National Top Performance Awards for Elliot 1-Day Surgery
In a culture where “acceptable” body size has traditionally been portrayed as very thin and people constantly scrutinize their own body shape, eating disorders have become prevalent. In recent years, there has been a movement afoot for healthy living including both healthy eating and healthy lifestyle. Therefore, it can be a complicated task to decipher if someone you care about is suffering from a true eating disorder or whether they are a conscientious and healthy eater. Enlisting the help of a physician, mental health provider, and/or nutritionist can help to reveal if a problem exists, however, there are signs that may alert you to a loved one’s private struggle.

For example, consider these statements at mealtime as potential subtle warning signs:
• “I don’t feel well.”
• “I think that I have the flu.”
• “I already ate.”
• “I’m trying to get in shape, so I need to go exercise.”
• “Maybe just one more bite, it’s just so delicious.”

These statements may be an innocent part of every day conversation, or, they may be telling you more about the individual’s health. How can you spot the subtle signs of an eating disorder and when does “healthy eating” or a “healthy appetite” cross the fine line into disordered eating? Some warning signs are:
• Making excuses as to why someone cannot eat;
• Leaving the table and going to the bathroom during the meal;
• Leaving the table to exercise and compensate for what was just eaten;
• Increased concern about one’s body size or shape;

• Decreased interest in social activities/events, lack of pleasure in activities that once were pleasurable;
• Eating only in private and never in front of others;
• Hiding weight loss or gain by wearing baggy clothing;
• Equating feeling good with being thin;
• Developing strange, ritualistic, or obsessive patterns and behaviors around food or exercise and/or showing extreme distress when these patterns are altered; and
• Stealing, hiding, or hoarding food.

It is not uncommon for someone who suffers from disordered eating to struggle more intensely during the holidays. Family gatherings, parties, and the hustle and bustle of the time of year can leave us stressed, overwhelmed, and frazzled. Supporting someone with an eating disorder during the holidays may include providing opportunities to be together with loved ones without the focus being on a meal. Using time to talk about how the person might be feeling is valuable because someone suffering from an eating disorder can feel alone even in a room full of people. This shows you care and may validate that this is a stressful time of the year for everyone.

Some tips for navigating the stress of the holidays for people with an eating disorder include:
• Schedule some “down time” for pleasurable and nurturing activities, and stick to the schedule;
• Practice responses to things that someone might say regarding increased or decreased weight;
• Prepare for more erratic mealtimes and avoid getting too hungry – have healthy snacks available;
• Try to get enough sleep;
• Enjoy activities that do not revolve around food, if none exist, be creative and establish new rituals; and
• Remember that in the grand scheme of things the holidays will soon become a memory and life will return to normal.

Remember, the path to recovery for someone with an eating disorder is not a straight one. It is filled with hope one day and seemingly insurmountable challenges the next.

For more information regarding ways to recognize the symptoms of an eating disorder, visit the website www.nationaleatingdisorders.org or call Elliot Behavioral Health at 668-4079.

Ruth Elliot, LICSW is a licensed clinical social worker at Elliot Behavioral Health.
Taking care of diabetes can be hard work. It involves selecting the right types and amounts of food, regular exercise, and monitoring blood sugar. For many people, it also requires taking medications to lower the blood sugar. These changes can be difficult to understand at first. However, with the help of a certified diabetes educator and some practice, most people can make these changes part of their daily routine.

An important part of diabetes care is understanding “How well am I doing?” To answer this question, I recommend “Knowing your ABCs.” This is a simple approach that breaks down diabetes care into three easy to remember goals. Setting goals, and more importantly, knowing if you are meeting these goals, is an important first step in keeping diabetes under the best possible control.

A. Hemoglobin A1c. This is a blood test that measures the average blood sugar over the last 3 months. The lower the blood sugar, the lower the hemoglobin A1c. The American Diabetes Association (ADA) recommends keeping the hemoglobin A1c below 7.0%. Other experts recommend a hemoglobin A1c goal of less than 6.5%. Not everyone can safely achieve these goals, so it is important for diabetics to discuss their hemoglobin A1c with their healthcare team, and set a personal goal that is both safe and achievable. The ADA recommends checking the hemoglobin A1c every 90 days until goals are met, and then at least twice a year to insure the goal is maintained.

B. Blood pressure. Many people with diabetes also have high blood pressure. Without effective treatment, high blood pressure increases the risk for all of the complications of diabetes, including vision loss, kidney damage, and nerve problems. To prevent these complications, most diabetes experts recommend keeping the blood pressure below 130/80 for people with diabetes. For some diabetics with other medical conditions (heart disease, kidney disease, and other medical conditions), an even lower blood pressure goal may be necessary.

Like hemoglobin A1c, it’s important for people with diabetes to discuss their blood pressure with their healthcare team, and to set a personal blood pressure goal. I encourage people with diabetes to write down the blood pressure every time it is measured, and to check their blood pressure in places other than the doctor’s office (at home, grocery stores, gyms, etc).

C. Cholesterol: Just like high blood pressure, high cholesterol is also very common in people with diabetes. Lowering the LDL cholesterol, commonly known as “bad cholesterol”, reduces the risk for heart attack. Lowering the LDL is an important part of any diabetes treatment plan. The American Diabetes Association recommends keeping the LDL less than 100. Individuals at higher risk for heart disease may require an even lower cholesterol goal of less than 70. Maintaining a healthier diet is an essential first step to controlling the cholesterol. However, many diabetics may also require medications to lower the cholesterol. Again, I recommend discussing a goal with your healthcare team, and then working towards that individual goal.

While managing diabetes can appear complicated, it really boils down to adapting a healthier lifestyle, and working towards goals. By keeping track of their ABCs, people with diabetes can have a simple way of knowing if they are meeting treatment recommendations for three critical aspects of diabetes care. Knowledge is power, and I encourage everyone with diabetes to “Know your ABCs.”
The world of surgical care has become so advanced and sophisticated mainly due to technology that is less invasive. Procedures that used to mean a hospital stay of a week for recovery are now completed in just one day and surgical patients are recovering in the comfort of their own home.

This is good news for the thousands of people needing surgery on an outpatient basis and there are choices for patients relative to where to have surgery. Of course, patients make a choice about which surgeon they trust to do their procedure. What may not be a consideration for many people is where the procedure will be conducted. Nevertheless, this is a very important decision and one that should be based on the experience and the outcome expected from one-day surgery.

The Elliot 1-Day Surgery Center is a multi-specialty surgery center, which is affiliated with the Elliot Health System. The surgery center opened its doors in 1985 and has provided the community with nationally recognized high quality, patient centered care ever since. In fact, the Elliot 1-Day Surgery Center has recently won the Press Ganey Summit Award for three consecutive years (‘06, ‘07 and ‘08).

Press Ganey surveys and measures healthcare organizations nationally with a goal to help improve the delivery of care, patient satisfaction and outcomes. Press Ganey describes The Summit Award as “our newest and most prestigious designation… the most challenging to attain. Each winning facility must achieve and maintain the extraordinary.” The “extraordinary” means that recipients of the award have ranked in the 95th percentile or above for patient satisfaction for a minimum of three consecutive years. Press Ganey describes recipients of this coveted award as, “…truly set[ting] themselves apart from the competition. They do so through demonstrating their dedication to improvement and sustaining excellence in both quality of care and employee and physician satisfaction.”

