HOW MANY FLU SHOTS ARE RECOMMENDED THIS FALL?

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Treat yourself to a healthier mind & body, see classes on pages 6 to 9
Struggling with weight control is an issue that many Americans face on a daily basis. For some, their genetic makeup is such that they are more prone to becoming obese whereas others face this issue due to caloric intake and lack of physical activity. In some, all three of these factors play a role in what is a serious health issue associated with health risks such as diabetes, heart disease, high blood pressure, difficulty breathing while sleeping and more.

Through a collaboration between Elliot Hospital and Dartmouth-Hitchcock Manchester that began in 2003, the first Bariatric Surgery Program for patients of Central and Southern New Hampshire opened. The program is a surgical management tool for people who are morbidly obese and cannot lose weight by other traditional methods or who suffer from severe obesity related health problems. Patients with a Body Mass Index (BMI) of over 40 or a BMI of between 35 and 40 but who also presented with risk factors related to heart disease, diabetes or high blood pressure are welcomed.

Since 2003, many people have enjoyed the life changing and life improving weight loss surgery program. Today, the program has been improved clinically and Elliot Hospital has been accredited as a Level 2 facility by the Bariatric Surgery Center Network (BSCN) Accreditation Program of the American College of Surgeons (ACS). This designation means that Elliot Hospital has met the essential criteria that ensures it is fully capable of supporting a weight loss surgery care program and that its institutional performance meets the requirements outlined by the American College of Surgeons Bariatric Surgery Center Network Accreditation Program.

Much of the success of the program can be attributed to David Gould, M.D. Dr. Gould and the interdisciplinary bariatric team at Elliot pursued this accreditation because they are committed to supporting people with issues of obesity through state-of-the-art surgical and preventative healthcare services. Bariatric surgery can provide obese patients with the weight loss they need to control other medical problems such as diabetes, hypertension, and cardiovascular disease, among other health risks. Along with a healthy diet and regular daily exercise, weight-loss surgery can provide effective, lasting relief from severe obesity.

This accreditation recognizes Elliot Hospital for providing optimal care for patients who undergo this surgical procedure. Obtaining accreditation consisted of an on-site verification by experienced bariatric surgeons, who reviewed the center's structure, process, and quality of data using standards established by the ACS BSCN. Because high-quality surgical care requires documentation using reliable measurements of outcomes, accredited bariatric surgery centers are required to report their bariatric surgery outcomes data either to the American College of Surgeons National Surgical Quality Improvement Program (ACS NSQIP) or the College’s BSCN Database using a web-based data entry system.

Elliot is proud to have received this designation and remains committed to bringing the highest quality bariatric care to our community.
**Seasonal Influenza and Pandemic H1N1 Influenza**

Lynda Z. Caine, RN, MPH, Director, Infection Prevention

Soon it will be time to think about flu vaccines, especially because of the worldwide spread of pandemic H1N1. This year, the Center for Disease Control (CDC) is recommending three flu vaccines. One vaccine is to address the seasonal flu and two related to H1N1. Influenza, or the “flu”, is a highly contagious infection that quickly spreads from person-to-person. A sudden fever, chills, sore muscles and a dry cough are usually the first symptoms. Sometimes the flu can be very serious, requiring hospitalization. Receiving the flu vaccine will greatly reduce your risk of becoming infected.

While we are all familiar with seasonal flu, a respiratory illness that comes yearly, we may be less familiar with the pandemic H1N1 flu. In order to understand the difference, you need to understand “drift” and “shift.”

- **DRIFT = SEASONAL ANNUAL**: Drift causes small, subtle, minor changes in the same subtype of influenza virus seen in the previous year’s strain. Seasonal influenza viruses change from year-to-year, so you need to receive the seasonal, yearly flu shot to get protection for the year. Thus, this year’s vaccine is made based on the circulating virus types from last year. Drifts occur almost every year.

- **SHIFT = PANDEMIC FLU**: Shift is a major change with a totally new subtype of the virus. We have little or no protection or immunity so we need two doses of a brand new vaccine. H1N1 is a new subtype so when the H1N1 influenza vaccine becomes available, we will all need two shots for full protection. This is why everyone is at risk of the H1N1 flu. Shifts occur rarely – which is why public health officials are so concerned about pandemic H1N1 flu.

**How serious is influenza?**

Influenza can be very serious. It can cause pneumonia from the influenza virus itself or from a bacterial infection that starts because the person is weakened from influenza.

**Are there medicines to treat seasonal and pandemic H1N1 infections?**

Yes. CDC recommends Tamiflu for the treatment and the prevention of infection with both types of the flu virus.

**Prevention is your best defense!**

Fortunately, the flu is preventable with safe and effective annual vaccine. It is best to get an influenza vaccination in October or November before the start of the flu season. Flu shots are “inactivated” and not “live” vaccines so you cannot get the flu from getting the flu shot.

- Wash your hands and use alcohol hand gel frequently, especially after coughing, sneezing, or blowing your nose
- Avoid touching your nose, mouth and eyes
- Cover your coughs and sneezes with your arm or tissue, not handkerchiefs, and dispose of them properly
- Wear a mask if you have a cough and fever when in your doctor’s office
- Keep frequently-touched common surfaces (for example, telephones, computer equipment, etc.) clean
- Do not share personal items and eating utensils
- Avoid close contact (within 3-5 feet) with others = “Social Distancing”
- Stay home when you are sick with fever and cough or sore throat. Stay home until symptoms have resolved for 48 hours.
- Maintain a healthy lifestyle; get enough rest, balanced diet, exercise and relaxation helps maintain physical and emotional health

**What else can I do to be better prepared?**

This is a very good time to remember the importance of emergency preparation planning for you and your family. Be prepared for whatever you might need, if you were not able to get out for a few days. Consider stocking a 7-10 day supply of:

- Water (1 gallon per person, per day)
- Non-perishable food
- Canned and dried fruits, vegetables and soup
- Canned tuna, meats
- Drinks – powdered or shelf stable milk, instant coffee, canned juice
- Other foods – peanut butter, nuts, “comfort food”
- Medication and personal hygiene items
- Pet needs
- Baby or elderly family member needs
- Batteries and flashlights
- Outdoor grill and fuel

**REMEMBER TO GET THREE FLU SHOTS THIS YEAR to help protect yourself, your family and your co-workers!**

Sources: cdc.gov; flu.gov; dhhs.nh.gov
Depression is one of the most common illnesses affecting Americans today. It is estimated that at any one time as many as 17 million Americans suffer from depression. Worldwide, it is a leading cause of disability affecting people of all ages including the very young and the very old. Symptoms may include depressed mood, loss of interest or pleasure, changes in sleep or appetite, disruption in attention and concentration, increased physical complaints, and feelings of guilt or low self-worth. During a major depression, these symptoms become significant enough to impair a person’s ability to manage personal and work activities. At its very worst, it can be lethal, with some individuals ending their lives by suicide. Depression does not appear to have a single cause. Factors such as a person’s life experiences or stressors, genetic background, age, gender, brain chemistry, hormones, substance use, and physical illnesses all may contribute to the development of depression.

