Reducing Mortality through TRAUMA CARE

HIP ARTHRITIS AND A TOTAL HIP REPLACEMENT
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Elliot Health System
Spring/Summer 2016

Treat yourself to a healthier mind & body, see classes on pages 6 to 9
Hip arthritis is becoming a more common problem for patients as they strive to stay active. Pain associated with arthritis can be quite severe and limiting. The information available to patients in the age of social media and direct to consumer marketing can be overwhelming and, in some cases, blatantly incorrect. Navigating this maze of options can be quite challenging for the patient who is simply looking for some relief.

Arthritis is simply a term that means inflammation of a joint. The cartilage that covers the joint surfaces becomes worn out, and rather than offering the typical smooth on smooth surface on which to walk, there is friction as the rough surfaces move past each other with every step. This causes inflammation in the area and the result is pain, swelling, and stiffness. Once cartilage has worn out, it cannot be replaced, nor will it regrow. The only definitive option for this is a hip replacement.

A hip replacement removes the areas with the damaged cartilage and replaces them with a new smooth surface on which to walk. Once the inflammation is gone, the pain is gone as well. This is the step where there can be some variability. As the saying goes, there is more than one way to skin a cat.

The first question is how will the surgeon get to your hip? There are at least five ways (with subtle variations of each), to approach the hip joint to replace it. Terms like “anterior,” “posterior” and “super-cap” are used frequently. These all are well described and acceptable ways to perform a hip replacement and are chosen at the discretion of the individual surgeon. You may also hear, “minimally invasive” or “muscle sparing.” As surgeons, we all choose how we do this surgery for different reasons. In general, the medical studies support all methods for performing hip replacement work well. The bottom line is that each option has risks and benefits that are specific to that technique. I typically advise patients to find a surgeon they trust and let the surgeon perform the procedure the way they feel comfortable rather than search out a specific approach. There is no consistent data to support that any one method is the best.

The other variability that exists in hip replacement surgery is the type of smooth surface that can be implanted. Currently, choices include metal, ceramic, and plastics. I have found using a ceramic ball inside a plastic socket (called highly cross-linked high molecular weight polyethylene) offer excellent results in my hands. Again, like the approach to the hip, surgeons will choose specific materials for specific reasons. I would again advise patients to choose their surgeon and allow their surgeon to proceed with the components that they are comfortable with and feel are best for that patient.

There are other methods of performing hip replacements that have gained a certain measure of popularity lately. Robots have been specifically designed to guide surgeons with the use of their instruments and placement of the hip components. There are also navigation systems that can be used during the operation to “fine tune” the position of the hip replacement. However, these advances in technology have yet to prove that they offer any long term or even short term benefit to patients.

For those with hip arthritis that find they can no longer enjoy their hobbies or get through a day of work because of hip pain, they should seek out the advice of a surgeon. Meet with the surgeon and discuss the specifics of the surgery along with any risks that may need to be considered. It is fair to ask your doctor how he or she would perform the surgery, what materials they would use and even what company’s implants they prefer. But, in the end, all approaches, modern materials, and major orthopaedic implant companies can be relied upon for excellent results when it comes to hip replacements and ultimately, patient satisfaction.

Bryan Lawless, MD is a subspecialty-trained adult joint reconstructive surgeon, trained at the Massachusetts General Hospital. He specializes in knee and hip replacements. He is a graduate of Tufts University School of Medicine, and completed his residency training in the Boston University Department of Orthopaedics at Boston Medical Center. Dr. Lawless has expertise in the field of joint replacement including computer navigation, patient specific implants of the hip and knee, and treating patients with severe post traumatic and congenital deformities.
The Elliot NICHE (Nurses Improving Care for Health System Elders) Team has had a busy and successful 2015. NICHE is the leading national geriatric nursing program that focuses on the care of the hospitalized older adult. A healthcare facility may elect to apply for this prestigious designation. A site evaluation is then completed by NICHE upon which the designation may be granted to the organization should they meet the qualifications. Once designation is extended, NICHE evaluates the facility annually to ensure that the best practices, interventions, protocols and overall geriatric care that is provided by the facility continues to meet NICHE standards. NICHE offers four levels of designation – Early Implementation, Progressive Implementation, Senior Friendly Implementation and Exemplar Implementation. Elliot Hospital received NICHE designation in 2010. For the past five years, our geriatric programs and service lines have grown significantly. Across our healthcare system, there are many who are responsible for the growth and quality of our geriatric services, and this was easily recognized during our last annual designation evaluation. In August, the NICHE team was delighted to announce that as an organization we succeeded in increasing our level of designation to SENIOR FRIENDLY. We are now one of only two hospitals in the State of New Hampshire who have achieved this level of NICHE designation. Many may be asking, “what does a Senior Friendly Elliot mean for me and my family?” Developing a nursing force who are highly skilled and certified in providing geriatric care through the encouragement of advancing professional nursing practice, NICHE aims to import education, principles and tools to stimulate change and provide support in the healthcare environment to help healthcare facilities provide exemplary patient-centered care for their older adult community.