The factors that have helped the Elliot 1-Day Surgery Center to achieve success in sustaining high scores and consistent patient satisfaction are:

- Staff’s innate motivation and desire to care for patients
- Making the first impressions count starting with the pre-op call
- Finding out what the patient expects from their experience so care can be individualized
- Being fully present when listening to what the patient says
- Meeting patients’ emotional needs
- Showing genuine empathy to provide that exceptional experience
- Taking into account the small details for each individual that make a difference
- Having a clear common goal – to provide the best patient experience possible.

“What amazes me year after year is the consistency of the nurses and physicians who work at the Elliot 1-Day Surgery Center, “says James Bartels, MD, Medical Director. “We have established an environment of excellence that is not forced. Rather, it flows naturally from everyone here and we see our patients benefit both from excellent clinical outcomes and exceptional experiences.”

The Elliot 1-Day Surgery Center is receiving its third Press Ganey Summit Award in November 2008 and is now one of only 5 in the nation to have achieved this honor for three years running. “Pride in our jobs and pride in being recognized by our own patients is an unbeatable feeling, “states Mary Beth Jenkins, RN, Director of Elliot 1-Day. “There is no better feedback than from the patients and community we serve. Our staff is thrilled to continue to exceed expectations for everyone who comes to see us… even if it is for only a day!”

If you or anyone you know is contemplating outpatient surgery or would like more information about choosing a surgical center, call 663-5900 for more information.
What Is Chronic Obstructive Pulmonary Disease (COPD)?

Chronic obstructive pulmonary disease (COPD) describes a group of lung conditions that make it difficult to empty the air out of the lungs. COPD is a word that can be used to describe a person with chronic bronchitis, emphysema or a combination of both. COPD is a different condition from asthma, but sometimes it can be difficult to distinguish between COPD and chronic asthma. It is not uncommon for a patient with COPD to also have some degree of asthma.

Chronic bronchitis is a constant swelling and irritability of the breathing tubes and results in increased mucus production. Airway obstruction occurs because the swelling and excessive mucus production causes the inside of the breathing tubes to be narrower than normal.

Emphysema is a disease that involves the air sacs of the lung. Normal air sacs are stretchy and springy, like little balloons. With emphysema, the walls of some of the air sacs have been injured and they are no longer springy, but rather act more like paper bags. A paper bag is easy to blow-up, but you need to squeeze it to get the air out. So, instead of just the effort to get air into the lungs, it also takes effort to squeeze the air out. When the lungs don’t empty completely, we call this hyperinflation or air trapping. Emphysema can cause airway obstruction, because the breathing tubes tend to collapse on exhalation, preventing you from getting the normal amount of air out of your lungs. This is a result of the loss of stable alveolar walls, which normally hold the breathing tubes open as you exhale.

COPD can cause breathlessness, cough, production of mucus, wheezing and fatigue. However, some people with COPD may experience shortness of breath or fatigue without a cough or episodes of wheezing or vice versa.

How do I know if I have COPD?

Cough, sputum production, shortness of breath and wheezing that will not go away are all common signs of COPD. These signs and a history of smoking will usually indicate the need for pulmonary function testing, which measures if you have airway obstruction or not. Your healthcare provider will decide if you have COPD based on both your symptoms and test results.

What causes COPD?

COPD can be caused by many factors, although the most common cause is cigarette smoke. Environmental factors such as heavy exposure to certain dusts at work, chemicals and indoor or outdoor air pollution can contribute to COPD. Inhaling irritating particles, such as smoke or air pollutants, can cause the mucus glands that line the bronchial tubes to enlarge and produce more mucus than normal. These irritants can cause the walls of the bronchi to thicken and swell. An increase in mucus can cause a chronic cough. The reason why some smokers never develop COPD and why some non-smokers do is not fully understood. Family genes or heredity may play some role in who develops COPD.

How is COPD treated?

The most important treatment if you are a smoker is to stop smoking. Your healthcare provider may also prescribe medicines that widen the breathing tubes, reduce swelling in the breathing tubes or treat infection. Medications have been shown to help stabilize the breathing passages and decrease swelling. In order to provide control of your COPD, these medications must be taken every day, probably for the rest of your life. Medications can help treat airway inflammation, provide symptomatic relief and improve exercise tolerance. Learning breathing techniques can also help relieve breathlessness.

With COPD you can learn to use the lung power you have more efficiently. Enrolling in a Pulmonary Rehabilitation Program can be helpful so that you can learn to be in control of your breathing, instead of your breathing controlling you.

Dr. Peggy Simon practices at Elliot Pulmonary Medicine. To schedule an appointment, call 663-3770.
**Community Wellness**

**Take time for your health**

### General Health Education

**Dare to C.A.R.E. Cardiovascular Health Seminar**  
**Free!**  
EH: Wed, Nov 19 or Jan 21, 4 to 6:45 p.m.  
Must register.  
Comprehensive educational series presented by 4 cardiologists. FREE cardiovascular screenings will be made available to qualified participants at a later date.

**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 First Aid**  
EWC: Wed, Dec 10 or Feb 11, 6 to 9 p.m.  
Learn techniques to give immediate care to an injured or suddenly ill person or to someone involved in a life-threatening situation; and when to alert medical personnel.

**HeartSaver CPR**  
EWC: Sat, Jan 3 or Mar 7, 8 to 11 a.m.

**CPR for New or Expired Healthcare Professionals**  
EWC: Sat, Dec 6 or Feb 7, 8 a.m. to 1:30 p.m.

**CPR Renewal for Healthcare Professionals**  
EWC: Sat, Jan 3 or Mar 7, 11:30 a.m. to 2:30 p.m.

**Healthy Infant & Child First Aid & CPR for all ages**  
EWC: Wed, Jan 14 & 21 or Mar 11 & 18, 6 to 9 p.m.

**Understanding & Managing Chronic Pain**  
EHP: Tue, Jan 20 to Mar 24, 5:30 to 7:30 p.m.  
Call 663-2767 to register.  
Techniques to control pain, improve function, restore hope & improve quality of life.

**Medication Management**  
**Free!**  
EHC: Th, June 4 or June 11, 4:30 to 6 p.m.  
Call 663-2767 for more information.  
For pain patients. Learn the benefits, risks & management of prescribed narcotic meds.

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### Total Joint Replacement Pre-operative Patient Education Class  
**Free!**  
EH, King Unit: Mon-Wed-Thurs, 7 to 8:30 p.m.  
Physician referral required.  
Learn how to prepare for your knee or hip replacement surgery, plus what to expect following the procedure and through the therapy process. To participate, please speak with your surgeon.

### Women’s Health Pre-operative Patient Education Class  
**Free!**  
EH, King Unit: On-going, physician referral required.  
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 answered. Patients are encouraged to bring a family member or support person to this meeting. To participate, please speak with your surgeon.

### Anger Management  
**$60 per session**  
LON: Mon, Mar 2 to May 4, 5:30 to 7 p.m.  
Adults will learn how to identify their individual anger style, triggers, problem-solving strategies and effective communication techniques. 20% discount offered if paid at time of session. To register, call 668-4079, ext. 8618.