Although treatment is highly effective, many people fail to receive appropriate care due to continued social stigma associated with mental disorders and lack of formalized screening. This is unfortunate and results in an estimated annual cost of $80 billion, in the United States alone, due to lost productivity and treatment costs.

The good news is that depression is easily diagnosed and highly responsive to treatment. Studies show that the best treatment includes a combination of medication and psychotherapy, with as many as 80 to 90% of individuals accessing treatment reporting substantial benefit.

People with depression may need encouragement from family, friends or co-workers to seek evaluation. They also need continued empathy, patience and advocacy.

National Depression Screening Day provides an opportunity for screening, education and guidance. The screening is provided free of charge and can be done anonymously. This year, National Depression Screening Day is being celebrated on Thursday, October 8, 2009. Elliot will be offering free depression screenings at convenient locations. Call Elliot On-Call at 663-4567 to find out more about this free screening. Reaching out, for yourself or to help a friend, can be life-changing, and sometimes, life-saving experience. Depression is treatable, call today.

Contributed by: Betty Welch, PhD, Director of Inpatient Behavioral Health Services
Beginning in September, 2009 Elliot Behavioral Health Services is changing how we deliver care to our patients. Traditionally, Behavioral Health Services have been offered in mental health centers, private psychiatry practices, or office settings. Patients receive a referral, and are responsible for scheduling their appointment with a mental health provider. In this model, communication between the referring providers and the mental health counselors is challenging, fragmented, and patients often fail to follow through on setting up their appointments which leaves their needs unmet.

To better serve our patients, Elliot Behavioral Health Services is introducing a new model of behavioral healthcare that will integrate mental health services into several Elliot primary care locations. By offering this new model of care, Elliot mental health counselors, and psychiatrists will be conveniently located within several of our primary care locations. This integration makes behavioral health services accessible to patients and provides a quality healthcare delivery redesign that is team based, outcome oriented, and follows a standardized quality process that facilitates communication and coordination based on patient needs and preferences.

The integration of mental health services into primary care is the most viable way of closing the treatment gap for untreated mental illnesses.

Close collaboration with primary care is beneficial to patients and can even decrease the average duration of treatment. It also increases communication between providers which contributes to increased patient satisfaction with their care. Close collaboration with primary care also enables mental health counselors to relate to the underlying mental health aspects of chronic conditions such as diabetes, asthma, and chronic pain conditions.

For information regarding Elliot Behavioral Health Services call 668-4079.
**Community Wellness**

**Take time for your health**

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### General Health Education

#### Dare to C.A.R.E. Cardiovascular Health Seminar  
**Free!**

**EH:** Wed, Sep 23, 4 to 6:45 p.m.  
Must register.

Educational series presented by 4 cardiologists and a vascular and thoracic surgeon. 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, Oct 14, 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, Sep 12 or Nov 7, 8 to 11 a.m.

**CPR for New Healthcare Professionals or those with expired certification**  
**EWC:** Sat, Oct 3, 8 a.m. to 1:30 p.m.

**CPR Renewal for Healthcare Professionals**  
**EWC:** Sat, Sep 12 or Nov 7, 11:30 a.m. to 2:30 p.m.

#### Healthy Infant & Child First Aid & CPR for all ages  
**EWC:** Wed, Sep 9 & 16 or Nov 11 & 18, 6 to 9 p.m.

#### Advance Care Planning  
**EH** CICU Conf Rm (5th Fl): Tue, Sep 22, 3 to 4 p.m.  
EH Conf Rm B: Tue, Oct 27, 3 to 4 p.m.; Tue, Nov 17, 6 to 7 p.m.; or Tue, Dec 8, 3 to 4 p.m.

This class will review the Durable Power of Attorney for Healthcare and the Living Will. Documents will be provided for your review and use. A discussion will be held about planning for your care in advance.

#### Medication Management  
**Free!**

**EH Conference Ctr: Th, Nov 5 & 12, 4:30 to 6 p.m.**  
Call 663-2767 for more information.

For pain patients. Learn the benefits, risks & management of prescribed narcotic meds.

#### Elliot Center for Tobacco Treatment  
By appt., call 663-2201 for more information.  
Sessions reimbursed by Anthem.

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

- **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

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**"SOME CLASSES MAY BE JOINED WHILE ALREADY IN PROGRESS."**

**Four 1-hour private sessions**  
**$125**

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

**One, half-hour private session**  
**$30**

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, Sep 8 to 29, 5:30 -7 p.m.

Join this group class to become a non-smoker. Classes focus on quit preparation and planning with Quit Day being the 3rd session. Last session focuses on slip and relapse prevention, facilitated by our certified tobacco treatment specialist.

**Shortness of Breath Seminar**  
**Free!**

**EH:** Tue, Sep 15, 3:30 to 4:30 p.m.

Learn about the causes of shortness of breath, possible treatment and rehabilitation options. People suffering from a diagnosed respiratory disease or whose daily lives are affected by shortness of breath are invited to attend.

**Anger Management**  
**$60 per session**

EBHS: Tue, Sep 8 to Nov 10, 5:30 to 7 p.m.  
Call 663-8621 to register. Most insurances accepted.

This 10-week course is offered to adult patients of the Elliot Physician Network. Participants will learn their individual anger styles, triggers, problem solving strategies and effective communication techniques.