Elliot’s NICHE team is a collaborative inter-disciplinary membership representing Geriatric Medicine, Internal Medicine, Pharmacy, Senior Health Primary Care, and Acute Care Nursing Staff. The team aims to increase understanding of the normal aging process, improve communication with older adult patients and their families/caretakers, and work together to develop and implement the appropriate interventions and best-practice evidence to improve outcomes for our older adults. Overall the group hopes by working together to increase awareness of the above-mentioned strategies, that in turn the surrounding community will recognize Elliot as an elder friendly healthcare system.

To date, the team has led the development and implementation of an inpatient Delirium Protocol designed specifically for the hospitalized older adult. Once graduated from the pilot phase, this protocol will impact all inpatient adult units in the hospital. Alongside a marketing campaign, the team produced professional NICHE brochures intended for the patient/family member and that will be distributed to the outpatient practices.

What’s next on the agenda for the team in 2016? The team plans to work on the two inpatient protocols (Delirium and Constipation), and partner with our volunteer department to develop some creative strategies to improve our older adult patient experiences.

The journey thus far to Senior-Friendly excellence has been an exciting one; however the NICHE team hopes for even more. One thing is for certain, Elliot is ready to embark on their final NICHE destination… Exemplar Status.
Politicians have recently stepped up the fight to address the drug epidemic in our city and our state. The increasing drug epidemic has mirrored the increasing crime rates that Manchester, NH has experienced over the past decade. Crime rates per 100,000 in our city have increased to four times the national average. Sources from the Federal Bureau of Investigation, City of Manchester website, and other online sources like Neighborhoodscout.com have reported crime rates; to include – robbery, assault, and rape, are being encountered at much higher rates in our city than on average across the country.

At Elliot Hospital, the trauma team has had to respond to a marked increase in injuries related to this epidemic of drug abuse and associated crime. Over the past year, the number of traumas due to violent crimes admitted to the Emergency Department and the Division of Trauma Acute Care Surgery (TRACS) has risen to become the third most common cause of traumatic injury being treated at our facility (Figure 1). Most of these injuries are from a penetrating mechanism, such as gunshot and knife wounds, that result in laceration to vital organs causing life threatening hemorrhage and often death.

Elliot Hospital’s years of experience as a state level 2 trauma center and our continued commitment to improving the care for our patients have prepared our facility to meet this new challenge. As we responded to the spike in penetrating injuries, our local trauma system was rigorously tested. Our highly skilled team met these new challenges, and we have established our system as a leader in trauma care in our region.

“WeWith streamlined field triage and rapid transportation to our Level 2 Trauma Center, we at the Elliot, in conjunction with our Emergency Medical Services colleagues, have been saving lives! Time is critically
important for many more serious injuries and having a nearby Level 2 Trauma Center at the Elliot has made a life or death difference for many in our area.” says Dr. Miguel Gaeta, Trauma Medical Director.

As a facility seeking verification from the American College of Surgeons (ACS) as an ACS Level 2 Trauma Center, we are responsible for reviewing our own performance on a daily basis and optimizing the delivery of care for our trauma victims (Figure 2). For the past two years, the mortality rates at Elliot Hospital for victims of trauma have been less than the national average (Figure 3). Likewise, we have proven to be superior to the national average for several quality measures (Figure 4). In an effort to evaluate how well our facility is coordinating trauma care with our colleagues in surrounding EMS services, we recently selected to evaluate our response to one of the most time sensitive of all traumatic injuries: laceration of the heart.

