



ELLIOT  
HEALTH SYSTEM

# Your Wellness Matters



SPRING 2005

## HEALTH FACTS



### THE TRUTH ABOUT BROWN BREAD.

Just because a bread is brown doesn't mean it's whole wheat. In many breads, the rich brown color comes from coloring, which is listed on the label. Look for breads with whole-wheat flour listed in the ingredients.

—American Dietetic Association



### EXPENSIVE SHOES NOT ALWAYS BETTER.

Expensive running shoes can cause just as many injuries as cheaper shoes. So forget the price tag—buy what feels best on your feet.

—American Orthopaedic Foot  
and Ankle Society



### DENTIST FAQ.

According to one survey, the questions patients ask their dentists most frequently are about tooth whitening and bleaching.

—American Dental Association

## ELLIOT MATERNITY CENTER

**DELIVERS A WHOLE  
NEW  
LOOK**

### BEDS FOR BIRTHING PARTNERS, ARMOIRES, AND PERSONAL RE- FRIGERATORS ARE JUST A FEW OF THE AMENITIES IMPLEMENTED AS A RESULT OF SUGGESTIONS BY

moms and their families on how to make Elliot's trusted and respected Maternity Center even better. The expansion and renovation is nearly complete and Elliot remains the only hospital in the Greater Manchester area—and one of only three in the state—with a level III newborn intensive care unit (NICU) available to treat babies who require extra care.

Opened in 1989 and a member of the Vermont Oxford Network, Elliot's completed NICU renovations will combine leading-edge technology with a family-centered, nurturing environment, offering:

- ◆ Single and semi-private rooms that provide peaceful surroundings and privacy for families.
- ◆ Beds for family members in their babies' rooms or an overnight room away from the babies, depending on their preference.
- ◆ Family access 24 hours a day with private parent space inside the NICU, equipped with Internet access, TVs, kitchenette, washer and dryer, and a parent library.
- ◆ Lockers for personal items.
- ◆ Light dimmers.
- ◆ Blackout shades.
- ◆ Decibel meters.
- ◆ Temperature and humidity controls in each room to maintain a developmentally appropriate environment.

The Maternity Center now also features room service menus, boxed meals for women who deliver their babies late at night, free hot breakfasts, and take-home gourmet dinners for new moms and their families.

Moms, dads, and their families enthusiastically provided input on the style of the new rooms, which resemble upscale hotel rooms, and met with architects to discuss the design. Based on the mothers' input, engineers upgraded the heating, ventilating, and air conditioning system to improve climate control.



**COMFORTS OF HOME:** Thanks to the recent expansion and renovation of our Maternity Center, Elliot can provide a comforting environment to help reassure parents and families.



During the year-long planning process, the NICU Director conducted site visits to NICUs in other states to incorporate their successful elements in Elliot's new unit. This new design and construction of the NICU will be better able to support the growth and maturation of premature infants and sick full-term babies, while providing many of the comforts of home. Mothers also feel more secure knowing that the professionals at Elliot expect the unexpected!

**This new design will be better able to support the care of premature and sick babies.**

To learn more about our newly renovated Maternity Center or to preregister to have your baby here, log on to [www.elliotohospital.org](http://www.elliotohospital.org) or call us at (603) 663-5663.



INSIDE

- 3 YOGA FOR KIDS HELP REMOVE THEIR STRESS
- 6 AVOIDING BREAST PAIN STEPS TO TAKE
- 7 THE HEART OF THE MATTER HEART HEALTH SEMINAR



[www.elliotohospital.org](http://www.elliotohospital.org)



IN THE PINK

## \$30,000 raised in October for Elliot Breast Health Center

Congratulations to everyone who participated in the fund-raising events of October, Breast Cancer Awareness Month!

**Together we raised more than \$30,000!** Here's how it breaks down:

- **Give Me Five on Fridays**—raised more than \$6,500. Participating employers were C.R. Sparks, Bank of New Hampshire, Merchants Motors, Villa Crest, Dead River Company, Hollis Upper Elementary School, Chester College, Loeb Partners, Grappone Companies, Northwestern Mutual Finance, Merrimack Mortgage, Intown Manchester, Milne Travel, and Elliot Health System.
- **Pink Ribbon merchandise sales**—raised more than \$6,700.
- **Sutter Home Drink Pink**—sold 36,509 bottles for \$12,500.