**Taking Control**  
**$25**

**SHC:** Thu, Oct 1 & 8, 7 to 9 p.m.

A Financial Management Workshop for Women. Program includes a 150 page workbook. You’ll learn about: How to plan for retirement, making your money go further, investing, preparing an effective estate plan, and much more. Annie Daigle, Advisory Representative, Lincoln Financial Securities, member SIPC.

**Safe Sitter Program**  
**$60**

**EWC:** Sat, Oct 17 or Nov 14, 8:45 a.m. to 4 p.m.

For children ages 11 to 13 to learn basic babysitting skills. Includes manual and duffel bag.

**Understanding & Managing Chronic Pain**  
**$35**

**EH:** Thurs, Sept. 10 – Nov 19, 5:30 to 7:30 p.m.  
Call 663-2767 to register.

Learn techniques to control pain, improve function, restore hope and improve quality of life. Taught by Lorry Roy, RN. Lorry has 20+ years of experience working with chronic pain patients.

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**Foot Clinic**  
**$20**

**LON:** Every 4th Mon from 9 am to noon, beginning Sep 28.

Marie Cole, RN will be in Londonderry, with one patient every 30 minutes to address your foot care needs from a clinical perspective.

**Total Joint Replacement Pre-operative Patient Education Class**  
**Free!**

**EH**, King Unit: 2nd & 4th Mon, 6 to 7:30 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.

**1-Day Surgery Ctr Tour for Children**  
**Free!**

**EH**, 1-Day Surgery Center: First & Third Wed monthly, 3 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.

**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. Call the Live Better Institute at 663-4LBI.

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

**GENERAL FITNESS**

**Medical Fitness Center**

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.

**Total Body Strength and Conditioning** $84

EWC: T/Th, Sep 8 to Oct 22; Nov 3 to Dec 17, 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!

**Core Strength and Conditioning** $42

EWC: Fri, Sep 11 to Oct 22; Nov 6 to Dec 18, 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.

**Balls, Bands and Beyond** $84

EWC: T/Th, Sep 8 to Oct 22; Nov 3 to Dec 17, 4:45 to 5:45 p.m.
This is a 60 minute workout, focusing on strengthening and toning the “core” muscles abdominals and back using a stability ball and medicine balls. Exercise bands and tubing will also be utilized to strengthen and tone legs, glutes and upper body. Great for all fitness levels as modifications will be shown.

**MIND/BODY MEDICINE**

**Gentle Yoga** $70

EWC: Mon, Sep 14 to Oct 26; Nov 9 to Dec 21, 9:30 to 10:30 a.m.; Thurs, Sep 10 to Oct 22; Nov 5 to Dec 17, 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.

**Intro to Pilates** $70

EWC: Tue, Sep 8 to Oct 20; Nov 3 to Dec 15, 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.

**Nutrition**

**Diet for Health** $150

EWC: Tue, 7:30 to 8:45 p.m. or Wed, 5 to 6:15 p.m. Call 663-4LBI to register or for more information.
This 10-week lifestyle change program will help you reduce cardiovascular risk factors, promote fat loss, and support healthy insulin and blood sugar.

**Comprehensive Weight Management Program** Free!

EWC: Intro Class, Thu, Sep 10, 6:30 to 8 p.m. Call 663-4LBI to register.
This free intro session outlines the 10-week comprehensive weight management program focusing on total health, not just pounds on a scale.

**Stress Management for Weight Loss** $150

EWC: Tue, Sep 22 to Nov 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.

**LBI Support Group** $25 per 4 sessions

EWC: Every other Wed, 6:30 to 7:30 p.m. Call 663-4LBI to register or for more information.
Includes Weigh-In and group session with a professional. Supports people who would like to maintain their weight loss.

**SCREENINGS and CLINICS**

**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 have an increased risk of heart disease. Appointments required.

**Breast & Cervical Cancer Screenings** Free!

FREE breast and cervical cancer screening tests to eligible women. For more info, call 668-3067.

**Are you at Risk for Osteoporosis?** $22

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.

**SUPPORT GROUPS**

**Postpartum Emotional Support Group** Free!

EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Massabesic St., Manchester: Tue, 10:30 a.m. to 12 noon. Call Allison Palmer, RN, MS, at 663-3052 for more information.
This support group is intended to help support women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after the birth of their baby. We will discuss and encourage strategies related to the adjustment period and challenges of new motherhood.

**NICU Parent Support Group** Free!

EH, NICU Family Room, 5th Floor: Tue, noon. For more info, contact Littlemiraclegroup@yahoo.com or 663-4360.

**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.

**Living Beyond Breast Cancer** Free!

EH, Cancer Ctr: Second Wed monthly, 6 to 7:30 p.m. Call 663-1804 to register.
Provides mutual support and sharing for any woman who has experienced breast cancer.

**Living with Cancer** Free!

EH, Radiation Therapy Dept.: Third Wed monthly, 5:30 to 7 p.m. Call 663-2355 for more information.
This ongoing monthly support group is for people with cancer, their families and/or support people.

**Newly Diagnosed Breast Cancer Support Group** Free!

Elliot Breast Health Center, 275 Mammoth Road. Call 663-2355 for dates, 1:30 to 3 p.m.
Learn valuable tips about nutrition, relaxation, physical therapy, wigs and much more in this unique support group. Refreshments served.

**Ladies Luncheon** Free!

EH, Conference Room A: noon to 1:30 p.m. Call 663-2355 for dates.
A monthly support group for women living with metastatic breast cancer.

**Caregivers Education Series** Free!

LON: 4th Thu monthly, 4 to 5 p.m. Contact Barbara Pines, LICSW at 552-1533 to register or for more information.

**Caregiver Support Group – Londonderry** Free!

LON: 2nd Wed monthly, 6 to 7 p.m. Contact Barbara Pines, LICSW at 552-1533 to register.

**Caregiver Support Group – Manchester** Free!

SHC: First & Third Tue monthly, 10 a.m. Call 663-7051 for more information.
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

**Prostate Cancer** Free!

EH, Elliot Cancer Center: Fourth Mon monthly, 6:30 to 8:30 p.m. Call 663-4170 for more information.
Support and education for men with prostate cancer, their families and/or support person.