Historically, cardiac injuries resulting in laceration or rupture of the heart have a very high mortality rate even in mature regional trauma systems. Early recognition in the field by first responders of this life-threatening injury requires rapid transport to a Level 1 or 2 Trauma Center where an immediate life saving intervention may be performed by a well-trained and dedicated trauma team. At the Elliot, 80% of our patients with ruptured cardiac injuries progressed to cardiopulmonary arrest immediately prior to arrival or upon their arrival to our facility. All of these patients received time-critical and appropriate care soon after their arrival to the Elliot. With support from the exceptional staff in our Emergency Room, first responders, Anesthesia, Critical Care Departments, and countless other support staff, a full one half of these patients survived to leave the hospital and return to their loved ones. Survival rates in the literature report a survival range of only 2 to 9%. For our team to have a 50% survival rate is a phenomenal tribute to the success of our trauma system. Other traumatic injuries also have similar far above average favorable outcomes. The Elliot continues to strive for even better patient care. We should be proud!
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 materials, do not represent income to the Association.

### Community Wellness Classes

**6**

- **counseling with a trained tobacco treatment counselor**
- **smoking for good. Our certified counselor**

- **Studies show that intense support and motivation are crucial for quitting smoking.**

- **One, hypnosis private session: $90**
- **One, 1-hour private sessions: $45**

- **Surgical process and tour the facility.**
- **Parents, children ages 12 and younger, and their siblings are encouraged to bring a family member or support person.**

- **1-DAY SURGERY CENTER TOUR FOR CHILDREN: Free!**
- **RE: Sat, Mar 5, May 7 or Jul 19, 8-11 AM**

- **HEARTSAVER CPR: $40**
- **RE: Wed, Apr 20 or Mon, Jul 11, 6-9 PM**

- **CPR for New Healthcare Professionals or Those with Expired Certification: $65**
- **RE: Sat, Apr 2, Jun 4 or Aug 6, 8AM-12:30PM**

- **CPR Renewal for Healthcare Professionals: $50**
- **RE: Sat, Mar 5, May 7 or Jul 9, 11:30AM-2:30PM**

- **Heartsaver First Aid: $40**
- **RE: Wed, Apr 20 or Mon, Jul 11, 6-9 PM**

- **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: $125**
- **By appt., call 603-2201. Sessions may be reimbursed by Anthem or other insurances.**

- **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.**

### Emotional Eating

**$45 per session**

- **EBHS: Wed, Mar 30-Jun 1, 1:30-3PM or Thu, Mar 31-Jun 2, 6-7:30PM. A min of 4 people is necessary to run a group.**

- **Most insurances including Medicaid are accepted. Due to licensing restrictions, Medicare can only be accepted for the Wed group. If self-pay, cost is $45 per wk if paid in full on the day of each group or $60 per wk if not paid on the day of the group. Call 603-8621.**

- **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 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.**

### Expressive Writing Workshop

**$60 per session**

- **EBHS: Wed, Apr 13-May 18, 6PM. Most insurances accepted including Medicaid. Call 603-8678 to register.**

- **Tell your own story through poems, songs, and journals. Finding your voice is a self-affirming step that can bring greater self-awareness, new insights and fresh hope. Through guided writing and readings, participants are offered compassionate counseling through the process of writing their own stories. Facilitator: Dawn Wyman, LICSW.**

### Mindfulness Meditation

**$60 per session**

- **EBHS: Wed, Mar 2-Apr 6, 6-7:30PM. Most insurances accepted including Medicaid. Call 603-8678 to register.**

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

### Positive Coping with Health Conditions

**$60 per session**

- **EBHS: Wed, Jun 14-Jul 19, 5:30-7PM. Most insurances accepted including Medicaid. Call 603-8618 to register.**

- **The group will be cancelled if less than three people register. Learn new coping skills, relaxation skills, relationship building skills, managing anxiety and stress.**

### Classes May Be Joined While Already in Progress.

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

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

- **EBHS: Elliot Behavioral Health Services, 445 Cypress Street, #8, Manchester**
- **EH: Elliot Hospital, One Elliot Way, Manchester**
- **EMMC: Elliot Memory & Mobility Center, 40 Buttrick Road, Londonderry**
- **EWC: Elliot Wellness Center, 1070 Holt Avenue, Manchester**
- **LON: Elliot Medical Center at Londonderry, 40 Buttrick Road, Londonderry**
- **RE: The Elliot at River’s Edge, 185 Queen City Avenue, Manchester**
- **SCH: Senior Health Center, 130 Webster Street, Manchester**

ABC’s of Over-the-Counter Meds

- **Free! RE, Pharmacy:** Thu, Mar 17, 11AM. Call 603-5678 to register.

