private sessions  
    $125  
  - One, 1-hour private sessions  
    $45  
  - One, hypnosis private session  
    $90

Studies show that intense support and counseling with a trained tobacco treatment specialist 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.

- **Positive Coping with Health Conditions**  
  $60 per session*  
  **EBHS:** Thu, Sep 22-Dec 8, 1-2pm. To register or for more information, call 603-663-8618. *Most insurances accepted including Medicaid. Out-of-pocket cost is $60 per session. A min of 3 people registered is necessary to run this group.

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

- **Adult Anger Mgt Course**  
  $34 per session*  
  **EBHS:** Wed, Sep 7-Nov 9, 5:30-7pm. To register, call 663-8618 or 663-8621. *Most insurances accepted including Medicaid. Cost is $34 per week if paid in full on the day of each group or $68 per week if billed. A min of 4 people registered is necessary to run this group.

  This 10-week course will help adults (age 21+) learn their individual anger styles, triggers, problem solving strategies and effective communication techniques. Qualified psychotherapists will assist participants in developing a range of healthy coping skills and tools for changing behavior and managing their anger.

- **Emotional Eating**  
  $34 per session*  
  **EBHS:** Wed, Sep 7-Nov 16 (no group on Oct 19), 10-11:30AM or Th, Sep 8-Nov 17 (no group on Oct 20), 6-7:30PM. *Most insurances including Medicaid are accepted. Due to licensing restrictions Medicare can only be accepted for the Wed group. Cost is $34 per week if paid in full on the day of each group or $68 per week if billed. Call 663-8621. A min of 4 people is necessary to run this group.

  Do you turn to food for comfort, stress relief, as a reward or even out of boredom? If so, you are an emotional eater. It isn’t all about willpower. Topics covered in this 10-week group for adults (ages 21+) include the brain’s reward system, how habits are formed and changed, how to identify and manage emotions without using food, mindful eating and stress management.

**Programs sponsored by the Alzheimer’s Ass’n:**

**Essential Skills 3-part series provides education and practical tools to those caring for someone with dementia.**

*Improved day-to-day living and overall quality of life for the person with dementia and the caregiver is the goal.*

We cover communication techniques, strategies to manage difficult behaviors, and safety in the home. To register, call 552-1670.

- **It Starts with Communication**  
  Free!

- **Understanding Behaviors**  
  Free!

- **Safety at Home**  
  Free!

**Register by calling the specific number provided in class listing, or 603-663-4567.**
environment and make it dementia-safe and supportive.

Positive Coping with Health Conditions $60 per session*

EBHS: Thu, Sep 22-Dec 8, 1-2pm. *Most insurances accepted including Medicaid. Call 663-8618 to register. The group will be cancelled if less than three people register.

Learn new coping skills, relaxation skills, relationship building skills, managing negative thoughts, decrease symptoms of anxiety, depression and physical symptoms through cognitive restructuring techniques. Increase your awareness of the mind-body connection.

BARIATRIC SURGERY

Dartmouth-Hitchcock Manchester, 100 Hitchcock Way. Manchester: All classes meet in Conference Room A, 2nd floor. Pre-registration is required for all meetings, please call 695-2628.

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

- **Introduction Meetings** (for new patients to the program): 2nd Fri monthly, 12:15-12:45pm
- **Informative Meetings**: 2nd Fri monthly, 2-4pm. Different rotating topics each month.
- **Post Bariatric Surgery Support Groups**: 1st Tue monthly, 5-6pm, no registration is required.

GENERAL FITNESS

Please call 663-4567 or email JDunlap@elliot-hs.org or KConnell@elliot-hs.org. All classes require registration prior to the first day of class. Payment is due when you register for a class; your spot on the roster is not confirmed until payment is received.

**Gentle Yoga I** $80

RE: Mon, Sep 26-Nov 14; Nov 28 to Dec 12; Jan 9-Feb 27; 5:45-6:45pm.

Promote total health and well-being through stretching, strengthening and relaxing. This class uses breath and movement to feel the release of physical and mental tension and to increase body/mind awareness. Good for beginners. Instructor: Cheryl.

**Gentle Yoga II** $80

RE: Wed, Sep 28-Nov 16; Nov 30 to Dec 14; Jan 11-Mar 1; 5:30-6:30pm.

PA Vinyasa Flow Yoga class performed at a slower pace. This class will help build strength, flexibility and balance; connecting movement with breath. Modifications will be given to suit everyone's ability. Instructor: Cheryl.

**Thriving with Yoga** Free

LON: Mondays, 5:30-6:30pm

RE: Wed, Sep 28-Nov 16; Nov 30-Dec 14; Jan 11-Mar 1; 1:30-2:30pm. To register, contact YogaCaps at 674-3770 or info@yogacaps.org.