**Look Good, Feel Better** Free!

EH, Wound Care Center: Call for dates.
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment. For info, call 663-2355.

**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

Register online at www.elliothospital.org or call Elliot On-Call at 603-663-4567
CARDIOVER DELIBRILLATORS 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 group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life. Guest speakers.

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

**SENIOR HEALTH and FITNESS**

**Fusion** $55
SHC: TTh, Sep 1 to Nov 12, 5:15 to 6:15 p.m.
This class is a dynamic mix of exercises all in one program, beginning with cardio movements to increase cardiovascular health, followed with strength training from head to toe to improve muscular endurance and ending with basic pilate and yoga moves to improve core strength and balance.

**Strength Training** $55
SHC: TTh, Sep 1 to Nov 12, 10:45 to 11:45 a.m.
Improving strength and stamina with a 10 minute, low impact warm up followed with a weight routine structured to improve mobility, strength and posture. Utilizing hand weights, balancing movements and floor mat exercises.

**Holiday Traditions** Free!
SHC: Thu, Nov 5, 10:30 to 11:30 a.m.
Come and socialize as you share your favorite holiday traditions with others!

**Are you Eligible to Save Money on Energy Costs?** Free!
SHC: Wed, Sep 9, 10 to 11 a.m.
Learn what programs are available to help you pay your heating costs and your utility bills. Some programs are based on your income, others on your need. Find out first hand if you would be able to benefit from these programs. Learn what they are all about. Presented by Southern NH Services.

**Elder Law Clinic** Free!
SHC: Second Wed Monthly, 4 to 5 p.m.
Elder Law Attorney Paul Thornhill, Esq. will be available to answer questions pertaining to Durable Power of Attorney, Estate Planning, Medicaid Planning, Wills, Guardianship and much more. Appointments are requested.

**Matter of Balance** $20
SHC: TTh, Sep 22 to Oct 15, 1 to 3 p.m.
This award winning 4-week program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Designed for the community-dwelling older adult who is ambulatory (with or without assistive devices) and able to problem-solve.

**Fall Risks and Prevention** Free!
LON: Wed, Sep 30, 2 to 3 p.m. To register, call Barbara Pines, MWS, LICSW at 552-1533.
Tips for reducing falls, prevention strategies and ways to improve your ability to complete everyday activities. Presented by Lisa Ellis, PT

**The Facts about Balance and Dizziness** Free!
SHC: Wed, Oct 7, 1:30 to 2:30 p.m.
Do you lose your balance or become dizzy? Dr. Andrew Specter explains how the inner ear can cause you to feel out of balance and lightheaded.

**Medicare Part D – Prescription Drug Coverage Questions and Answers** Free!
SHC: Fri, Oct 30, 10 to 11 a.m.
A representative from ServiceLink will review updates and changes in Medicare Part D. Bring your questions and find out how to select the best Medicare prescription drug plan for you.

**Use It or Lose It** Free!
SHC: Wed, Oct 28, 10 to 12 noon.
Learn how to buff your brain through diet, exercise, social environment and mind aeroics! Program includes education from Elliot Social Worker, Barbara MacPhee, MSW and Barbara Haine, Registered Dietician with the Elliot.

**Caregiver Tea** Free!
SHC: Mon, Oct 12, 2 to 3 p.m.
Are you a caregiver for an older adult? Join us for an afternoon appreciation tea in honor of National Caregiver Month. Learn about relaxation, stress reduction and wellness.

**Safety for Seniors** Free!
SHC: Wed, Sep 2, 10:30 to 11:30 a.m.
Manchester Police Officer Paul Rondeau shares important information on staying safe while out in public, how to avoid the latest scams, and simple ways to protect yourself. Don’t miss this important presentation!

**Use It or Lose It Level 1** $55
SHC: Tue, Sep 1 to Nov 10, 9:30 to 10:30 a.m.
This is an exclusive trademark program called Senior Friendly Tai Chi™ & Senior Safe Tai Chi™. It is based on the Yang Style, the most popular in the world today, but modified just for seniors. It incorporates Qi gong warm-up and then a form of slow, continuous and graceful movements to increase strength, range of motion, balance and relaxation. It also refers to Tai Chi’s history as an art of self defense. Taught by the Oriental Healing Arts Association instructors.

**T’ai Chi Level 1** $55
SHC: Tue, Sep 1 to Nov 10, 8:15 to 9:15 a.m.
This program builds on the Level 1 fundamentals and add more linear motion. It usually requires the completion of three or four Level 1 sessions before moving to Level 2.

**Seniors in Motion** $55
SHC: TTh, Aug 24 to Nov 21, noon to 12:45 p.m.
The class consists of cardiovascular exercises that begin in the chair as well as standing while utilizing the chair for balance. Applying strength training for endurance and gentle flow movements to improve range of motion and mobility.

**Gym Membership** $55
SHC: Mon to Fri, 6:30 a.m. to 7:30 p.m.
The fitness center consists of treadmills, bicycles, elliptical trainers and a full body strength training circuit. One on one orientations as well as personalized exercise programs to fit individual needs. The program also offers a large amount of free group exercises to incorporate into your program. Come work out in a safe, supervised and non-competitive environment. For people 50+.

**Cardio Sculpt** $55
SHC: M/W, Aug 31 to Nov 11, 9 to 9:45 a.m.
A well balanced mix of cardio movements, strength training, and balance and stretching exercises. Designed to increase stamina as well as overall strength; ending with a relaxing mix of stretches to improve range of motion.

**Circuit Blast** $30
SHC: M/W, Aug 31 to Nov 9, 4 to 4:30 p.m.
A quick and effective burst of resistance exercise using light to moderate weights and frequent repetitions to increase stamina as well as muscle strength and endurance. A great way to combine strength and cardio for those with limited time.

**Elliot Senior Health Center Open House** Free!
SHC: Third Tue Monthly, 5 to 7 p.m.
Meet the director of Senior Health and take a tour of the Health Center.

**Your Health and Medications** Free!
SHC: Third Tue Monthly, 9 to 10 a.m.
Learn about key areas of health and medications for the older adult from Pharmacist, Jill Hiers, PharmD. Sept: C. Difficile Infections; Oct: Parkinson’s Disease; Nov: Alzheimer’s Disease. Sign-up for one, two or all three programs!