Other tremendous news this past month includes another individual donor pledging \$5,000 to the Elliot Breast Health Center! The grand total: more than \$30,000!

Thanks to each and every one of you who made this effort a priority and who have made a substantial and positive impact on the Elliot Breast Health Center.

## 2005 annual appeal

The Mary & John Elliot Charitable Foundation continues to receive generous gifts from the Elliot staff and thoughtful individuals and businesses in the community! To date, we have raised more than \$75,000! Blue bracelets embossed with "ELLIOT HEALTH SYSTEM... IT ALL BEGINS WITH YOU..." are being worn by participants to show their support of Elliot as a charitable organization.

If you would like to participate and receive your blue bracelet, call the Foundation staff at (603) 663-8934 or go online to [www.elliotohospital.org](http://www.elliotohospital.org) and click on "Charitable Foundation." Or you can mail your gift to the Foundation at 4 Elliot Way, Suite 301, Manchester, NH 03103. It's never too late to make a difference!

Many thanks to all who have already made their gift!

## Elliot honors our donors

Manhattan in Manchester: On the evening of Nov. 3, Elliot Health System held its fourth annual donor appreciation celebration to thank major donors for their generosity and commitment to the organization. The Elliot Hospital Conference Center was converted into a New York City skyline with lights and skyscrapers around the room.

C.R. Sparks, Bedford Village Inn, and Swan Chocolate joined Elliot in the spirit of showing appreciation by providing the honored guests with spectacular hors d'oeuvres and desserts prepared by their chefs. A wine tasting led by the Martignetti Companies of New Hampshire and the Trincherro Family Winery added even more flavor to the festivities.

The highlight of the evening was the dedication of the Robert and Lucille Davison Award for Philanthropy. This year, Janie S. Tibbetts was honored for her years of service, care, and compassion for Elliot and the community. Tibbetts has volunteered at Elliot Hospital since she was 18 years old and has been a force in the fund-raising efforts of the Elliot Hospital Associates for decades. She is both a major donor to the Health System and an individual who uses her enthusiasm to promote community support for Elliot. Tibbetts was joined by family and friends at the surprise award celebration.



**A LIFETIME OF SERVICE:** At the recent donor appreciation celebration, Janie Tibbetts (left, with friend Myrtle Chase), was honored for her years of support and service to Elliot Hospital.

## 2005 upcoming events: Save the date

- June 5—American Red Cross Blood Drive  
*Elliot Hospital Conference Center, noon to 6 p.m.*
- June 12—Cancer Survivors Day  
*Wayfarer Inn*
- June 16—Associates' Golf Tournament  
*Stonebridge Country Club*
- Aug. 9—American Red Cross Blood Drive  
*Elliot Hospital Conference Center, noon to 6 p.m.*
- Sept. 11—NICU Reunion  
*Elliot campus*
- Sept. 30—Associates' Dinner Dance  
*C.R. Sparks*
- Nov. 15—American Red Cross Blood Drive  
*Elliot Hospital Conference Center, noon to 6 p.m.*



LOCATED IN THE MAIN LOBBY OF ELLIOT HOSPITAL

## Shop for a good cause

Located in the main lobby of Elliot Hospital, The E Store offers unique, useful, and high-quality apparel and gifts at reasonable prices. Profits from your purchases are donated to the Mary & John Elliot Charitable Foundation, supporting Elliot Health System and the Elliot Breast Health Center. By shopping at The E Store, you are contributing to Elliot's ability to bring excellence in healthcare to our community.

AROMATHERAPY AND MORE

## Integrative Medicine open house at Elliot

BY CHRIS GUTHRO, M.ED., COMMUNITY HEALTH

Feng shui, T'ai Chi, hypnotherapy and aromatherapy are some of the Integrative Medicine programs offered at Elliot Hospital this year. On Thursday, April 14, from 3 to 6 p.m., Elliot will host an Integrative Medicine open house so that you can "try before you buy."