### Chronic Pain Education for Families of Patients  
**Free!**  
EH, Conference Ctr: Mon, Mar 2 to May 4, 5:30 to 7 p.m.  
Call 663-2767 to register.  
Education and support for a spouse, caregiver or significant other of a chronic pain patient. Presented by Richard H. Marchand, MEd, PhD and Lorry Roy, BSN, RN-BC.

### LBI Health Management Assessment  
**$29**  
Receive an individual health evaluation, identify your health goals and establish a comprehensive treatment plan to reduce your risk for disease or manage your condition. To schedule an appt, call the Live Better Institute at 663-4LBI (4524).

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**Do you know your Numbers? (Cholesterol Tests)**  
EWC: Third Thu monthly, 8 a.m. to noon  
*Fasting Lipid Profile with Glucose*  
**$24**

*Non-fasting Total/HDL*  
**$20**

Find out if you are have an increased risk of heart disease. Appointments required.

**Are You at Risk for Osteoporosis?**  
EWC: Third Thu monthly, 8 a.m. to noon  
Safe, quick and painless test using ultrasound technology helps assess risk of osteoporosis. Recommended for both women and men. Confidential results provided to participants.

**Elliot Center for Tobacco Treatment**  
By apppt. Call 663-2233 for more information.  
- **Four 1-hour private sessions**  
  **$125**

- **Two private sessions**  
  **$100**

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.

**Quitters Together**  
EWC: Tue, Jan 13 thru Feb 10, 5:30 to 7 p.m.  
Call 663-4567 for more information.  
Our Certified Tobacco Treatment Specialist provides support and treatment strategies in this 5 week group class. Discover how you can become smoke free and stay smoke free.

**Safe Sitter Program**  
EWC: Sat, Jan 24 & Feb 21, 8:45 a.m. to 4 p.m.  
For children ages 11 to 13 to learn basic babysitting skills. Includes manual and duffel bag.

**1-Day Surgery Ctr Tour for Children**  
**Free!**  
EH, 1-Day Surgery Center: Wed, 6:30 p.m.  
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.

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

To register, call Elliot On-Call at 603-663-4567, unless otherwise noted. For additional program details, visit www.elliothospital.org.

- **EH: Elliot Hospital, One Elliot Way, Manchester**
- **EBHS: Elliot Behavioral Health Services, 445 Cypress Street, #8, Manchester**
- **LON: Elliot Medical Center at Londonderry, 40 Buttrick Road, Londonderry**
- **EWC: Elliot Wellness Center, 1070 Holt Avenue, Manchester**
- **SHC: Senior Health Center, 138 Webster Street, Manchester**
- **CBE: Childbirth Education, 33 South Commercial Street, Manchester**
COMMUNITY WELLNESS

GENERAL FITNESS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Cost</th>
<th>Description</th>
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<tbody>
<tr>
<td>20-20-20</td>
<td>$56</td>
<td>EWC: T/Th, Jan 6 to Feb 19 &amp; Mar 3 to Apr 9, 4:45 to 5:45 p.m. Get a little of everything with this combination of cardio, strength training and stretching class (20 minutes each). Suitable for all fitness levels.</td>
</tr>
<tr>
<td>Total Body Strength and Conditioning</td>
<td>$56</td>
<td>EWC: T/Th, Jan 6 to Feb 19 &amp; Mar 3 to Apr 9, 6 to 7 a.m. This class incorporates easy to follow interval training and sports conditioning moves to enhance overall strength and aerobic conditioning. All fitness levels are welcome. Showers available to those heading to work!</td>
</tr>
<tr>
<td>Core Strength and Conditioning</td>
<td>$28</td>
<td>EWC: Fri, Jan 9 to Feb 20 &amp; Mar 6 to Apr 10, 6 to 7 a.m. This class focuses on core (abdominals, obliques, back muscles) and pelvis stabilization. Also, incorporates sports conditioning moves to enhance overall strength and cardiovascular.</td>
</tr>
<tr>
<td>Medical Fitness Center</td>
<td></td>
<td>Exercise safely – receive individualized training designed for your specific fitness goals and medical health concerns. Lose weight, lower your cholesterol, blood pressure and blood sugar. If you want more than just a place to exercise, this is a great program for you. For more info, call 663-4LBI.</td>
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MIND/BODY MEDICINE

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<th>Activity</th>
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<tr>
<td>Gentle Yoga</td>
<td>$70</td>
<td>EWC: Mon, Jan 12 to Mar 2 &amp; Mar 23 to May 11, 9:30 to 10:30 a.m. EWC: Tue, Jan 13 to Mar 3 &amp; Mar 24 to May 12, 6 to 7 p.m. Gentle Yoga is designed to promote total health and well-being through stretching, strengthening and relaxing. This class uses breath and movement to feel the release of physical and mental tension and to increase body/mind awareness. Good for the beginner level participant.</td>
</tr>
<tr>
<td>Intro to Pilates</td>
<td>$70</td>
<td>EWC: Th, Jan 8 to Feb 19 &amp; Mar 5 to Apr 9, 6 to 7 p.m. Focus on core muscles (abdominals, obliques, back), pelvis stabilization, spinal flexibility while strengthening and stretching the whole body to attain balance. Some basic yoga moves and stretches are added, all with a focus on body awareness, flexibility and strength. For beginners.</td>
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NUTRITION

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<th>Activity</th>
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<tr>
<td>Diet for Health (formerly FirstLine Therapy)</td>
<td>$225</td>
<td>EWC: 12 week program, first time participants may join the first Mon or Wed monthly, 6:30 to 7:45 p.m. Call 663-4LBI to register. Improve your cardiovascular risk factors, promote fat loss plus support healthy insulin &amp; blood sugar balance in this lifestyle change program.</td>
</tr>
<tr>
<td>Comprehensive Weight Management Program</td>
<td></td>
<td>EWC: Intro Class, Thu, Feb 19 or 26, 6:30 to 8 p.m. Call 663-4LBI to register. This free intro session outlines the 16-week comprehensive weight management program focusing on total health, not just pounds on a scale.</td>
</tr>
<tr>
<td>Cook Better, Live Better Series</td>
<td>$15</td>
<td>EWC: Tue, Nov 11, 18, Dec 2, 9, Jan 20, 6 to 7:30 p.m. Call Elliot On-Call to register. This class incorporates easy to follow interval training and sports conditioning moves to enhance overall strength and aerobic conditioning. All fitness levels are welcome. Showers available to those heading to work!</td>
</tr>
<tr>
<td>Weight Loss Basics</td>
<td>$75</td>
<td>EWC: Tue, Feb 3 thru Feb 24, 6:30 to 8 p.m. Call 663-4LBI to register. This 4-part series is designed to give you solid, evidence-based information on the basics of succeeding at a weight loss program. Learn the role of nutrition, exercise and stress management in releasing excess pounds.</td>
</tr>
<tr>
<td>Stress Management for Weight Loss</td>
<td>$150</td>
<td>EWC: Tue, Jan 20 thru Mar 10, 6:30 to 8 p.m. Call 663-4LBI to register. Research has shown that stress can cause weight gain. This 8-week program will teach you how to relieve stress and overcome emotional eating. You will leave with knowledge, insight and tools that will enable you to lose weight, sleep better, have renewed energy and manage day-to-day pressures.</td>
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SCREENINGS and CLINICS