- **Learn appropriate OTC (over-the-counter) medication choices, label facts, and how to save money on OTC meds. Presented by Cheryl Abel, PharmD.**

- **Expressive Writing Workshop $60 per session**

- **EBHS: Wed, Apr 13-May 18, 6PM. Most insurances accepted including Medicaid. Call 603-8678 to register.**

- **Tell your own story through poems, songs, and journals. Finding your voice is a self-affirming step that can bring greater self-awareness, new insights and fresh hope. Through guided writing and readings, participants are offered compassionate counseling through the process of writing their own stories. Facilitator: Dawn Wyman, LICSW.**

- **Mindfulness Meditation $60 per session**

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

- **Positive Coping with Health Conditions $60 per session**

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Register by calling the specific number provided in class listing, or 603-663-4567.
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 introduction and informational meetings to start you on a successful weight loss journey. After attending an introductory meeting, you will be eligible to call and register for monthly 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
- **Informational Meetings**: 2nd Fri monthly, 2-4PM. Different rotating topics each month.
- **Post Bariatric Surgery Support Groups**: 1st Tue monthly, 5-6PM; no registration is required.

**General Fitness**

All classes require registration prior to the first day of class, call 663-4567. Payment is due when you register; your spot on the roster is not confirmed until payment is received. All classes are 8-weeks.

- **Gentle Yoga I**
  - *RE*: Mon, Mar 21-May 9; May 23-Jul 11; Jul 25-27; 5:45-6:45PM and Wed, Mar 23-May 11; May 25-Jul 13; Jul 27-Sep 14; 5:30-6:30PM.
  - This class uses breath and movement to help release physical and mental tension and to increase body/mind awareness. Good for beginners.

- **Thriving with Yoga**
  - To register, please 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 to class.

- **Tai Chi**
  - *$48 RE*: Tue, Mar 22-May 10; May 24-Jul 12; Jul 26-Sep 13; 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: Bill.

- **Fit & Feisty**
  - *$60 RE*: TTh, Mar 22-May 12; May 24-Jul 14; Jul 26-Sep 15; 10-11AM and 11:10AM-2:10PM.
  - 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*: TTh, Mar 22-May 12; May 24-Jul 14; Jul 26-Sep 15; 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, Mar 24-May 12; 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.

- **Body Sculpt**
  - *$64 RE*: Thu, Mar 24-May 12; 5-6PM.
  - A total body toning class designed to strengthen and sculpt every muscle group. Utilizes free weights, resistance bands, and your body weight. Strength training is proven to help improve muscle strength, maintain bone health and aids in improving metabolism. All fitness levels. Instructor: Cheryl.

- **RxRelax Therapeutic Yoga**
  - *$80-$120 RE*: Th, Mar 24-May 12; May 26-Jul 14; Jul 28-Sep 15; 4:30-5:30PM.
  - 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 RE*: EH: Wed, Mar 23-May 11; May 25-Jul 13; Jul 27-Sep 14; 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-min, 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: Vanessa.

- **Yoga for Runners and Cyclists**
  - *$80 RE*: EH: Thu, Mar 24-May 12; May 26-Jul 14; Jul 28-Sep 15; 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 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 RE*: EH: Mon, Mar 21-May 9; May 23-Jul 11; Jul 25-Sep 12; 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*: EH: Welliot: M-F: 6:30AM-4:45PM; 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**

*EH, Pavilion: 2nd Wed monthly, 5 to 6 PM.*  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, Apr 6, 6:30-7:30PM or Tue, Jul 12, 5:30-6:30PM.*  
This introductory session outlines the 10-week comprehensive weight mgt program focusing on total health, not just pounds on a scale.

**Jump Start Your Health**

*EH, Pavilion: Wed, Apr 13-May 18, 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**

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<thead>
<tr>
<th>Breast &amp; Cervical Cancer Screenings</th>
<th>Free!</th>
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<td>FREE breast and cervical cancer screening tests to eligible women. For more info, call 668-3067.</td>
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**SUPPORT GROUPS**

**NICU Parent Support Group**

*Free!*

*EH, NICU Family Rm, 5th Floor: Tue, noon. Call 663-4360 or Liteninuniclegroup@yahoo.com*

**Postpartum Emotional Support Group**

*Free!*

*Elliott Childcare Ctr Activity Rm, EH campus, 450 Massabesic St: Mon, 10:30AM-noon. Call Alison Palmer, RNC, MS, at 663-3052 for 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 28-Jun 28, 5-6:30PM. Call 663-2881, 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, 6-7:30PM. For more information, call 663-1804.*  
A group that provides support and sharing for women who have experienced breast cancer.