The event will be held in the ground level of the Elliot Hospital Conference Center. Classes will include "Acupuncture Overview" and "Healing Through Poetry." (See the schedule below for times, topics, and instructors.) In addition, participants may register for Reiki and back massages.

Experience some new class offerings, enjoy a cup of tea and an array of healthy foods, and relax on this Thursday afternoon. Come see and enjoy what Elliot Hospital has to offer! For more information and to register, call ELLIOT-ON-CALL at (603) 663-4567.

### Open house SCHEDULE of events

Thursday, April 14, from 3 to 6 p.m.

**WORKSHOPS—CONFERENCE ROOM A**

3:15–3:45 p.m.	Hypnotherapy Overview	Tracy Tullis
4–4:30 p.m.	Healing Foods	Donna Gleeson
4:45–5:15 p.m.	Breathwork	Deb McLean
5:30–6 p.m.	Acupuncture Overview	John Lazotte

**WORKSHOPS—CONFERENCE ROOM B**

3:15–3:45 p.m.	Acupuncture Overview	John Lazotte
4–4:30 p.m.	Aromatherapy	Joyce Leatherman
4:45–5:15 p.m.	Feng Shui	Lana Manning
5:30–6 p.m.	Spiral Workshop	Sandy Bothmer

**DEMONSTRATIONS / CLASSES—**

**WELLIOT GROUP EXERCISE STUDIO**

4–4:30 p.m.	Parent/Child Yoga (ages 5–6)	Sandy Bothmer
4:30–5 p.m.	Parent/Child Yoga (ages 7–9)	Sandy Bothmer
5–5:30 p.m.	Integral Yoga	Valerie Farrell
5:30–6 p.m.	T'ai Chi	Ian Manchester

**LARGE CONFERENCE ROOM**

Information booths ♦ Reiki ♦ Back massages

## Fit & Healthy, KID STYLE!

Elliot Hospital, Dartmouth-Hitchcock Manchester, Catholic Medical Center, and the Greater Manchester Family YMCA are coming together to offer the "Fit & Healthy, KID STYLE!" program. This program, being held at the YMCA, was created to help families with children who weigh more than their ideal body weight to make healthier lifestyle choices.

"Fit & Healthy, KID STYLE!" combines nutrition education with physical activity for children 8 to 11 years old and their families. Through this program, parents and children explore together how food and physical activity affect their bodies, as well as the impact healthy choices make on their everyday lives at home, in school, and on the go. This nine-week program begins March 15.

Professionals from all three healthcare organizations and the YMCA are serving as instructors. Through a unique opportunity offered by the Greater Manchester Family YMCA, a one-time \$99 fee includes a one-year family membership, providing an opportunity for families to exercise together. The program also includes free baby-sitting for kids 6 months to 12 years old.

Financial assistance is available, and the program may be reimbursable through Anthem Blue Cross and Blue Shield and HealthTrust. For more information or to register for the fall program, call Cindy Lafond at the Greater Manchester Family YMCA at (603) 232-8616.



## Prostate cancer conference held

A community event for prostate cancer awareness was recently held at C.R. Sparks in Bedford. The event was dedicated to the memory of Tom Patnode, who at the age of 45 was diagnosed with aggressive prostate cancer. He lost his battle on Dec. 26, 2003, at the age of 47.

Peter Mehegan, of WCVB TV's *Chronicle*, welcomed members of the community and health professionals and shared with them the personal story of his battle with prostate cancer.

A panel of experts shared information about risk factors, screening and treatment options, the male anatomy, and erectile dysfunction. Physician experts included William Santis, M.D., of Concord;

and John Munoz, M.D., James Conway, M.D., James Becht, M.D., Douglas Weckstein, M.D., and Stephen Smith, M.D., of Manchester.

Prostate cancer is the most common form of cancer—other than skin cancer—among men in the United States. And it is second only to lung cancer as a cause of cancer-related deaths among men.