**Getting Started** Free!
LON: Tue, Oct 13, 5:30 to 8 p.m. To register call 606-6590.
For caregivers of newly diagnosed Alzheimer’s patients. Presented by the Alzheimer’s Association.

**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!

**Legal and Financial** Free!
LON: Thu, Nov 10, 5:30 to 7 p.m. Call 606-6590 to register.
For caregivers of newly diagnosed Alzheimer’s...
patients who would like to find out more about Durable Power of Attorney, Living Wills, protection of assets and more! Presented by the Alzheimer’s Association.

**Caregiver Series**
Free
LON: Wed, Oct 7, 14 & 28, 4 to 6 p.m. To register contact Barbara Pines, MSW, LICSW at 552-1533.
A 3 part series, come to one or all. Series 1: Meeting caregiver needs: supports for the support person; Series 2: Coping with Changing and Challenging Behaviors; Series 3: Wellness and Healthy Living.

**Mind Aerobics**
LON: Thu, Oct 1, 8, 15, 22, 29 & Nov 5, 10 to 11 a.m. To register, call Barbara Pines, MWS, LICSW at 552-1533.
This 6-week educational program is designed to stimulate the brain and improve cognitive functioning in seniors. The class uses a variety of fun and challenging exercises that sharpen mental proficiency in memory skills, flexible thinking, perception, and reasoning.

**AARP’s Driver Safety Program**
SHC: T/Th, Sep 15 & 17 or Oct 27 & 29, 1 to 5 p.m.
LON: Mon/Wed, Oct 19 & 21, 9 a.m. to 1 p.m.
Must attend both sessions. Considered to be the most effective safe driving course in the country. Presented by a trained AARP volunteer. Discount available for AARP members.

**Fit & Feisty**
LON: Oct 1, 2, 8, 9, 15, 16, 23 & 24, 12:15 p.m.
LON: Mon/Wed, Oct 19 & 21, 9 a.m. to 1 p.m.
Must attend both sessions. Considered to be the most effective safe driving course in the country. Presented by a trained AARP volunteer. Discount available for AARP members.

**Lo-Impact Chair Aerobics**
LON: Mon/Wed, Aug 31 to Nov 11, 11:30 a.m. to 12:15 p.m.
This class is designed for seniors who want the benefits of group exercise but who do not have the stamina or balance to perform exercise while standing. The class will consist of light aerobic conditioning using arm and leg movement, muscle conditioning and light stretching.

**Chair Aerobics Plus!**
LON: Mon/Wed, Aug 31 to Nov 11, 10:30 to 11:15 a.m.
This class is designed for seniors who want the benefits of group exercise but who do not have the stamina or balance to perform exercise while standing. The class will consist of light aerobic conditioning using arm and leg movement, muscle conditioning and light stretching. During the class participants will perform balance exercises using the chair as support.

**VNA Blood Pressure Screenings**
Free
SHC: Mon (except holidays), 1:30 to 2:30 p.m.
Screening & counseling on techniques to manage or improve blood pressure. Walk-ins welcome.

**Medicare D Assistance**
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.

**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. $20

**Lipid profile.** Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hr fast required; no food, only water & meds. $24

**Osteoporosis** $22

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

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

**CHILDBIRTH and FAMILY EDUCATION**

<table>
<thead>
<tr>
<th>Program</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breastfeeding</td>
<td>$50 per couple</td>
</tr>
<tr>
<td>CBE: On-going Certified Lactation Consultants introduce expectant Mothers and their partners to the advantages of breastfeeding, proper techniques, and what to expect in the first few weeks at home. Further discussion includes choosing a breast pump, and collection and storage of breast milk.</td>
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<tr>
<td><strong>Labor Series – 1 Day Intensive Class</strong></td>
<td>$125 per couple</td>
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<tr>
<td>CBE: Sat, Sep 26 or Oct 24, 9 a.m. to 4 p.m. (lunch included) This class prepares the expectant mother and her partner for aspects of labor and birth. This class will include knowledge of the natural labor process, as well as a variety of coping measures, ranging from relaxation and breathing, to available medical options. A tour of the Maternity Center is included.</td>
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<tr>
<td>Parenting Your Newborn</td>
<td>$50 per couple</td>
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<tr>
<td>CBE: On-going Prepare for your new baby and the transition into parenthood. Learn about normal newborn appearance and behaviors, procedures after birth, basic care and more.</td>
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**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 would 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.
Please join us in welcoming, Michael Keyes, Director of the Elliot Regional Cancer Center. Michael Keyes, joined our staff on June 29, 2009. Michael is responsible for the direction, development and operations of the Elliot Regional Cancer Center including the development of radiation oncology services in Londonderry. Michael has over 20 years of experience in healthcare management with strength in strategic planning, financial analysis, operations and business development. Much of Michael’s oncology service line experience comes from his role as Vice President, Administration at Rochester General Hospital in Rochester, NY.

Elliot Health System is taking healthcare education to a new level; in front of a television camera! Live Better! Elliot Health News is a brand new initiative that will bring helpful information regarding healthcare into the community. EHS is partnering with MCTV in Manchester, NH to broadcast this series to over 150,000 homes in the greater Manchester area including Hooksett, Auburn and Candia. This television program will air on channel 16, and will also be available at the hospital, in all of the acute patient rooms, on our internal station Channel 3. This 30 minute show will include healthy cooking segments, healthcare tips, and the chance for the community to get healthcare questions answered by one of our Elliot Physicians.


Welcome

Director of Elliot
Regional Cancer Center

Miguel Gaeta, MD

Welcome Dr. Miguel Gaeta. After residency training in General Surgery, Dr. Gaeta completed a fellowship at Washington Hospital Center in the department of surgical critical care. Dr. Gaeta joins the Elliot Surgical Specialists part-time as he is a member of the Division of Trauma, Emergency Surgery, and Surgical Critical Care (TESSCC) at the Massachusetts General Hospital. In a joint effort with Elliot General Surgical Specialists, Elliot continues to build upon the excellent Trauma and Emergency Surgical Care already offered to patients. His time will be dedicated to providing care for patients in and around Elliot Hospital where he now makes his home.