**Living with Cancer**

*Free!*

*EH, ERCC: 3rd Wed monthly, 5:30-7PM. For more information, call 663-1804.*  
A support group for people living with cancer, including family and caregivers.

**Prostate Cancer**

*Free!*

*EH, ERCC: 4th Mon monthly, 6-7:30PM. For more information, call 663-1804.*  
Support and education for men with prostate cancer, their families and/or support person.

**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.

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

*Free!*

*SCG: 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!*

*2nd Wed monthly, 10:30AM-12 noon: Frontotemporal Degeneration; 3rd Wed monthly 10:30AM-12 noon: general support group.*  
For more info or to register, please call 552-1670. Our support groups are free and open to the public. We are 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!*

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

**Women’s Coping Skills**

*$60 per session*

*EBHs: Tue, Mar 29-May 3, 10AM. 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, facilitator.

**Healing from Trauma**

*Women’s Group*  
*$60 per session*

*EBHS: Please call 663-8617 or 663-8618 for dates/times.*  
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. Tracey Coulon & Kristy Moen, facilitators.

**Women’s Stress Management and Self-Care Group**

*$60 per session*

*EBHs: Tue, May 24-Jun 28 (6 weeks), 10AM. To register or for more info, call 663-8617.*  
Do you find it difficult to find time in your day to take care of yourself? Feel guilty about saying no? Just can’t unwind? Join us to learn how to take better care of yourself. We’ll talk about stress and the toll it takes on your body and how you can reduce anxiety, relaxation skills, with hands on practice and much more! Participants will leave relaxed and hopeful about practicing at home. Self care starts with you! Tracey Coulon, facilitator.

**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.

**Zumba GOLD®**

*$80*

*SCG: M/W, Mar 21-May 11; May 23-Jul 13; Jul 25-Sept 14; 9-9:45AM and 10-10:45AM.*  
This dance-fitness class is friendly and fun for all ages and genders. The Zumba formula is used with modified moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. The exhilarating easy-to-follow moves, the zesty Latin music, and the invigorating, party-like atmosphere will help you have fun while you achieve a great workout. Instructor: Ginger.

**Zumba® Gold Toning**

*$40*

*SCG: Fri, Mar 25-May 13; May 27-Jul 15; Jul 29-Sep 16; 9 to 9:45AM.*  
It’s the dance-fitness party that moves at your
pace. Shake and sculpt your way to a healthy body for an optimum active, healthy lifestyle. Whether you’re active or just starting your fitness journey – the Zumba® Gold Toning Program combines the enticing international rhythms of a slower-paced Zumba® Gold dance-fitness class with the sculpting moves of a Zumba® Toning class. An easy-to-follow, health-boosting dance-fitness program anyone can enjoy! Instructor: Ginger. Must buy Zumba Toning sticks, available from instructor.

**Tai Chi**

**SHC:** Thu, Mar 24-May 12; May 26-Jul 14; Jul 28-Sep 15; 10-10:45 AM.

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

**Massage Therapy**

$70; $55 for Seniors 65+

**Elliot at Hooksett, 20 Chambers Dr, Hooksett. Call 663-5730 to schedule an appointment.**

Massage therapy is manipulation of the soft tissues of the body, including muscles, connective tissue and tendons. It can help alleviate the 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/mental/physical fatigue, increasing energy levels, strengthening the immune system and helping relieve anxiety. Massage Therapists: Bruce Wood, LMT, KMI, Licensed Massage Therapist and Kinesio Myofascial Integration/Structural Integration Therapist and Melissa Lower, LMT, Licensed Massage Therapist and nationally certified in therapeutic massage and body work.

**Gym Membership**

$25 per month

**SHC:** Mon to Fri, ongoing, 6:30 AM-4 PM, 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. Join at any time.

**COMmUNITY WELlNESS**

**Elder Law**

Free!

**SHC:** 4th Wed Monthly, 4-5:30 PM. No cost, but registration is necessary by calling 663-7041.

Round table discussion with an Elder Law Attorney, in which participants are able to identify general areas of interest and ask questions. Areas addressed include: long term care planning options including Medicaid and Veterans benefits; How to maximize Medicare benefits; and Estate Planning documents including powers of attorney, wills and trusts.