Plans are under way for a spring fund-raiser and another community event in September. To donate to the Tom Patnode Prostate Cancer Fund, send your contribution to: Tom Patnode Prostate Cancer Fund, c/o Mary & John Elliot Charitable Foundation, 4 Elliot Way, Manchester, NH 03103.



INFORMATIVE, ACCESSIBLE, EMPOWERING

## The Patient Channel helps educate patients, families

The Patient Channel is now at Elliot! This 24-hour patient education TV channel provides topical, network-quality programming delivered to hospital patient rooms and waiting rooms. The goal of the channel is to increase patients' and families' awareness of medical issues, encourage informed communication with healthcare providers, improve their ability to make informed decisions, and promote a sense of empowerment during the times when accurate information is most needed.

Programming on the Patient Channel can be found in patient rooms on channel 70. It covers a wide spectrum of issues, including cancer, asthma, diabetes, heart disease, high blood pressure, smoking cessation, parenting, health and wellness, and other healthcare topics. And new programs are added throughout the year.

For patients, relatives, and friends, the Patient Channel integrates seeing and hearing, which helps in the retention of information. Furthermore, the channel standardizes and increases access to patient education 24 hours a day, seven days a week. As a result, our nursing staff is able to recommend quality, up-to-date patient education programming for patients in their time of need.

Be sure to tune in to the Patient Channel during your next visit to Elliot!

## 'Creative Yoga and Movement for Kids' comes to Elliot

BY SANDY BOTHMER, YOGA INSTRUCTOR

We live in a fast-paced world where stress is constantly affecting us at home and at work. Our children experience stress in their lives too: a sick pet, a falling-out with a friend, and test anxiety are just a few stressors. And to top that off, they are even affected by their parents' state of mind, which compounds the effects of stress.

All of us—adults and children—need ways to relax and let go of the stress in our lives. "Creative Yoga and Movement for Kids" addresses this problem. This class blends yoga postures, movement concepts, and relaxation techniques.

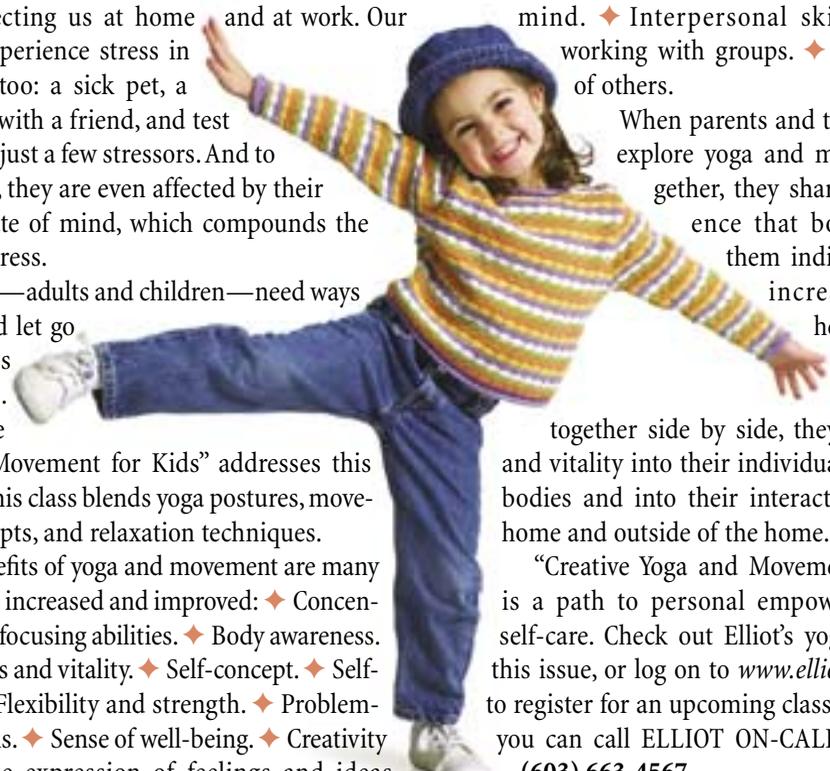
The benefits of yoga and movement are many and include increased and improved: ♦ Concentration and focusing abilities. ♦ Body awareness. ♦ Calmness and vitality. ♦ Self-concept. ♦ Self-esteem. ♦ Flexibility and strength. ♦ Problem-solving skills. ♦ Sense of well-being. ♦ Creativity through the expression of feelings and ideas.