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

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<tr>
<th>Activity</th>
<th>Cost</th>
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<tbody>
<tr>
<td>NICU Parent Support Group</td>
<td>Free</td>
<td>EH, NICU: Thu, 7:30 p.m. For more info, contact <a href="mailto:Littlemiraclegroup@yahoo.com">Littlemiraclegroup@yahoo.com</a> or 663-4360.</td>
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LIVING BEYOND BREAST CANCER

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<th>Activity</th>
<th>Cost</th>
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<tr>
<td>Living Beyond Breast Cancer</td>
<td>Free</td>
<td>EH, Cancer Ctr: Second Wed monthly, 6 to 8 p.m. Call 663-1804 to register. Provides support and sharing for any woman who has experienced breast cancer.</td>
</tr>
</tbody>
</table>

EWC: Fri, Jan 9 to Feb 20 & Mar 6 to Apr 10, 6 to 7 a.m. This class focuses on core (abdominals, obliques, back muscles) and pelvis stabilization. Also, incorporates sports conditioning moves to enhance overall strength and cardiovascular. |

Taking Care of Me                              | Free | LON: 3rd Thu monthly, 2 to 3 p.m. starting Nov 20. Contact Barbara Pines, LICSW at 552-1533 to register or for more information. Support group for Widowed Adults. |

Caregivers Support Group – Manchester          | Free | SHC: First & Third Tue monthly, 10 a.m. No meetings in December. Call 663-7051 for more info. Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential. |

VNA Hospice Bereavement Drop-In Center          | Free | SHC: Mon (except holidays) 10 to 11:30 a.m. Call 663-4005 for more info. All ages welcome. No appointment necessary. |

Support and education for men with prostate cancer, their families and/or support person. |

Look Good, Feel Better                         | Free | EH, Wound Care Ctr: Fourth Mon monthly, 6:30 to 8 p.m. Call 663-4170 for more information. In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment. For info, call 471-4150. |

Anonymous Obsessive Compulsive                 | Free | EBHS: Wed, 7 to 8 p.m. Register at 401-3898, ask for Val. 12-step support group. |
COMMUNITY WELLNESS

S.H.A.R.E. Free!
Third Wed monthly, 7 to 8:30 p.m.
For parents who have experienced a miscarriage, stillbirth or neonatal death. For info, call 663-3396.

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

Parkinson’s Free!
Third Wed monthly, 3 to 4:30 p.m.
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease. For info, call 663-2156.

Chronic Pain Free!
EH, Wound Center: Second & Fourth Tue monthly, 5 to 6:30 p.m. Call 663-2767.
Peer support & education for people with chronic pain and their families.

Men’s Breakfast Free!
SHC: Fourth Fri monthly, 9 to 10 a.m.
For men rebuilding their lives after a spouse’s death. Light breakfast, social time & speaker. Call 663-4005 for more information.

SENIOR HEALTH and FITNESS

Retirement Boot Camp $30
SHC: Tue, Dec 2 & 9, 5:30 to 8:30 p.m.
Legacy Financial Solutions, Inc. presents a 2-part workshop to help you plan ahead for your retirement. This workshop includes a workbook.

How to Become an Elliot Volunteer! Free!
SHC: Thu, Jan 29, 9:30 to 10:30 a.m.
Interested in volunteering? Learn about the many volunteer opportunities available within the Elliot Health System, presented by Donna Wright, Director of Volunteer Resources.

Pharmacist Is In Free!
SHC: Fourth Tue monthly, 10 a.m.
Presented by Pharmacist, Jill Hiers, PharmD. Learn about key areas of health for the older adult from the pharmacist perspective. New topics monthly!

Downsizing Dilemmas – Solved! $5
SHC: Wed, Feb 4, 10:30 to 11:30 a.m.
You’re at a time of your life when you are ready to simplify and downsize – whether you are moving or not. But you’ve been in your home for 25-40 years, so where do you start? Hear practical ideas for: where to begin, how to decide what to keep and what to say goodbye to (“no regrets” decisions), where to give away what’s no longer wanted or needed, and how to find the time in already busy days to keep at it!

Everyday Fix $19.95
SHC: Feb 11, 6 to 7 p.m.
The VNA of Manchester presents an overview on home health care services specifically for caregivers. This presentation offers important information that every caregiver should know.

Strength Training for Seniors $40
EWC: T/Th, Jan 6 to Feb 19 & Mar 3 to Apr 9, 11 to 11:45 a.m.
Improve muscular endurance, balance and coordination with ankle weights and hand weights, bands and floor exercises. For beginners or those on a maintenance program.

Body Flow $40
SHC: Fri, Dec 15 to Feb 13, 9 to 10 a.m.
Mind-body exercise program utilizes controlled core movements, body balance movements, mat pilates and yoga moves to improve muscle strength, flexibility, balance and posture. For all abilities.

Yoga Stretch $40
SHC: Fri, Dec 5 to Feb 13, 5:15 to 6 p.m.
Beginner yoga stretch class offers many modifications, making it perfect for seniors of all abilities. Yoga increases overall health, energy and vitality while also improving strength, flexibility, posture and concentration.

Y’t Chi for Seniors $55
SHC: Tue, Dec 16 to Feb 24, 8:30 to 9:30 a.m.
This classical and most popular Yang style incorporates Qigong warm-up. Slow, continuous and graceful movement increases strength, range of motion and relaxation. Taught by Oriental Health Arts Association instructors.

Fit & Feisty $40
EWC: T/Th, Jan 6 to Feb 19 & Mar 3 to Apr 9, 10 to 10:45 a.m.
Low-impact aerobics class uses easy-to-follow moves that will help burn fat and revitalize you. Incorporates toning exercises. Good for beginners.

Fit & 50 $55
SHC: M/W, Dec 1 to Feb 11, 5:15 to 6 p.m.
Advanced beginner strength training, using a variety of hand weights & functional core exercises.

Cardio Plus Core $55
SHC: M/W, Dec 1 to Feb 11, 9 to 9:45 am.
Beginner low-impact aerobics plus core strengthening movements and floor exercises to help improve endurance and balance.

Functional Fitness Testing $40
Location: SHC. Medical release and aptt. required, call 663-7012.
Assesses balance, risk of falling, lower and upper-body strength, aerobic endurance, flexibility, motor ability and dynamic balance.

Lo-Impact Chair Aerobics $55
SHC: M/W, Dec 1 to Feb 11, 10:30 to 11:15 a.m.
Light aerobic exercises using arm and leg movements and stretching are done in a chair. Participants will also perform balance exercises using the chair as support.

Pilates for Seniors $55
SHC: Tue, Dec 2 to Feb 10 & Thu, Dec 4 to Feb 12, 5:15 to 6:15 p.m.
Perfect class for beginners. Mat pilates is a mind-body fitness program that improves muscle strength, flexibility, balance and posture.

Talk’n Diabetes Free!
SHC: Second Tue monthly, 10 to 11 a.m. Must register.
Open discussions to help you take control of your diabetes one step at a time plus holiday eating tips!

VNA Blood Pressure Screenings Free!
SHC: Mon (except holidays), 12:30 to 1:30 p.m.
LON: Wed, 1 to 3 p.m.
Screening & counseling on techniques to manage or improve blood pressure. Walk-ins welcome.