**CHILDbirth and FAMILY EDUCATION**

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

**Warm Welcome: A Maternity Tour**

Free!

**EH, Meet in the main lobby:** Wed, 5:30 PM; 1st & 3rd Sat monthly, 11 AM registration required.

Come join us for a tour welcoming you to the Maternity Center of Elliot Hospital. These tours are guided by Registered Nurses that work in the Maternity Center and teach the childbirth education classes. Bring your questions! Through this tour you will become familiar with the rooms and people that you will see when you come to have your baby. We love showing parents-to-be why our Maternity Center has been repeatedly honored as the best place to have a baby in the state of New Hampshire. Start with us!

**Caring for & Breastfeeding Your New Baby**

$50 per couple

**EH, Maternity Conference Room:** On-going.

You may opt to select only the infant care portion or the breastfeeding portion if desired.

- 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 – 2 days**

$90 per couple

Labor is a natural body process. We are here to help you prepare! This class is taught by registered nurses of the 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.

The best way to learn the many facets of childbirth is in shorter blocks of time. Join us for two 4-hour classes!

**Infant and Child CPR and Safety**

$30 pp or $50 per couple

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

**Big Brother/Big Sister Class**

$15 per child

**EH, Maternity Conference Room:** On-going.

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

**Parent Education Packages:**

**Premium Package**

$180

Includes: Labor, Care and Breastfeeding your Baby, Infant Safety and CPR, Big Brother/Big Sister.

**Gold Package**

$160

Includes: Labor, Care and Breastfeeding your Baby, Infant Safety and CPR.
Elliot Health System Welcomes Associate General Counsel

Elliot Health System is pleased to welcome Annmarie Tenn, Esq. to their leadership team as Associate General Counsel.

In 2000, Annmarie earned a B.A., summa cum laude, from Boston College, where she graduated as the co-Valedictorian of the College of Arts and Sciences. Born and raised in Manchester, Annmarie graduated from Central High School.

“We are very excited to have Annmarie join The Elliot’s senior staff,” said John Friberg, Esq., Senior V.P. and General Counsel. “We feel very fortunate to have added someone as talented and committed to the community we serve. The challenges in healthcare are complex, and we know that Annmarie will be instrumental in helping us navigate the challenges and opportunities that lie ahead for our organization and the community and patients we serve,” added Friberg.

Elliot Health System Welcomes Chief Compliance Officer & Privacy Officer

Elliot Health System is pleased to welcome Kristen Blanchette, Esq. to their leadership team as Chief Compliance Officer and Privacy Officer.

Kristen is a native of Berlin, NH and a graduate of Dartmouth College and the University of New Hampshire School of Law. During law school, Kristen served on the Franklin Pierce Law Journal, participated in the Daniel Webster Scholar Program and clerked for Honorable Gary E. Hicks of the New Hampshire Supreme Court.

Kristen is actively involved in the American Health Lawyers Association (AHLA), Healthcare Compliance Association (HCCA) and New Hampshire Hospital Association (NHHA).

“We are very excited that Kristen has joined us, and look forward to benefiting from her leadership around compliance and privacy matters,” said John Friberg, Esq., Senior V.P. and General Counsel. “Kristen has a strong command of the various legal, ethical and compliance issues facing hospitals and healthcare providers today and in the future, and will be a strong advocate for patients’ rights as well as an invaluable resource for guiding and educating our staff.”

Elliot Health System donates $125,000 to the City of Manchester’s Neighborhood Health Improvement Strategy Beech Street School to get fitness playground and wellness program

Elliot Health System proudly announces a partnership with the City of Manchester in support of the Neighborhood Health Improvement Strategy. “We are donating $125,000 to support the establishment of a childhood obesity program at the Beech Street School,” explained Jim Woodward, President & CEO, Elliot Health System. “After reviewing the city’s formal study of the population in our neighborhood and the strategy to involve community partners to help alleviate the serious issues afflicting our local children, we felt this was a necessary step in the right direction,” said Woodward. “One element of our donation will include a fitness playground where we plan to initiate educational programs geared toward children to help inspire healthy physical fitness habits at a young age,” added Woodward.

“Elliot Health System’s gift to the children and families of Manchester truly celebrates the collaborative work behind the Neighborhood Health Improvement Strategy and furthers the City’s goal of creating neighborhoods of opportunity for all residents,” states Mayor Ted Gatsas. “We thank such an influential leader in healthcare for their investment into a healthier future for our community.”
We are proud to share that the Elliot Health System PFAC is officially up and running. This council is made up of Elliot Health System staff members, patients and families. The members of our council will partner to promote quality, improve safety, increase patient engagement and support the patient experience.