♦ Intrapersonal skills through quieting of the mind. ♦ Interpersonal skills through working with groups. ♦ Appreciation of others.

When parents and their children explore yoga and movement together, they share an experience that both expands them individually and increases their heart-centered connection. Working

together side by side, they bring calm and vitality into their individual minds and bodies and into their interactions both at home and outside of the home.

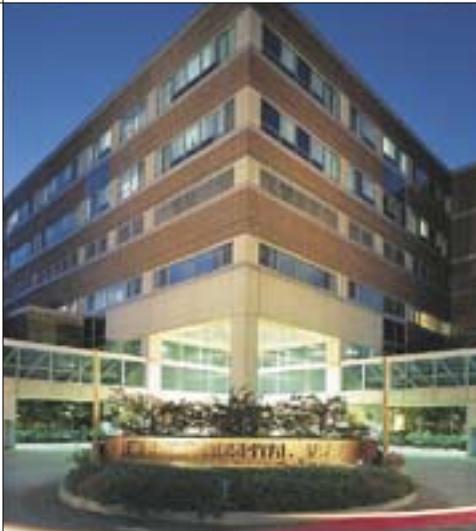
"Creative Yoga and Movement for Kids" is a path to personal empowerment and self-care. Check out Elliot's yoga classes in this issue, or log on to [www.elliethospital.org](http://www.elliethospital.org) to register for an upcoming class. Or you can call ELLIOT ON-CALL at (603) 663-4567.



# COMMUNITY WELLNESS

## TAKE TIME for your health

Treat yourself to a **healthier mind and body**, and encourage a friend to join you! Call **ELLIOT ON-CALL** at **(603) 663-4567**, unless otherwise noted.



### GENERAL HEALTH EDUCATION

#### AARP DRIVER SAFETY PROGRAM

Wednesdays and Thursdays, March 16 and 17, May 18 and 19  
8 a.m. to noon

This eight-hour seminar (two half days) is a classroom-based driving retraining course developed by AARP to help older adults improve their driving skills. \$10.

#### ADVANCE DIRECTIVES

Wednesday, March 16  
3 to 4 p.m.

Elliot Hospital, Cardiac Conference Room, fifth floor

A discussion about end-of-life care and the documents (durable power of attorney for healthcare and living will) necessary to make your wishes known. If you would like to complete the document the night of the discussion, please bring identification for the notary.

#### AMERICAN HEART ASSOCIATION CPR AND FIRST AID

Adult First Aid  
Wednesdays, April 13, June 8  
6 to 9 p.m.

Learn techniques to give immediate care to an injured

or suddenly ill person. Learn basic first aid, how to take care of people involved in a life-threatening situation, and when to alert medical personnel. \$35.

CPR for All Ages  
Saturday, May 7  
8 to 11 a.m.

Learn cardiopulmonary resuscitation and choking rescue techniques for adults, children, and infants.

CPR for the New Healthcare Provider  
Saturdays, April 2, June 4  
8 a.m. to 2:30 p.m.

For new healthcare providers or those with lapsed certification who need certification in basic life support. \$60.

CPR Renewal for the Healthcare Provider  
Saturday, May 7  
11:30 a.m. to 2:30 p.m.  
\$45.

Healthy Infant/Child CPR and First Aid  
Wednesdays, March 16 and 23,  
May 11 and 18  
6 to 9 p.m.

For parents and anyone who cares for children. This two-night class covers the importance of prevention and how to handle an emergency situation. \$50.

#### ELLIOT 1-DAY SURGERY TOUR FOR ADULTS

First and third Wednesdays of each month  
6 to 6:30 p.m.

Tour for adult patients having surgery at the Elliot 1-Day Surgery Center. Free.

#### ELLIOT 1-DAY SURGERY TOUR FOR CHILDREN

First and third Wednesdays of each month  
6:30 to 7 p.m.