Designed for those with experience of cancer. It will empower you to: relieve tension and anxiety, rebuild strength, restore range-of-motion, witness emotion with compassion, and manage the side effects of treatment and medications naturally. This includes pain, lymphedema, hot flashes, neuropathy, depression and insomnia. You may bring a family member or friend.

**Chair Yoga** $40

RE: Fri, Sep 29-Nov 18; Dec 2-Dec 16; Jan 13-Mar 3; 1-2pm.

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, and feeling calm, peaceful, focused, and relaxed throughout class. Instructor: Jennifer J.

**Tai Chi** $48

RE: Tue, Sep 27-Nov 15; Nov 29-Dec 13; Jan 10-Feb 28; 8:45-9:45am.

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 allows you to experience the ancient way to improving balance, strengthening the body, and cleansing the mind. Beginners welcome. Instructor: Jennifer J.

**Fit & Feisty** $64

RE: Thu-Thur, Sep 27-Nov 17; Nov 29-Dec 15; Jan 10-Mar 2; 10-11am OR 11:10am-12:10pm.

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: Thu-Thur, Sep 27-Nov 17; Nov 29-Dec 15; Jan 10-Mar 2; 6-7pm.

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.

**Zumba GOLD** $40

RE: Thu, Sep 29-Nov 17; Dec 1-Dec 15; Jan 12-Mar 2; 1-2pm.

Zumba Gold® is a dance-fitness class that is friendly and fun for all. 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 achieving a great workout. Instructor: Cammie.

**Rx Relax Therapeutic Yoga** $80-$120

RE: Th, Sep 29-Nov 17; Dec 1-Dec 15; Jan 12-Mar 2; 4:30-5:30pm. To register, please contact YogaCaps at 674-3770 or info@yogacaps.org.

A program designed around the needs of patients with disabilities or who have chronic pain. Focused specifically on the needs of those whose lives have been affected by medical conditions that have limited their ability to improve or maintain their bodies. Each individual will be guided to achieve improvement in their physical and emotional wellbeing. Yoga has been medically proven to provide these goals to all who engage in this activity of stretching, strengthening and relaxing. Instructor: Jay Gupta.

**TABATA Bootcamp** $64

EH: Wed, Sep 28-Nov 16; Nov 30-Dec 14; Jan 11-Mar 1; 5-6pm.

This is a high-intensity interval training minimum duration workout providing fitness and weight-loss benefits for participants at all fitness levels. The core of a TABATA workout is 4-minute, high-intensity intervals consisting of 8 rounds alternating 20 seconds of work and 10 seconds of rest. Offers maximum benefit with the least amount of time to achieve results! Instructor: Jessica.

**Yoga for Runners and Cyclists** $80

EH: Thu, Sep 29-Nov 17; Dec 1-Dec 15; Jan 12-Mar 2; 5:15-6:15pm.

This all-level class offers a series of highly effective strengthening and stretching exercises that are key to the demands of a runner or cyclist. Focus is put on opening the calves, hamstrings, quads, hips, and shoulders. An emphasis on building core strength to give the
community wellness

runner/cyclist the advantage over the competition. This class is a great compliment to any running/cycling training after stressing your joints on pavement or trails. Give your body the balance it deserves by some much need rejuvenation and flexibility. Instructor: Melissa.

Cardio Kickboxing $64
EH: Mon, Sep 26-Nov 14; Nov 28-Dec 12; Jan 9-Feb 27, 5-6PM
This high energy interval training workout program incorporates the sport specific techniques of kickboxing to provide a high level aerobic and anaerobic conditioning. Uses punching, kicking, footwork, rope jumping, and muscle strengthening exercises. A non-contact workout that captures the excitement of the sport of kickboxing through floor movement, training and coordination drills, technique work, and upbeat music that together stimulate class participants. Instructor: Vanessa.

Welliot at RE Gym Membership $35 monthly
RE, Welliot: M-F, 6:30AM-4PM. Call 663-4200 to get started.
The Welliot at River’s Edge fitness center consists of the latest and greatest cardiovascular equipment, Nautilus strength training machines, and several group exercise classes for all ages and levels. Our experienced team of friendly fitness professionals will design an exercise program specific to your current level and goals. If you are looking for a safe, non-competitive, supportive environment to help you reach your fitness goals, this is the facility for you. Seniors and first time exercisers encouraged.

nutrition

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

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

Comprehensive Weight Mgt Program Free Intro!
EH, Pavilion: Intro Class, Wed, Oct 12, 6:30-7:30PM or Tue, Jan 10, 6:30-7:30PM.
This introductory session outlines the 10-week comprehensive weight mgt program focusing on total health, not just pounds on a scale.