Our council began meeting in September and meets on a monthly basis. The council has been partnering with us on the following projects:

- Emergency Department Rapid Triage Treatment (RTT) program
- Pre-Surgical Testing: Pre-Op phone calls
- Elliot Health System new web-site design
- Pharmacy – Medication discharge information
- Press Ganey Surveys

As we move forward, our council will continue to partner with us to fulfill the Elliot Mission. “Elliot Health System strives to...INSPIRE wellness...HEAL our patients...SERVE with compassion in every interaction.”

For any questions related to the Elliot Health System PFAC, do not hesitate to contact Susan Gilland, PFAC Coordinator, 663-2193 or Leslie Chamber, Patient Experience Officer, 663-2991.

“Elliot is proud to partner with the American Heart Association in their Little Hats, Big Hearts™ program in support of raising awareness for heart disease,” said Jim Woodward, President & CEO, Elliot Health System. “Elliot Hospital welcomes more than 1,800 babies into the world annually. We see firsthand the consequences of congenital heart defects in some of these patients and understand the important work of the American Heart Association and their mission to build healthier lives,” Woodward explained. This is the first year New Hampshire hospitals participated in the Little Hats, Big Hearts program, which provides hats to newborn babies in 34 states across the country.
Mary & John Elliot Charitable Foundation
BOARD MEMBERS and NEW OFFICERS
We would like to recognize the recent change in officers and thank our entire Mary & John Elliot Charitable Foundation Board for their time and incredible support. Through their efforts, we continue to fundraise for the Elliot Health System so that our clinicians and employees may provide the very best healthcare to our local community:

Charles F. Rolecek, Chair  Cathy Champagne
John A. Hession,  Vice Chair  Charles S. Goodwin
James J. Tenn, Jr., Esq., Secretary  Selma Naccach-Hoff
Sid Baines  Richard I. Winneg
David Bellman  James L. Woodward

SAVE the DATES

• The 17th Annual Elliot Hospital Golf Classic benefitting the improvement and expansion of cancer treatment services and improvements to the care offered to our pediatric patients and their families will take place on Thursday, June 9, 2016 at Passaconaway Country Club in Litchfield, NH. Our goal is to raise more than $100,000. For more information, visit www.elliothospital.org/golf.

• The 15th Annual Elliot Health System Gala supports cancer care improvements, cancer care expansion projects, and improving the care offered to our pediatric patients and their families, and will take place on Friday, September 30, 2016 at Manchester Country Club in Bedford, NH. This event will sellout, so please consider having your company or medical practice sponsor the event to reserve your seats early. For more information, visit www.elliothospital.org/gala.

Annual iGive Campaign

We have raised more than $200,000 for the annual iGive campaign from generous donations made by the community and Elliot staff. We truly thank those who have participated and contributed.

You have until June 30, 2016 to help us reach our goal of raising $247,500! Go to www.elliothospital.org/donate to make your gift today. Gifts of all size make a difference!

Our greatest need is support for cancer treatment services provided to our community. Each and every gift designated to this great cause will help us provide the very best healthcare to our patients.

INTERVIEW with NICK ZAHARIA S, Elliot’s new VP of Development
Tell us a bit about your fund raising background:
“I’ve been in the development field for 25+ years at institutions including University of Connecticut, Choate Rosemary Hall, Tilton School and Lawrence General Hospital. I’ve helped to raise over $80M for worthwhile causes, and have raised funds through annual funds, fundraising events, grants, major gifts, capital campaigns and planned gifts. Planned giving may be my favorite activity, whereby I help donors minimize tax consequences and simultaneously allow them to support their favorite charities in sometimes significant ways.”

What’s your impression of the Elliot after only a few months?
“Being born in Manchester, NH, and as a resident of Derry, I have admired the Elliot System from afar for years. Now being on the team, and truly understanding the scope of clinical expertise and capabilities from the inside, I am even further impressed with the system and how advanced it is in serving the healthcare needs of the southern NH region. The ‘people of Elliot’ is why we are on such a roll, and I have really enjoyed getting to know, and working with, my new colleagues. It is refreshing to work with such friendly, creative, and capable co-workers and clinicians. I can see why we have so many dedicated employees who have stayed within the Elliot Health System for decades!”