Elliot General Surgical Specialists is a group of dedicated surgeons including Dr. Lawrence Hoepp, Dr. Curtis Kloc, Dr. Thomas Meads, Dr. Esthia Giakovis, Dr. William Wilson and Dr. Daiying Lu.
Elliot at Hooksett — Ribbon Cutting Ceremony

Elliot Health System celebrates the opening of our newest ambulatory care center located in Hooksett, NH. A ribbon cutting ceremony took place on July 15, 2009, where the community gathered to tour our newest location. “While the building is beautiful, it really is the medical expertise offered by the outstanding providers who are here that will enhance patient care for this community,” stated Dr. Rick Phelps, Executive VP, Clinical Operations. The community can take advantage of the services located here including family medicine, internal medicine, pediatrics, radiology, lab, rehab, behavioral health and specialty practices. For more information regarding services offered at this facility, please contact Elliot On-Call at 603-663-4567.

Elliot Honor:
Pilot Site for Transforming Care at the Bedside

Elliot Hospital has been selected as one of the hospital participants for the American Organization of Nurse Executives Transforming Care at the Bedside (TCAB) Project. The TCAB Project is a program to create and pilot new concepts and develop exemplary care models at the bedside on medical/surgical units while demonstrating institutional commitment to support and sustain innovations. Elliot Hospital is one of only two hospitals in New Hampshire chosen for this project. Hospitals that have participated in TCAB in the past include Boston Children’s Hospital, Mercy Hospital and Mass General. “Elliot is proud to embark on this important project to improve care at the bedside for our inpatients. New Hampshire hospitals have not been selected in the past so this is an honor for Elliot and the nurses who will lead this initiative,” said Beth Hale Campoli, Chief Nurse Executive.
The 10th Annual Elliot Hospital Associates Golf Classic

The 10th Annual Elliot Hospital Associates Golf Classic was once again a hole in one! On Thursday, June 11, 2009, many gathered at the Stonebridge Country Club in Goffstown, NH to help benefit the Elliot Breast Health Center raising over $54,000.00.

The success of this event could not have been possible without the support of our Presenting Sponsor, Cube 3 Studio, LLC and our other corporate sponsors including: Suffolk/Eckman Joint Venture • Epic Systems Corporation • MEC & Mechanical Construction Services • CIGNA • Logo Loc • Anagnost Companies • Bank of America • Winbrook • Workplace Benefit Solutions, LLC • Triangle Credit Union • Baker Newman & Noyes • In Memory of Donn Tibbetts • Elliot Food & Nutrition Services • Jutras Signs & Flags • Stonebridge Country Club • FocalCast Media, LLC • Amoskeag Anesthesia • Brophy Wealth Management • Coca-Cola Bottling Co. of Manchester • Haggerty’s Cleaning Service, Inc • Ikon • Towers Perrin • Wadleigh, Starr, & Peters, PLLC • Willis HRH • Bellows, Goodman, Shaker & Siegel • Blue Back Group, LLC • Chestnut Family Dental • CLD Consulting Engineers • Cejka Search • Felix Septic Service • Gragil Associates • Happy 100th Birthday Myrt Chase • Keith D. Jorgensen, MD, PA • Matrix Commercial Cleaning, LLC • McKesson • Occupational Drug Testing • Owens & Minor • Principal Financial Group • Siemens Building Technologies • WTPL 107.7 FM

It’s simple! As part of Give Me Five, just wear your jeans to work, or around town, each Friday in October and donate $5 (for one Friday) or $25 (for all five Fridays) to the Mary & John Elliot Charitable Foundation in support of the Elliot Breast Health Center. Form a team at work and make Fridays even more fun! The mission of the Elliot Breast Health Center is to meet the unique needs of women and to offer conclusive breast cancer care in one location. To participate, complete the form or visit our website at www.elliothospital.org and click on the Elliot Charitable Foundation, then “Make a Donation Now,” and choose “Give Me Five.”

Name:________________________________________
Address:______________________________________
City:__________________________Zip:___________
Home phone: __________________________________
Work phone: __________________________________
E-mail address: _________________________________

* Please make all checks payable to the Elliot Charitable Foundation and mail to: 4 Elliot Way, Suite 301, Manchester, NH 03103
September is National Prostate Cancer Awareness Month and the Elliot Hospital is hoping to educate you with the importance of it! This past year, in the United States alone, there were more than 192,000 new cases of Prostate Cancer and over 27,400 deaths. I think that one would agree that those numbers are frightening. Like so many other cancers, prostate cancer is one that is often overlooked. Prostate cancer is the second leading cause of cancer death in American men, lung cancer being the most common. Although some prostate growths can be benign (not cancer) many cases indeed are malignant (cancerous) and can lead to serious conditions.

When one is told that they have prostate cancer, it is natural to wonder what may have caused the disease, but the truth is no one knows the answer to that question. There are however, certain risk factors that research has shown are more likely than others to develop prostate cancer. Men over the age of 65, family history (like many other cancers) and race (it is more common for African American Men than Caucasian or Hispanic Men), to name a few. It is important to keep in mind, that having one of these risk factors does not mean someone will develop prostate cancer, in fact scores of men who do have these risk factors never develop the disease.

Many men with prostate cancer never experience any signs or symptoms of the disease. For those who do have symptoms, they could be as simple as not being able to pass urine, having a hard time starting or stopping the urination flow, frequency of urination, blood in the urine, or frequent pain in the lower back. With this said, keep in mind that more often than not, these symptoms are not due to prostate cancer, but if you are experiencing any of them, it is recommended that you contact your healthcare physician.

Let’s be honest, many men have a fear of prostate screening, just as many patients have a fear of colonoscopies that could detect early stages of colon cancer. The truth is it’s not all that bad! Actually, it’s a simple procedure that could ultimately save your life. Prostate cancer is nearly 100% survivable if detected early and early detection starts with screening.