Tour for children 12 years old and younger and their parents to decrease the anxiety of an upcoming outpatient surgery at the Elliot 1-Day Surgery Center. Also, take a virtual tour at [www.elliott1-day.com](http://www.elliott1-day.com). Free.

#### ELLIOT FITNESS LINK

A nurse and exercise specialist monitor this community exercise program designed to promote cardiovascular health and positive lifestyle changes. We specialize in exercise for people with heart disease, diabetes, and obesity. Staff members are certified in basic and advanced cardiac life support, and we have an automatic external defibrillator and glucometer on site. People at all exercise levels are welcome. Call (603) 663-5730.

Looking for some more information about Elliot Hospital?

 [www.elliotohospital.org](http://www.elliotohospital.org)

CARING FOR YOU AND YOUR FAMILY

 To find a primary care provider, call 1-800-2-ELLIOT-MD today!



#### FREEDOM FROM SMOKING

♦ Wednesday, March 16  
♦ Tuesday, March 29  
3 to 4 p.m.

Cardiac Conference Room, fifth floor, Elliot Hospital

An eight-week smoking cessation class sponsored by Elliot Hospital and the American Lung Association. Participants work to quit in the fourth week of the program. \$75.

**NEW** GETTING TO THE HEART OF THE MATTER

Saturday, April 2  
8:30 a.m. to 3:30 p.m.

A cardiovascular health

seminar designed to teach primarily women, but men as well, about heart disease awareness. See page 7 for information. Free; limit 100.

#### HEALING FOODS

Wednesday, April 27  
6:30 to 7:30 p.m.

Health is not a matter of chance but of choice. Learn about some common food choices that can promote health, balance hormones, reduce pain and inflammation, prevent disease, and add pleasure to your life. Instructor: Donna Gleeson, R.D. Call (603) 645-9799 to register. Free.

#### LATIN LINE DANCING

Mondays and Wednesdays, May 2 through June 20  
6:30 to 7:30 p.m.

The Royal Dance Studio of Manchester staff will teach Latino-style dances, including the cha-cha, merengue, and salsa. Partners are not required. A dance party will take place on the last night of every session. Instructor: Miah Trost. \$45.

#### LINE DANCING—BEGINNER LEVEL

Wednesdays, May 4 through June 15  
7:30 to 8:30 p.m.

Learn the basics of line dancing while learning two to three dances each week. Instructor: Virginia Kozlowski. \$40.



## SENIOR HEALTH AND FITNESS



Call (603) 663-4567 to register.

#### FIT AND 50

Mondays and Wednesdays, Feb. 28 through May 25, June 6 through Aug. 17  
5:30 to 6:15 p.m.

An intermediate strength-training program with more variety. Incorporates ankle weights, hand weights, bands, and floor work. Join anytime! \$65.

#### LIVE (Low Impact for Vitality and Energy)

♦ Mondays and Wednesdays, May 2 through June 27  
9 to 9:45 a.m.  
♦ Tuesdays and Thursdays, May 3 through June 16  
11 to 11:45 a.m.

A seven-week, 45-minute low-

impact aerobics class using easy-to-follow moves that will help burn fat and revitalize you. Class is for the beginner-level participant age 50 and older and may be taken along with the "Strength-Training Maintenance" program (if you have no limitations). \$40.

#### STRENGTH TRAINING MAINTENANCE

Tuesdays and Thursdays, May 3 through June 16  
10 to 10:45 a.m.

This strength-training class is offered for individuals who have completed the "Strong Living" program. It incorporates free weights and bands, as

well as floor exercises. This class includes a bone density screening. \$40.

#### STRONG LIVING PROGRAM

♦ Mondays and Wednesdays, April 4 through June 27  
10 to 11 a.m.  
♦ Tuesdays and Thursdays, April 12 through July 7  
1:15 to 2:15 p.m.

Uses ankle and hand weights to help improve fitness level, mobility, strength, and balance. This class is ideal for anyone 50 and older who has never strength-trained before. Includes baseline osteoporosis screening. \$50.