What do you see as opportunities for the Foundation?
“I have had over 75 meetings with volunteers, donors and Elliot staff members since my arrival in the late fall. From these meetings and my previous experiences, I believe we have a lot of ‘upside’ to fundraising at Elliot. We need to do a better job with our “cases for support” in all our solicitation and fund raising event materials – don’t just ask for $, but show donors the difference their gift can make in our local communities. Our major giving, personal visitation and planned giving programs can all be improved and expanded. We also need to do a better job within the health system to educate and involve physicians, nurses and employees in the important work we do. The great news is that we already have a very loyal base of supporters, and a terrific Foundation staff, so we are starting our next phase of growth from a position of strength.”
The Pearl Manor Fund was established in 2005, when the assets of Women’s Aid Home (Pearl Manor) were transferred to the Mary & John Elliot Charitable Foundation. Earnings from these funds are awarded and decided upon by a Board of community members and distributed through grants to provide assistance, comfort, care and treatment for the elderly population of Manchester and surrounding communities including but not limited to medical needs, safe housing needs, nutritional needs, independent living assistance and transportation assistance.

Since 2005 the Pearl Manor Fund has distributed over $1 million in grant awards to the greater Manchester community to support the senior population. The impressive list of recipients includes: The CareGivers, Inc.; Child & Family Services; Easter Seals; Elliot Health System; Granite Independent Living; Granite YMCA; The Moore Center; New Hampshire Association for the Blind; and St. Joseph Community Services, Inc.

The Mary & John Elliot Charitable Foundation is pleased to announce that grant applications are now available for non-profit organizations serving the elder community in the towns of Allenstown, Auburn, Bedford, Candia, Deerfield, Dunbarton, Goffstown, Hooksett, Manchester and New Boston. Grants awarded through the Pearl Manor Fund, support new projects that implement solutions and address the critical and unmet needs of the senior population.

For a Pearl Manor Fund grant application, go to the Elliot website, click on “Make a Gift” and follow the link to the Pearl Manor Fund. The next application deadline is September 1, 2016 and we encourage all not-for- profits serving the local elderly population to apply for funding of new programs.

**Speedway Children’s Charities**

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

**Thank You Revolution Hair Design**

Ryan Breton and his team at Revolution Hair Design located in Bedford, NH held multiple fundraisers this fall to benefit Elliot Health System. Ryan’s team raised funds during the month of October for the Elliot Breast Health Center and then hosted a cut-a-thon on November 7, 2015 to benefit Elliot patients affected by Alzheimer’s. These fabulous events raised over $1,300 which will greatly assist the care provided to our patients.
# TOP ELLIOT DOCS FOR 2016

Each year, *NH Magazine* surveys physicians across the state about who they feel are New Hampshire’s “Top Doctors.” Congratulations to the Elliot Medical Staff!

## Physicians

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<td>Ralph Falk, MD</td>
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<td><strong>Breast Surgery</strong></td>
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Hospice Care

End of life and quality end of life are often things people just do not want to contemplate. The time, however, may come, when you or your family are faced with the need for hospice services. The VNA of Manchester & Southern New Hampshire’s Hospice program provides services to those whose life is measured in days and weeks instead of years. The focus is on providing quality of life each and every day.

The staff include hospice nurses who are experts in pain and symptom management, working closely with the hospice medical staff and your physicians. Hospice aides provide personal care, light housework and meal preparation. Our chaplain and social workers provide spiritual counseling, assistance with resources, anticipatory grief counseling, and help with making arrangements. Our wonderful volunteers are busy bringing meals, sitting vigil, running errands, visiting, and providing support to you and your family. The result does have an impact and we know families are grateful.

There are people who could benefit now from hospice care. If you or someone you love would like to learn more, call the Manchester VNA at 622-3781. We are happy to respond to your questions and help you understand whether these quality of life services are timely.

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. 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, once registered you will be notified of the next session.

Stepping Stones through Grief. For children and adolescents ages 5-18. The group helps explore and better understand such topics as the meaning of death, 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, from 6-7:30PM. Once registered, you will be notified of the next session.

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

• Men’s Drop-In Support Group. Meets the 4th Friday monthly, 9-11AM and the 2nd Wednesday monthly, 6-8PM, at Southside Bible Fellowship Church, 200 So. Jewett St.

• Women’s Drop-In Support Group. Meets 1st and 3rd Friday monthly, 9:30-11AM, at Elliot at River’s Edge, 185 Queen City Ave.

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