Elliot Hospital will hold a free prostate screening for men between the ages of 45 and 70 years old on Wednesday, September 23, from 4 to 6 p.m. in the Max K. Willscher Urology Center located at Elliot Hospital (One Elliot Way, Manchester). To register call Elliot On-Call at 603-633-4567.
Apple Quesadillas

Ingredients:
- 4-10” flour tortillas
- 3 medium apples, peeled and diced
- 1 tsp. cinnamon
- 2 Tablespoons brown sugar
- 2 cups low fat cheese (shredded)
- Vegetable spray

Procedures:
Preheat oven to 220º F
1. In a medium mixing bowl combine apples, cinnamon and brown sugar.
2. Spray large non-stick skillet with vegetable spray and place on medium heat. Cook apples just until tender (1 to 2 minutes). Place in small bowl and wipe out pan and return to medium heat.
3. Place 1 tortilla in pan and layer 1 cup of shredded cheese. Spread half of apple mixture on top of cheese.
4. When cheese begins to melt place 2nd tortilla on top of apples and cheese. Gently press on tortilla in order to get cheese to stick. Allow to cook approximately 1 minute.
5. Gently flip tortilla in skillet and heat for one to two minutes. Place cooked tortilla on cookie sheet and place in oven to keep warm. Repeat steps 3 to 5 for second quesadilla.
6. Remove quesadillas from oven and cut into quarters and serve.

Shopping List:
**Fruits & Vegetables**
- Apples, peeled and diced

**Herbs/Spices**
- Cinnamon
- Brown Sugar

**Protein**
- Low Fat Cheese (shredded)

**Grains**
- Flour Tortillas

**Dairy/Fats**
- Vegetable Spray
After the age of 40, everyone’s bones begin to lose their density at a rate of 1 percent a year. With women, it happens more rapidly after menopause, as they lose about 2 to 3% of their bone density each year. Men will also lose their bone mass, but not as quickly. When bone loss becomes excessive, the condition is called “Osteoporosis.”

Osteoporosis is often called the “silent disease” because bone loss often occurs without symptoms. People may not know they have the disease until their bones become so weak that a sudden bump or slight fall may cause their vertebrae to collapse.

While osteoporosis is often thought of as an older person’s disease, it can happen at any age. It affects more than 44 million Americans, and 80% of those affected are women.

One in 2 women and 1 in 8 men over the age of 50 will have an osteoporosis-related fracture.

You may be at risk if you have any of the following risk factors:
• Are female
• Are thin or have a small frame
• Have had a fracture as an adult
• Are over the age of 50
• Have a family history of osteoporosis
• Eat a diet low in calcium
• Have anorexia nervosa or bulimia

Strength training or exercises against gravity (such as walking or aerobics) is a way to battle this disease. A two year study showed that strength training increased the bone density of the lumbar spine (low back) by 61%. In contrast, those who did not strength train lost bone mass.

The “Fit and Feisty” is a program offered through the Live Better Institute at the Elliot Wellness Center on Holt Avenue. It is a combination aerobics and strength training program and will help participants learn how to properly strength train. This 7-week, 60 minute program was developed for men and women ages 50 or older, to improve cardiovascular fitness, mobility, strength and balance. This program may be helpful to those who have never strength trained as well as for those with past experience, using hand and ankle weights, along with tubing and bands for resistance training.

To register for this class, call Elliot On-Call at 663-4567, or register online at www.elliothospital.org, under “Programs and Classes.”

References: http://www.nof.org/
People seldom want to think about growing older, the possibility of becoming incapacitated, or the inevitability of death. Naturally, when it comes to actually talking or making decisions about those matters, the conversation is often abandoned, and too often people believe family members will know what’s best and make the best decisions for them.

For several reasons, that doesn’t really work. First, in New Hampshire, someone must be legally appointed to make decisions. Second, family members might already be overwhelmed, grieving; they might be unable to reach agreement.

Imagine the relief you can offer your family members by providing written, clearly articulated, specific instructions about what kind of decisions should be made if you cannot make them yourself. Advance care planning, through Advance Directives, can provide peace of mind and relief for your family and loved ones.

NH has recently made it easier to create Advance Directives. New laws have made the process easier to understand and simpler to complete. By visiting www.healthynh.com you can learn more and obtain a copy of the Advance Care Planning Guide.

Once you have completed your Advance Directives, TALK ABOUT THEM! Make sure your family and loved ones understand your decisions and know your wishes. Talking about them can provide for greater peace and clarity in the future and prevents surprise and confusion. Do what’s best for you and for your loved ones.

CONVERSATIONS BEFORE THE CRISIS

Family life is mostly talk. Good talk, bad talk, talks to fill in the blank spaces, talk to express love and hurt and every other emotion. We play back certain conversations endlessly in our memories – some we treasure, some are a source of pain. From our first word to our last, the context of conversation is often our family.

Some topics are much easier to talk about than others. Even families who dive right into arguments over money, sex and politics can find themselves mute when someone brings up a topic we all need to consider. How do we feel about choices and care around the end of life? What do we want? What are we worried about? Who will decide for us if we cannot?

Too often, these conversations don’t take place until there is no time left for honest discussion, reflection and planning.

Having these conversations, “before the crisis” is not only much easier, it is much more valuable. If you can begin to talk about the end of life while people are still healthy, you will have made a significant contribution to your family, and you will discover important information for yourself. Conversations before the crisis help a family cope with inevitable loss; preparing for death helps those who live on most of all.

Talk is the single most important thing that family and friends can do to prepare for the end of life of someone they love. Always difficult, the end of life can be amazingly rich. Learning, insight and love are possible to the last breath, and beyond. Talking about this time makes a rich ending more likely.

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WHAT IS HAPPENING TO MY MOTHER?

First signs of Alzheimer Disease

Dr. Samuel Goldman, DO, a geriatrician at the Elliot Senior Health Primary Care practice, frequently is faced with concerns expressed from patients and family members about memory loss and shares this real life story.

“A patient arrived at my office the other day, escorted by her daughter with whom she shares a house. The daughter did most of the talking and began telling me that her mom has been a life-long resident of New Hampshire and for a number of years, every Wednesday, her mom would go to Hannaford’s to go food shopping. Last Wednesday, the daughter continues, her mom had driven to the store and managed to purchase all of the items on her grocery list, but when she got back to the car, her mom realized that she could not remember the directions to get back home. The daughter glanced at her mother, and looked back at me sadly and asked – What is happening to my mother? Is she becoming senile?”