Jump Start Your Health $125
EH, Pavilion: Wed, Oct 19-Nov 30, 6:30-7:30PM.
This 6-week series will teach the basics of healthy eating, how to plan and cook quick and easy meals along with a focus on exercise.

screenings and clinics

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

Support Groups

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

Postpartum Emotional Support Group Free
Elliot Childcare Center Activity Room, EH campus, 450 Massabesic Street: Mon, 10:30AM-noon. Call Alison Palmer, RNC, MS, at 663-3052 for more information.
This group supports women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after their baby’s birth. We discuss issues and coping strategies related to the adjustment period and challenges of motherhood.

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

Chronic Pain Support Group Free
RE, Conf Rm: 2nd & 4th Tue, Sep 13-Jan 27, 5-6:30PM. Call 663-2881 for more information, guest speakers.
Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life.

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

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

AICD (Automatic Internal Cardiac Defibrillator) Free
1st Fri monthly, 11AM-noon. Call 663-2959 for information.

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

Parkinson’s Free
SHC: 3rd Wed monthly, 3-4:30PM. Call 663-7063 for information.

Women’s Coping Skills $60 per session
EH: Tue, Nov 1-Dec 6, 10-11AM. Most insurance accepted as well as Medicaid.
Do you often feel overwhelmed? Would you like to improve your ability to handle stress? Do you have self destructive patterns you would like to change like over eating, over spending or poor relationship choices? Often, patterns develop to avoid emotions we find overwhelming. Come and learn some coping strategies that can help you better manage your feeling and emotions in a safe environment. A women’s only group that will use mindfulness techniques, self exploration and self care strategies you can use immediately. Tracey Coulon, LICSW, facilitator.

Healing from Trauma

Women’s Group $60 per session
EHBS: Sep 22-Dec 15 (Nov 24 off), 3-4PM. Call 663-8617 for more information.
For survivors of trauma. The discussion of personal trauma will be extremely limited as the focus will be learning new and effective coping skills for regulation of emotions, impulses, self-care, grounding techniques, acknowledging and celebrating resiliency. Includes take-home sheets, hands-on, creative and expressive activities in a safe, nurturing environment. Facilitators: Tracey Coulon, LICSW & Kristy Moen, LICSW, MLDAC.

Women’s Stress Management and Self-Care Group $60 per session
EHBS: Tue, Sep 13-Oct 18 (6 weeks), 11AM-12 noon. To register, call 663-8617.
Do you find it difficult to find time in your day to take care of yourself? Feel guilty about saying now? Just cant unwind? Join us to learn how to take better care of yourself. We’ll talk about stress and the toll it takes on your body and how you can reduce anxiety, relaxation skills, with hands on practice and much more! Participants will leave relaxed and hopeful about practicing at home. Self care starts with you! Tracey Coulon, LICSW, facilitator.

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

CANCER SUPPORT GROUPS

CanThrive
EH: Wed, Sep 14, Oct 12, Nov 9 & Dec 14; 5:30-7PM.
Support and education for cancer survivors and their caregivers in the first few years after treatment.

Thriving Through Treatment
RE: Wed, Session 1: Sep 7, 14, 21 & 28; Session 2: Oct 19, 26, Nov 2 & 19, 5-6:30PM.
A support group for women diagnosed with Breast Cancer within the last 12 months.

Survivors Series:
Surviving Gynecological Cancer
EH: Fri, Sep 30 - Nov 18; Dec 2- Dec 16; Jan 13-Mar 3; 9 to 9:45AM.

What’s the Meaning of This?
EH: Tu, Sep 27 - Nov 17; Dec 1- Dec 15; Jan 11-Feb 28; 5:30-7PM.
An opportunity to network with other survivors and hear about particular therapies that can improve quality of life after treatment.

What’s the Meaning of This?
Free!
Interested! Please call Christine Howard, LICSW at 663-1804. Meeting times and dates TBD.
If you or your loved are searching for answers to questions like “why did this happen to me” and “what’s the purpose of it all” you may benefit from learning techniques which help you understand the deeper meaning and purpose that cancer plays in our lives. Meaning-centered psychotherapy is a structured intervention that does just that.

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

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.

Zumba® Gold Toning
SHC: Fri, Sep 30-Nov 18; Dec 2-Dec 16; Jan 13-Mar 3; 9:45AM.
It’s the dance-fitness party that moves at your pace. Shake and sculpt your way to a healthy body for an optimum active, healthy lifestyle. Whether you’re active or just starting your fitness journey – the Zumba® Gold Toning Program combines the enticing international rhythms of a slower-paced Zumba® Gold dance-fitness class with the sculpting moves of a Zumba® Toning class. An easy-to-follow, health-boosting dance-fitness program anyone can enjoy! Must buy Zumba Toning sticks, available from instructor. Instructor: Ginger.