Senior Wellness Screenings
SHC: Third Fri monthly, 8 a.m. to noon. Must register.
Total cholesterol with HDL breakdown and cholesterol ratio. No fasting required.
Lipid profile. Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hr fast required; no food, only water & meds.
Osteoporosis $22

Register online at www.elliothospital.org or call Elliot On-Call at 603-663-4567
COMMUNITY WELLNESS

Medicare D Assistance  Free!
SHC: Mon, 1 to 4 p.m. Call 663-4567 for appt.
LON: fourth Thu monthly, 9 to 11 a.m. Call 552-1533 for appt.
Basic information to help you select prescription drug coverage and assistance with applications.

Advance Care Directives  Free!
SHC: Third Thu monthly, 9 to 10 a.m. To schedule an appointment, call 663-4567.
LON: First Thu monthly, 9 to 11 a.m. To schedule an appointment, call 552-1533.
Receive free assistance in planning.

AARP’s Driver Safety Program  $10
SHC: T/Th, Jan 13 & Jan 15 or Mar 3 & Mar 15 1 to 5 p.m. Must attend both sessions.
Considered to be the most effective safe driving course in the country. Presented by a trained AARP volunteer.

Gym Membership  $65
SHC: Mon to Fri, Nov 24 to Feb 21, 6:30 a.m. to 7:30 p.m.; Sat, 7 a.m. to noon.
Stay fit with treadmills, bicycles, elliptical trainers and full body strength training circuit. One-on-one orientations and personalized exercise programs are offered. Work out in a safe and supervised non-competitive environment. Call 663-7016 to join.

Senior Health Center Resource Library  Free!
SHC: Open daily.
Our library offers information about all local and statewide services available to seniors.

Computer Classes  $20
SHC: Ongoing. Class size limited to 4 students each.
Very, Very Basic Computer, Basic Word, Basic Excel, Intro to E-mail and Internet

NEW! CHILDBIRTH and FAMILY EDUCATION

NEW! Labor Series  $125 per couple
1 Day Intensive Class
CBE: Thu, Jan 15 to Mar 12 (no class 2/26), 10 to 11 a.m.
Family Music Circle for babies birth to 18 months fosters closeness and communication through musical exploration. We will bounce, rock, travel, sing, drum and strum to new and familiar songs. Children are introduced to musical patterns, singing and melodies and parents learn to trust their musical instincts.

Boot Camp for New Dads  $25
CBE: Sat, Jan 24 & Mar 7, 9 a.m. to noon.
For new dads and dads-to-be. Discuss the joys and responsibilities of fatherhood, including caring for your newborn, communicating with your partner, and preparing for your new family.

Mom’s Group  Free!
CBE: Wed, Call for times (age specific)
Offered to mothers and their babies as an opportunity to share and network. Weekly topics include: feeding, crying, sleep, caring for yourself, growth and development, dealing with relationships, nutrition, managing and preventing illness and more. Groups are led by a Child Life Specialist/Nurse and monthly guest speakers.

Parenting Your Newborn  $50 per couple
CBE: On-going, 6:30 to 8:30 p.m.
Prepare for your new baby and the transition into parenthood. Learn about normal newborn appearance and behaviors, procedures after birth, basic care and more.

Ongoing Classes
Back To Work and Breastfeeding
Boot Camp for New Dads
Breastfeeding
C-Section Class
Great Expectations
Infant/Child CPR and Safety
Infant Growth and Development
Introduction to Underwater Birth
Labor Series
Maternity Tour
Mom’s Group
Parenting Your Newborn
Prenatal and Postnatal Yoga
Refresher Labor
Sibling Class
Testing Toddler
VBAC

NEW! Mommy & Me Stroller Circuit Class  $65
CBE: Thu, Jan 8 to Feb 12, 9 to 10 a.m.
This class keeps you moving with alternating intervals of cardio & strength training. You’ll warm-up, stretch, circuit train with strollers and bands, shaping your legs, butt, abs & arms all in 60 mins!

NEW! Family Music Circle  $80
CBE: Thu, Jan 15 to Mar 12 (no class 2/26), 10 to 11 a.m.
Family Music Circle for babies birth to 18 months fosters closeness and communication through musical exploration. We will bounce, rock, travel, sing, drum and strum to new and familiar songs. Children are introduced to musical patterns, singing and melodies and parents learn to trust their musical instincts.

Owen’s Group  Free!
CBE: Wed, Call for times (age specific)
Offered to mothers and their babies as an opportunity to share and network. Weekly topics include: feeding, crying, sleep, caring for yourself, growth and development, dealing with relationships, nutrition, managing and preventing illness and more. Groups are led by a Child Life Specialist/Nurse and monthly guest speakers.

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Great Expectations
Infant/Child CPR and Safety
Infant Growth and Development
Introduction to Underwater Birth
Labor Series
Maternity Tour
Mom’s Group
Parenting Your Newborn
Prenatal and Postnatal Yoga
Refresher Labor
Sibling Class
Testing Toddler
VBAC

YOUR WELLNESS MATTERS

Elliot Welcomes Chief Medical Information Officer

John Seidner, M.D.
attended medical school at the University of Vermont and completed a residency in Emergency Medicine at Regions Hospital in Saint Paul, MN. Dr. Seidner has been on the Elliot Medical Staff since 2001 working in the Elliot Trauma Center. Recently, Dr. Seidner accepted the position of Elliot’s Chief Medical Information Officer (CMIO). Dr. Seidner has worked to help implement the Epic electronic medical record system in the Emergency Department and he will be instrumental in moving Elliot toward electronic physician order entry while advancing Elliot’s utilization of the electronic medical record to its full potential.

SIGN UP FOR E-NEWS

Elliot Health System is going green! Help us decrease paper use by signing up for the email version of Your Wellness Matters. You’ll receive four information-packed issues a year, plus useful health alerts when needed.

If you’d like to participate, visit www.elliothospital.org and click on the link for Your Wellness Matters. Or email us at elliothealthnews@elliothospital.org with your current mailing address so we can remove it from our mailing list.

Elliot does not share its email list with anyone.

Register online at www.elliothospital.org
or call Elliot On-Call at 603-663-4567
Elliot Hospital’s Family Activated
Critical Assessment Team

As part of our commitment to quality patient care, a special Critical Assessment Team (CAT) is in place to respond to patients who may be experiencing sudden changes in their condition. Traditionally, the CAT team is called as a result of the decision of a nurse or caregiver who feels the patient requires immediate team assessment. Elliot Hospital has now expanded the CAT activation to patients’ families and loved ones while they are visiting.

What is the Critical Assessment Team? A team of nurses and respiratory therapists available at all times to provide care for patients having medical needs while in the hospital.

Why would the team be called for a patient? We recognize that you know your loved one better than anyone and may notice subtle changes in his/her condition while staff are attending to other patients. Visiting family or friends may notice a loved one experiencing:

• Changes in breathing
• Seizures
• Changes in speaking or thinking
• Becoming confused when generally not; or
• YOU are not sure what is different, but something seems wrong.

In any of these situations, Elliot encourages visitors to activate the CAT team.