# Cancellation & Registration Information

## REGISTER FOR CLASSES 24 HOURS

a day via our secure Internet site: [www.elliophospital.org](http://www.elliophospital.org). You have three ways to register:

1. Register and pay online.
2. Register online and pay by phone at (603) 663-4567.
3. Register online and pay via U.S. Mail.

## CANCELLATION POLICY

Occasionally a program may be cancelled due to low enrollment. Our staff members make every effort to notify attendees at least 24 hours in advance. Attendees receive a full refund and will be placed on a waiting list for notification of the next class. Please call ELLIOT ON-CALL at (603) 663-4567 for more information.

## SOME COURSE FEES MAY BE REIMBURSED

by your insurance. Class size is limited, so early registration is important. Most major credit cards are accepted.



Send payments to:

ELLIOT ON-CALL, One Elliot Way, Manchester, NH 03103

Make checks payable to **Elliot Hospital.**

### SAFE SITTER PROGRAM

◆ Friday, April 29  
◆ Saturday, May 28  
8:45 a.m. to 4 p.m.

One-day training for children ages 11 to 13 to learn basic baby-sitting skills. Includes manual and duffel bag. \$50.

### YOU DON'T NEED TO BE AN ATHLETE!

Tuesday, May 10  
6:30 to 7:30 p.m.

Have you ever wanted to do a triathlon but didn't know where to begin? Lisa Berrneart, R.N., YMCA Spinning and Fitness Instructor, started doing triathlons and marathons after she turned 40, and she can get you started in a safe and effective training routine too. If you can stay afloat, ride a bike, and jog (or one of the three!), you can do a triathlon. Berrneart will share her successes and failures, help you plan your training time, and give you nutrition guidelines to put you well on your way to a successful first race. \$10.

### MIND/BODY MEDICINE

#### AROMATHERAPY

Joyce Leatherman, workshop instructor and registered nurse for 30 years, has focused on holistic care and complementary medicine during the past nine years. She is certified in holistic nursing, aromatherapy, guided imagery and Reiki.

#### Aromatherapy and Respiratory Problems

Tuesday, March 29  
6:30 to 8 p.m.

Come and learn how aromatherapy may help if you have respiratory difficulties such as asthma or bronchitis. \$15.

#### Managing Stress With Aromatherapy

Tuesday, April 26  
6:30 to 8 p.m.

Learn how to manage stress with aromatherapy. \$15.

### HOLDING ON, LETTING GO

Tuesday, April 12  
6:30 to 8:30 p.m.

Learn to identify pain through poetry. You will become in tune with yourself while learning how to deal with death, dying, and losses, and while creating your own poem. Instructor: Nancy Paquin. \$15.

### REIKI CLINIC

Wednesdays, March 16, April 20  
7 and 7:30 p.m. appointments are available

Come and receive a Reiki treatment from Elliot Hospital Reiki volunteers and other local Reiki practitioners. Free-will donation.

### T'AI CHI

Tuesdays, May 10 through June 28  
7:15 to 8:15 p.m.

This Chinese art incorporates physical, mental, and spiritual exercises to improve muscle strength, flexibility, balance, and relaxation. \$50.

### YOGA

**NEW** Hatha Yoga for Middle Age and Beyond  
Mondays, May 16 through July 11  
6:30 to 7:45 p.m.

Hatha yoga is a unique system 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 middle-aged and older beginner-level participant.** Instructor: Valerie Forde-Galvin. \$90.

### Integral Yoga

(formerly Beginner Yoga)  
Tuesdays, May 10 through June 28  
5:45 to 7 p.m.

In addition to strength and flexibility, yoga offers increased awareness of how your body works and feels, and a greater ability to inhale and exhale. This will help improve your heart's health, as well as give you a generally more relaxed attitude toward life, better balance, and greater concentration on whatever you're doing. **This**



**type of yoga is better for intermediate participants of all ages.** Instructor: Valerie Farrell. \$90.

### Kripalu Yoga

Mondays, May 9 through July 18  
7:15 to 8:30 p.m.