There are many causes of memory loss, but the most common in elderly people is Alzheimer’s Disease. The disease was first described in 1907 by a pathologist named Alois Alzheimer. Though the youngest patient reported to having this disease was only 28 years old, it most often affects those 65 years of age and older. It’s been estimated that over 4 million Americans have been diagnosed with Alzheime’s Disease. Between 20 to 40% of people over the age of 80 years old suffer varying degrees of this disease. It is the most common cause of dementia and destroys brain cells that result in a decline in a person’s memory, thought processing, language skills and patterns, and a change in behavior.

A definitive diagnosis of Alzheimer’s Disease can only be determined by examining the brain during an autopsy. As such, the clinician must rely on a thorough medical history and a complete medical exam, as well as neuro-psychiatric testing in order to come to a medical decision that one has Alzheimer’s Disease. Though the symptoms may be different from person to person, the first symptom most widely noticed is forgetfulness. As the disease progresses, patients might become disorientated or confused. Changes in personality or inappropriate emotions might start to occur. Finally in late stages of the disease, a patient’s ability to care for themselves is significantly diminished and they often require 24-hour care for bathing, eating, and dressing.

Since there is no cure for Alzheimer’s Disease, Dr. Goldman tells his patients they should strive to maintain a sense of well-being and happiness as a means for slowing down the progression of the disease. This includes eating right, controlling illnesses and exercising. There are also a variety of different and new medications available that have demonstrated positive results in slowing the accompanying dementia associated with Alzheimer’s Disease. With the support of family, friends and community resources, and a physician, those diagnosed with this disease can continue to maintain their independence for as long as possible.
There are many challenges to caring for seniors in the primary care arena. Aging is a process that steadily reduces physiologic reserve and results in a diminished ability to compensate for the toll of illness. Often, a new onset of illness for an elderly patient requires a more in-depth review of other potential geriatric syndromes not yet evident. A full geriatric assessment completed within a single doctor office visit is clearly time-consuming for internist and family practitioners. In recent years, one of the options for primary care physicians to acquire a complete review of systems associated with the geriatric patient who has experienced a change in condition is to seek an outpatient geriatric medicine consultative service.

Now recognized as a sub-specialty of internal medicine, geriatricians are primary care physicians who are board-certified in either Family Practice or Internal Medicine and have also acquired the additional training necessary to obtain the Certificate of Added Qualifications in Geriatric Medicine. There are only around 9,000 geriatricians in the U.S. Most geriatric services are connected to medical schools and affiliated teaching hospitals. The Elliot, however, is very fortunate to have a team of geriatricians on staff at the Elliot Senior Primary Care practice, including the addition of a new provider, Dr. Vasyl Kasiyan. In response to this growing need for geriatric medicine consultative services, we have responded with the introduction of the Geriatric Consultation Clinic, located at the Elliot Senior Health Center. For more information about the Geriatric Consultation Clinic, contact the Elliot Senior Health Center at 603-663-7030.
often people think of the retirement years as an opportunity for a person to “slow down” and enjoy life. In fact, as an adult grows older exercise is even more important. Exercise has many physical and health benefits. If you decide to participate in a group exercise program then the social interactions will benefit your mental health. An older adult who incorporates exercise into their daily lifestyle is more likely to increase their balance and reduce the risk of falling. Exercise also helps improve muscle mass and bone strength, both which continue to diminish without physical activity. Research has shown the body’s best defense against developing chronic conditions such as diabetes, osteoarthritis, high blood pressure and obesity can be exercise.

There is a wide range of available exercise programs for older adults. Based on a person’s level of physical ability, options may include aerobics, chair aerobics, yoga, ballroom dancing, walking or strength training. To determine what exercise program is right for you, consult your physician.

When you are selecting an exercise program and you have consulted your healthcare professional remember to choose an exercise that will be of interest – never be afraid to ask for assistance when trying something new. If you are choosing equipment-based exercise programs, be sure you are aware of how to use the apparatus and the best method to begin to increase intervals.

The Elliot Senior Fitness Center is open to adults over the age of 50. This membership program is reasonably priced and includes services that far outweigh programs offered in other facilities. The Elliot Senior Fitness Center offers members individualized attention on cardio and strength training equipment. The membership includes a free personalized training session when you start lead by one of our trained certified fitness instructors. The fitness instructors are certified in Pilates, yoga and ACE in addition to CPR/AED certified. Come visit the Elliot Senior Fitness Center and learn what we have to offer!

Some of the Elliot Senior Fitness Classes offered:
- Strength Training
- Chair Yoga
- Pilates
- Reach and Balance
- Stability Ball
- Chair Aerobics
- T’ai Chi for Seniors
- Cardio Plus Core
Our DOCTORS are in! At the Elliot!

Caryn Wertheim, DO
Elliot Pediatrics & Primary Care at Riverside
20 Chambers Road | Suite 2200
Hooksett | 641-5386
www.elliotdocriverside.com

Dr. Wertheim attended the University of New England College of Osteopathic Medicine in Biddeford, Maine. Dr. Wertheim completed her residency at the Maine Medical Center in Portland, Maine as the Chief Resident of Internal Medicine/Pediatrics in 2007 and Chief Resident of Pediatrics in 2008. Dr. Wertheim also completed her internship at the Maine Medical Center. Dr. Wertheim’s interests include Neurology in primary care and adolescent medicine.

Richard G. McKenzie, DO
Family Medicine at Bedford Village
15 Constitution Drive | Suite 214
Bedford | 472-7233
www.elliotdocbedfordvillage.com

Dr. McKenzie attended the University of New England College of Osteopathic Medicine in Biddeford, Maine and completed his residency at Dartmouth Family Medicine in Concord where he was Chief Resident in 2008. Dr. McKenzie was a Clinical Instructor of Family Medicine at the University of New England College of Osteopathic Medicine. Dr. McKenzie is fluent in Spanish.

Melissa Borthwick, MD
Elliot Family Medicine at Glen Lake
89 South Mast Road
Goffstown | 497-5661
www.ElliotDocGlenLake.com

Dr. Borthwick attended the East Tennessee State University College of Medicine in Johnson City, Tennessee and completed her residency at Dartmouth Family Medicine in Concord, New Hampshire. Dr. Borthwick has an interest in pediatrics, GI disorders, and preventative care across the lifespan with a focus on women’s health.

Our Doctors are Accepting New Patients!

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

ELLIOI 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.