How would I call the Critical Assessment Team? CAT activation instructions are posted in each patient room and it is as easy as dialing 2111 from any hospital telephone and providing the patient’s name and room number. Once the call is made, you can take comfort in knowing that the team has been activated and will arrive shortly.

Elliot Welcomes New Physicians

Marc S. Rubenson, M.D.
Marc S. Rubenson, MD has been in solo practice for 22 years as a general surgeon and recently joins Elliot to enhance surgical care to our patients. His office remains in the Elliot Medical Office Building at 4 Elliot Way. Welcome Dr. Rubenson!

Elliot Neurology Associates
Elliot continues to expand its specialty services and recently partnered with the Neurology Associates to form Elliot Neurology Associates. Dr. Daniel Botsford, Dr. Mark Biletch and Dr. Robert Thies join Elliot with over 77 years of combined experience in neurological issues ranging from migraine headaches to complicated neurological disorders. We are proud to offer this specialty care and welcome Drs. Botsford, Biletch and Thies!

Elliot Physician Network has been named to Harvard Pilgrim Health Care’s 2008 “Physician Group Honor Roll”, in recognition of Elliot physicians’ outstanding commitment to high quality care. Harvard Pilgrim has compiled the performance results of its participating provider practices to identify the top performing groups in its network. Elliot physicians are being honored for exceeding the national 90th percentile published by the National Committee for Quality Assurance (NCQA) in 8 out of 10 preventive and chronic care measures for adult honors and 4 out of 5 preventive and chronic care measures for pediatric honors.

Elliot Honored
Elliot Health System has recently been recognized and honored by the American Cancer Society as “Collaborator of the Year” for its partnership with the American Cancer Society and for providing cancer patients with high quality care and support so that “no one faces cancer alone.”

High Quality Care Rewarded
EXPLOSIVE
Groundbreaking at River’s Edge

Implosion of a Jac Pac building and demolition of the former Jac Pac site was visible from Hancock Street in Manchester as Elliot Health System broke ground on Tuesday, October 14th paving the way for The Elliot at River’s Edge. The community heard from Governor Lynch, Congresswoman Carol Shea-Porter, and Mayor Frank Guinta as they heralded the Elliot for its vision and drive to provide access to quality healthcare in a medically underserved area of Manchester.

Doug Dean, President & CEO of Elliot spoke passionately to the hundreds of people in attendance telling them that the facility is being built to answer a community need for better out-patient care, improved access to care and a wider variety of services such as Urgent Care. “We think Urgent Care offers lower cost, we think it’s higher quality and we think when people have an opportunity to utilize it, they will find it far superior to an emergency room,” said Doug Dean.

In addition to Urgent care, The Elliot at River’s Edge will include the Elliot 1-Day Surgery Center, Diagnostic Imaging, Pulmonary Rehab, Physical Rehab, Endoscopy, Occupational Medicine, the Elliot Breast Health Center, Outpatient Cardiac Care, Pain Management, Laboratory services, Durable Medical Equipment, Primary Care offices, Specialists and support services.

Development of the site will include a parking garage, medical office building, retail space and a residential building. You can stay up-to-date with the construction project and latest news about River’s Edge by logging on to www.elliothospital.org and clicking on “The Elliot at River’s Edge” logo.
OH, WHAT A NIGHT!

More than 450 people gathered for the 7th Annual Elliot Hospital Associates Dinner Dance held at Wiggins Airways. A record breaking $80,000 was raised to benefit the future Elliot Pediatric Emergency Department and the VNA of Manchester & Southern NH. “For the past six years, our Annual Dinner Dance has supported the Women’s & Children’s Services of Elliot Hospital. This year we were asked to support a new initiative, and once we understood the project, the decision was easy. Of course, we’re talking about the opening of the Pediatric Emergency Department to benefit our youngest patients,” said Elliot Associates Co-Presidents Maryann Leclair and Linda Molloy. “The Pedi-ED” is a unique concept as this will be the only dedicated emergency department for children in the state of New Hampshire. We’re honored to help Elliot expand its services to children!

Very special thanks goes to the Presenting Sponsor, Cube 3 Studio for their generous and continued support, as well as the event’s honorary chairs, Drs. Holly Neefe and Gregory Baxter. The silent auction was a tremendous success, benefiting the VNA of Manchester & Southern NH.

The Elliot Hospital Associates are a group of dedicated fundraisers who have been enhancing the services of Elliot with their financial support for over 100 years.

Thank you to all the sponsors who made this evening possible:

Premier Sponsor: CUBE 3 STUDIO, LLC


Dear Friends,

This is a very exciting time for the Elliot Health System, as we look forward to the development of The Elliot at River’s Edge. This unique and innovative project will have a positive and lasting impact on our community, as it’s adjacent to a medically under-served area. We believe, as custodians of the health and welfare of our city and its citizens, that this will be the most significant healthcare development in Manchester. As a result, I want to identify The Elliot at River’s Edge as the greatest need for the 2008/2009 Annual Appeal Campaign.

There are many components to The Elliot at River’s Edge, such as Urgent Care, Breast Health, Rehabilitation and Diagnostic Imaging, which will provide residents of greater Manchester with easier access to high quality preventive and routine care. This ambulatory care center will also enhance the delivery of care on Elliot’s main campus, allowing us to focus on trauma, emergency and acute care inpatient services. As a result, patient wait times and parking issues will be improved considerably.

As we move forward with the most important initiative in the hospital’s 118-year history, won’t you consider making a gift? Your philanthropy and commitment will play a major role in the advancement and achievements made by the Elliot Health System. As we continue to pave the way and ready the community for the healthcare needs of the future, I ask for your support.

Gratefully,

Doug Dean
President and Chief Executive Officer

TO MAKE A DONATION TO THE ‘08/’09 ANNUAL APPEAL CAMPAIGN please visit our website at www.elliothospital.org and click on the Mary & John Elliot Charitable Foundation or mail your donation to:

Mary & John Elliot Charitable Foundation
2008 Annual Appeal Campaign
4 Elliot Way, Suite 301
Manchester, NH 03103
November is National Home Care and Hospice Month. We recognize this month as a way to celebrate the work of home healthcare and hospice providers who make such a profound difference in so many lives. We renew our efforts to reach those who could benefit from our services. Although our care providers and services touch thousands of people every year hospice remains, in particularly, virtually unknown and very misunderstood.

Hospice Month is a time to focus on dispelling the mystery and the myths of this specialized kind of care; it provides an opportunity to inspire conversation and highlight the importance of making thoughtful decisions about end of life care.

Hospice is a unique and critically important service for members of our community who are facing the end of life. Confronting a terminal illness or a life-limiting condition is never easy and, for families, it is the most difficult and vulnerable time they will ever endure. Making decisions, getting organized, thinking about the future, and trying to keep someone comfortable at a point in time when everyone is tired and overwhelmed, can feel unbearable.

Hospice can help. Death is a naturally occurring event in all lives, and hospice provides the kind of care that can bring peace, comfort, relief, and dignity to both the patient and to the family. Hospice is not a death sentence, and it is certainly not about “giving up.” By keeping patients comfortable and providing the support families need, the end of life becomes a more natural process that can be accepted with greater understanding. That support helps to shift the focus to the life that exists and should be celebrated and remembered.