Chair Aerobics
SHC: M/W, Sep 26-Nov 16; Nov 28-Dec 14; Jan 9-Mar 1; 11-11:45AM
This seated light to moderate intensity class consists of a variety of upper and lower body movements to increase cardiovascular endurance as well as strength and range of motion. Resistance bands and light weights are used to increase intensity. Stretching and balance exercises at the end of each class. All fitness levels welcome. Instructor: Jennifer.

Strength, Stretch and Balance
SHC: M/W, Sep 26-Nov 16; Nov 28-Dec 14; Jan 9-Mar 1; 1:30-2:15PM
This class will strengthen your upper and lower body using strength training equipment such as resistance bands, free weights and exercise balls. We will teach you standing and seated exercises to help improve your balance as well as stretches to keep your muscles flexible and reduce risk of injury. Instructor: Matt.

Seniors in Motion
SHC: TTh, Sep 27-Nov 17; Nov 29-Dec 15; Jan 10-Mar 2; noon-12:45PM
This class is primarily seated and incorporates an easy to follow fitness routine for increased stamina, strength, flexibility, and balance. Resistance bands and light weights are used for total body conditioning. Any fitness level. Instructor: Jennifer.

Chair Yoga
SHC: Tue, Sep 27-Nov 15; Nov 29-Dec 13; Jan 10-Feb 28; 3-3:45PM
Strengthen your muscles, improve balance, and increase your flexibility through 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, and feeling calm, peaceful, focused, and relaxed throughout class. Instructor: Jennifer J.

Tai Chi
SHC: Thu, Sep 29-Nov 17; Dec 1-Dec 15; Jan 12-Mar 2; 10-10:45AM (Advanced); 11-11:45AM (Beginners).
A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Tai Chi will allow you to experience the ancient way to improve balance, strengthen the body, and cleanse the mind. Instructor: Bill.

Gym Membership
$25 per month

Elder Law
Free!
SHC: 4th Wed Monthly, 4-5PM. No cost, but registration is necessary by calling 663-7041.

To register for all Childbirth Education programs, and for dates and times log onto elliothospital.org, call 663-4567, or email: j dunlap@elliot-hs.org

Prenatal classes begin in the 3rd trimester. Call the Elliot Hospital for a current schedule.

Warm Welcome: A Maternity Tour
Free!
EH, Meet in the main lobby: Wed, 5:30PM; offered 2 Sat monthly; registration required.

Childbirth and Family Education

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

will see when you come to have your baby. We love showing parents-to-be why our Maternity Center has been repeatedly honored as the best place to have a baby in the state of New Hampshire. Start with us!

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

- The first part of this class helps you get ready to care for your new baby. It will increase your confidence as a new mom or dad and put your mind at ease. Topics include your baby’s behaviors, how to keep your baby safe, how to feed and clothe your baby, and how you and your baby can get the rest you both need. You’ll receive “tips” and “pearls of wisdom” to help in making those early days and weeks with your newborn less stressful. This class is taught by a registered nurse very knowledgeable in newborn care.
- The second part of the class is about 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! The 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.

**Preparing for Birth:**  
**Learn to Labor**  
**EH, Maternity Conference Room: On-going**  
Labor is a natural body process. We are here to help you prepare! This class is taught by registered nurses 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 covered include preparing for labor, the labor process, coping with labor, comfort and medication options, and for your support person, how best they can support you! Our goal is to empower and educate you. You can count on leaving the class saying, “We’ve got this!” This class also includes a tour of the Maternity Center.

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

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

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

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

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

**VISITING NURSE ASSOCIATION of Manchester & Southern New Hampshire SUPPORT SERVICES**

**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.
Our **DOCTORS** are in!
OUR DOCTORS ARE ACCEPTING NEW PATIENTS.

**At the Elliot!**

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

Dmitriy Kedrin, MD, PhD  
Elliot Gastroenterology  
Elliot at River’s Edge  
185 Queen City Avenue | Manchester  
603-314-6900

Arun Krishnan, MD  
Elliot Behavioral Health Services  
445 Cypress Street | Suite 8 | Manchester  
603-668-4079

Andrea Galasso, DO  
Elliot Internal Medicine at Londonderry  
40 Buttrick Road | Londonderry  
603-434-1919

Hilary Yehling, MD  
Elliot Pediatrics and Primary Care at Raymond  
Raymond Shopping Center | 15 Freetown Road  
Raymond | 603-895-8000

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

**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.

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

**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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