The dedicated professionals who help our patients and families during this difficult time are extraordinary people. Every week they gather for several hours to discuss their patients, and to share their knowledge, insight, and strength. Sharing as a team enables them to provide the very best care for every individual, and his or her family. Our professionals are supported by over 100 volunteers who assist families by running errands, preparing meals, or sitting vigil to provide company or respite.

More people wish to spend their final days at home. This, combined with the aging population, deserves our attention. Celebrating Hospice Month keeps us mindful of these issues and inspires us to make others aware of them as well. With that in mind, we encourage you to acquaint yourself with the principles of hospice. Ensure that your advanced directives are in order, or discuss your end of life plans with someone you love. If you are already acquainted with hospice, share your experiences with family and friends. Hospice provides both peace of mind and a peaceful transition at a most vulnerable time, and telling your story might encourage another individual to learn more about the compassionate care hospice provides.

Remember that the Visiting Nurse Association of Manchester and Southern NH is your community hospice. Whether you are concerned about yourself, someone you love, or someone you know, call the VNA of Manchester to find out more about our services. We can provide peace, comfort and care, as we have in the Greater Manchester area for more than 100 years. We are here when you need us. Call the Visiting Nurse Association at 603-663-HOME or 800-624-6084.
Fool ‘em Fast Macaroni and Cheese

8 oz. dry Multi Grain Macaroni  1/2 cup Shredded Cheddar Cheese
1 cup Simply Smart Skim Milk  1/2 tsp. Garlic Powder
1 cup Baby Food Carrots  1/4 tsp. Dry Mustard
1/4 cup Grated Parmesan Cheese  Black Pepper to Taste

Directions:
1. Cook macaroni according to package directions; drain in colander.
2. Mix milk, carrots, cheeses and spices together in a microwaveable bowl.
3. Add macaroni to bowl and stir well.
4. Microwave on full power for 3 to 4 minutes or until mixture is thick.

If you are chilling this dish for later, add a little skim milk prior to reheating. Simply Smart Skim Milk is thicker than regular skim milk and it contains added calcium. Yields: 4, 1-cup servings

Approximate nutritional values per serving:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Cholesterol</th>
<th>Carbohydrates</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>323</td>
<td>16 mg</td>
<td>49 g</td>
<td>16 g</td>
</tr>
<tr>
<td>6 g</td>
<td>Saturated Fat</td>
<td>2.5 g Fiber</td>
<td></td>
</tr>
<tr>
<td>297 mg</td>
<td>Sodium</td>
<td></td>
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</tbody>
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Shopping List:

<table>
<thead>
<tr>
<th>Fruits/Vegetables</th>
<th>Herbs/Spices</th>
<th>Grains</th>
<th>Dairy/Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Food Carrots</td>
<td>Garlic Powder</td>
<td>Multi Grain Macaroni</td>
<td>Simply Smart Skim Milk</td>
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<td></td>
<td>Dry Mustard</td>
<td></td>
<td>Grated Parmesan Cheese</td>
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<tr>
<td></td>
<td>Black Pepper</td>
<td></td>
<td>Shredded Cheddar Cheese</td>
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</tbody>
</table>
Are you struggling with excess weight that doesn't want to go away, muscle or joint pain, dry skin, depression or anxiety, high blood pressure or cholesterol, or rising blood sugar levels? Have you tried carefully limiting dietary fat and increased physical activity, but seen no results?

If so, it could be the balance of fats in your diet getting in the way of a healthier you. The American diet has undergone radical changes in the past 50 years. There has been a significant decline in health-promoting omega-3 fat and a huge increase in omega-6 and trans fats. It turns out that omega-3 (good) is anti-inflammatory while omega-6 and trans fats (bad) promote inflammation in our bodies.

Even more disturbing is the fact that these bad fats also interfere with your body’s ability to burn stored fat. Omega-3 and monounsaturated fats actually promote the use of fat stores for energy. So, what foods provide these different types of dietary fat?

Trans fats are typically manufactured from omega-6 oils that include soy, cottonseed, sunflower, safflower, and corn. It is a process that involves high heat, pressure, and chemical solvents and the end result is a fat that is solid at room temperature. It becomes a very stable fat that increases the shelf life of products, but this man-made fat disrupts function in the human body because we have no means of breaking it down and using it. In the end, it raises cholesterol, blood sugar, and weight and promotes depression, hyperactivity, and pain.

Conversely, omega-3 oils are highly perishable and so have been removed from most foods. The relatively few food sources of omega-3 include fatty fish, eggs from chickens that have been fed omega-3, flax seeds, walnuts, pumpkin seeds, and green leafy vegetables.

Monounsaturated fats are found in olive and canola oils, avocados, natural peanut butter, and many nuts and seeds. Many of these healthy foods are part of the Mediterranean way of life that has been shown to reduce cardiovascular risk factors and promote health.

In 2006, the government began requiring food manufacturers to list trans fat on the nutrition facts label because they recognized the health risks to the public. No surprise, a loophole was created. As long as a single serving of the product has less than half a gram of trans fat, the product can be said to be “trans fat free.” Many serving sizes were reduced to be able to put a zero next to trans fat on the label, but the impact on human health did not change.

Several major cities have initiated bans on trans fat in restaurant foods. Fast foods have long been a major source of this unhealthy fat along with baked and fried foods available in grocery stores. There are a few simple rules that will help you avoid the dangers and make healthier choices including:

- Always read the ingredient list on processed foods you buy in the grocery store and put the product back on the shelf if you find the word “hydrogenated”
- Ask at restaurants what fats are used when preparing the food you intend to eat (including salad dressings)
- Choose more whole, unprocessed foods in your eating plan
- Include grass-fed animal products if at all possible

Choosing unhealthy fats is similar to putting a low grade of fuel or motor oil in your car. Why not consider making an oil change yourself and begin eating more health-promoting foods?

To learn more about healthy foods, call the Live Better Institute at 663-4LBI (4524) and schedule an appointment with a registered dietitian. Or check out our programs and classes listed in this edition.
Support Groups—do they really help?

Grief is an emotional reaction to some kind of loss. It doesn't have to be triggered by the loss of a loved one. The loss of a job, a pet, getting divorced or having a spouse who is ill, can all cause a grief reaction. We all have, or will, experience some form of grief. Coping with your grief can be overwhelming. Reaching out for help and participating in a support group is one way of getting through this most difficult time.

Support groups have been noted to be an effective way to promote healing. The group setting offers members a safe place where they can express their feelings. It’s a nonjudgmental and positive environment. Support groups allow members to establish connections that help to decrease the feelings of isolation and loneliness. It helps to normalize and validate one's feelings of loss. A support group can be a place where individuals learn coping skills, relaxation techniques, stress management and the day-to-day skills that other group members have found to be helpful. Group members helping one another gain confidence, strength and a new sense of value and purpose.

Don’t go through the grieving process alone. While support groups cannot resolve grief, they can serve as a stepping-stone toward learning how to live with loss.

Elliot Senior Health Primary Care in Londonderry and Manchester offer a number of support groups, including:

- **Caregiver Support Group at the Senior Health Center, Manchester.** Held monthly on the 1st and 3rd Tuesday from 10 to 11 a.m. Contact Barbara MacPhee, MSW at 663-7051 to register.

- **Caregiver Support Group in Londonderry.** Held monthly on the 2nd Wednesday from 6 to 7 p.m. starting on Jan 14th. Contact Barbara Pines, LICSW at 552-1533 to register.

- **Taking Care of Me – a support group for widowed individuals.** Held monthly in Londonderry on the 3rd Thursday from 2 to 3 p.m. starting on Nov 20th. Contact Barbara Pines, LICSW at 552-1533 to register.

- **Bereavement Support Group in Londonderry.** Held monthly on the 4th Thursday from 2 to 3 p.m. starting on Jan 22nd. Contact Barbara Pines, LICSW at 552-1533 to register.

- **Bereavement Drop-in Center at the Senior Health Center, Manchester.** Being held every Monday from 10 to 11:30 a.m. No appointment necessary. A trained Manchester VNA Hospice staff member is available to support the needs of those mourning a loss.

- **Men’s Support Group at the Senior Health Center, Manchester.** Held the fourth Friday, monthly at 9 a.m. This program is for men who are grieving the loss of a spouse or companion. This is an open support group, new members welcome. Light breakfast, social time and a speaker sponsored by the Manchester VNA Hospice bereavement staff. Call Gary Andy at 663-4005 for more information.

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As the cold winter weather approaches we need to be aware of the signs and symptoms of hypothermia. Hypothermia occurs when the body is exposed to cold temperatures and the body loses heat faster than the body can generate heat to stay warm. A normal body temperature ranges from 97.5°F to 99.6°F. Your overall body temperature can drop to low levels quickly when exposed to cold temperatures. Although everyone is at risk for hypothermia, young children and older adults are especially at risk when exposed to cold temperatures.

It is important to know the signs and symptoms of hypothermia. Early symptoms include:

- Cold, pale or blue-gray skin
- Shivering
- Lack of interest or concern (apathy)
- Mild unsteadiness in balance or walking
- Poor judgment
- Slurred speech; and
- Numb hands and fingers and difficulty performing tasks.

Late symptoms of hypothermia include:

- Muscle stiffness
- Slow pulse
- Breathing becomes shallow and slower
- Trunk of the body is cold to the touch
- Weakness and sleepiness
- Confusion
- Loss of consciousness; and
- Shivering, which may stop if body temperature drops below 90°F.

Hypothermia is a serious condition that can even result in death. Recognizing the signs and symptoms of hypothermia and getting treatment quickly is key. If someone begins to shiver violently, stumble, or can’t respond to questions, suspect hypothermia and warm him or her quickly. Treatment for mild hypothermia includes getting out of the cold and using warm blankets, heaters and warm fluids to regain body temperature. Never use any heating element that would burn the skin or body. Moderate to severe hypothermia is treated in the hospital setting.

Hypothermia can happen quickly so it is important to recognize when symptoms occur, so that you can keep yourself and your loved ones safe this winter.

If you have a question about hypothermia call your primary care provider or Elliot On-Call at 603-663-4567.

For additional information on available resources to stay warm this winter, including fuel assistance, you can call ServiceLink at 603-644-2240.
Q: I have been hearing the term “Medication Therapy Management” quite a bit lately, what does it mean?
A: Medication therapy management (MTM) is a partnership between a clinical pharmacist, the patient or their caregiver, and the physician, or health care provider that promotes the safe and effective use of medications and helps patients achieve the targeted outcomes from medication therapy.

Q: It seems like every time I go to see a different doctor, or specialist, they put me on a different medication. Does my primary care doctor get this information?
A: Many seniors see various doctors and specialist for a variety of medical symptoms and diseases, while maintaining a relationship with a primary care physician (PCP). These other health care providers are often only treating one issue and they are not fully aware of all of the medications a senior may be taking. The challenge for the PCP is keeping abreast of the changes in medications a senior is taking at any given time. As a PCP, it is sometimes helpful to have a clinical pharmacist review the complete medication regimen for seniors on multiple medications to assess the effectiveness of prescribed medications to produce the desired therapeutic outcomes.

Q: I take 6 different prescribed medications and several over-the-counter medicines. Should I be more concerned about their side effects and how these medicines might interact with one another?
A: Yes. The American Pharmacist Association (APhA) suggests patients that take five or more medications would benefit from MTM. A referral for medication management therapy can also focus on chronic diseases as well, such as heart failure, diabetes, hypertension, hyperlipidemia, osteoporosis, depression, osteoarthritis, and chronic obstructive pulmonary disease.

The United States spends $200 billion every year to correct medication-related problems. Older adults have an increased incidence of chronic illness, take more medications on average and often have more trouble managing their medications as they age, making them more vulnerable to medication-related problems. Adverse medication events and non-compliance are common causes of emergency room and doctor office visits, as well as hospital admissions. Medication therapy management is an effective tool for doctors in providing care to patients with complicated drug regimes, or for patients who are having trouble managing their medications. Ask your doctor if you would benefit from a referral to the Medication Management Clinic at the Elliot Senior Health Center.
Well, it is flu season and time to remind everyone about Influenza and the flu vaccine. Some people wonder why it’s important to get a flu vaccine every year. The flu is a contagious disease caused by the Influenza virus. More than 200,000 people contract this common infection each year and over 36,000 people die from it or its complications.

Unlike other vaccines, the flu vaccine is made from what is called a ‘killed’ or ‘inactivated virus.’ Therefore, the vaccine can’t give anyone the flu, but it also only lasts a limited time. In addition, since the Influenza virus changes slightly over time, new strains of the virus are included in the vaccine each year as we try to ‘guess’ which strain will cause the most infections to people. This is one reason why the Influenza vaccine is sometimes less than perfect in protecting a person from an infection; it may not contain the proper Influenza virus ‘strain’ that year.

Once you receive the shot, your body takes about 2 weeks to develop antibodies, chemical compounds that protect you against Influenza virus infection. The vaccine can’t give you Influenza, and it also can’t protect you against other viruses that can cause ‘Influenza-like’ infections.

We recommend that people try to get the vaccine in October or November. Getting it earlier may allow your protection to decrease late in the flu season, but getting it later, such as December or January is still beneficial if you can’t get it earlier.

So who exactly should be vaccinated against Influenza? Everyone benefits, but we especially recommend that all people older than 65 years of age or those who have chronic illnesses such as diabetes, heart disease, asthma or other diseases receive the vaccine. Others who should receive a yearly vaccination include:

- Children age 6 months to age 5
- Pregnant women
- People age 50 or older
- People of any age with chronic medical conditions

**People in nursing homes or other long term facilities**

**People who live with or care for those at high risk for complications from the Flu**

**Household contacts and out-of-home caregivers and of people at high risk and of children less than 6 months old; and**

**Healthcare workers.**

People who should NOT receive the vaccine include:

- People with a severe allergy to chicken eggs
- People who have had a severe reaction to the Influenza vaccine in the past
- People who developed Gillian-Barre syndrome, a neurological disorder
- Children less than 6 months of age; or
- People who have a moderate or severe illness with a fever should postpone the vaccination until they have recovered.

All of us at Elliot Senior Health Primary Care encourage you to get vaccinated for the flu this Fall. It protects you from a serious infection, it can’t give you the flu, and it can help keep others around you from getting the flu. Of course, if you have any questions concerning this information, please discuss it with your physician or nurse.

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**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.

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**Your Wellness Matters**

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