This class consists of postures, breathwork, deep relaxation, and meditation practices designed to heighten body awareness, develop greater mental clarity, increase flexibility, and create a deep sense of inner peace. As we take the time to nurture ourselves through the practice of listening to the body's wisdom in posture, we learn to observe and experience the "present moment" with more ease, acceptance, and contentment. **Good for beginners of all ages, as well as for more experienced students.** Instructor: Martha Chabinsky. \$90.

### SCREENINGS

#### FITNESS EVALUATIONS

Call (603) 663-8280 for an appointment.

**Elliot Wellness Center**  
Includes fitness/health risk appraisal; submaximal cardio-respiratory evaluation (submax V02 level); body composition; strength, endurance, and flexibility assessments; and one-on-one education. \$40.

#### YOUR WELLNESS MATTERS SCREENINGS

◆ Third Thursday of each month  
8 a.m. to 3:30 p.m.

**Elliot Wellness Center**  
◆ Third Friday of each month  
8 a.m. to noon

**Elliot Senior Health Center**  
Full lipid/cholesterol profile (fasting required)—\$22; total cholesterol and HDL (nonfasting)—\$18; osteoporosis screening—\$20; body composition—\$20.

### SUPPORT GROUPS

#### AICD (Automatic Internal Cardiac Defibrillator)

First Friday of each month  
11 a.m.

For heart patients with internal cardioverter defibrillators and their families.

#### BREAST CANCER EDUCATIONAL SUPPORT GROUP

Mondays, 6 to 7:30 p.m.

For any woman with a recent breast cancer diagnosis who is looking for resources and information as well as

emotional and social support. For information or to register, call Chris Howard, (603) 663-1804, or Kelley Winn, (603) 663-5402.

### CHRONIC PAIN

First and third Tuesday of each month, 4 to 5:30 p.m.

For support and education regarding pain management. To preregister, call Lorry Roy, R.N., at (603) 663-6730.

### GOALS (Give Obsessive-compulsives Another LifeStyle)

First and third Tuesday of each month, 7 to 8 p.m.

Each session involves education, self-help, goal setting, and socializing. Call (603) 668-4079.

### LIVING BEYOND BREAST CANCER

Second Wednesday of each month, 6 to 7:30 p.m.

This ongoing monthly group is intended to provide mutual support and sharing for any woman who has experienced breast cancer. For information or to register, call Chris Howard, (603) 663-1804.

### LIVING WITH CANCER

Thursdays, 6 to 7:30 p.m.

For people with cancer and their families and friends to share interests and concerns. For information or to register, call Lana Manning, (603) 663-2602.

### PARKINSON'S

Third Wednesday of each month, 3 to 4:30 p.m.

For people with Parkinson's disease and their family members and friends. Coordinator: Mary Blevens, P.T.

### PROSTATE CANCER

Fourth Monday of each month  
6:30 to 8 p.m.

Call (603) 663-5787.

### S.H.A.R.E.

Third Wednesday of each month  
7 to 8:30 p.m.

For parents who have experienced a miscarriage, stillbirth, or neonatal death.

### VNA HOSPICE BEREAVEMENT DROP-IN CENTER

◆ Mondays (except holidays)  
9 to 10:30 a.m.

◆ Third Monday of each month  
6 to 7:30 p.m.

For anyone grieving the death of a loved one. Call the bereavement coordinator at (603) 663-4005.

## PARENTING

### Fit & Healthy, KID STYLE!

Tuesdays, March 15 through May 17 (This class will run again in the fall.)  
6:30 to 8 p.m.

For families and children ages 8 through 11 facing weight issues. Learn the impact that daily food choices and physical activity have on health, plan healthy meals, and get ideas about how to increase activity levels as a family. Parents will meet with specialists while children exercise with an exercise technician. Reimbursable by Anthem Blue Cross and Blue Shield and HealthTrust. Now a collaboration with Catholic Medical Center, Dartmouth-Hitchcock Manchester, Elliot Hospital, and YMCA of Greater Manchester. \$99 per family.

### HOW TO TALK SO KIDS LISTEN

Tuesdays, March 8 through April 19  
6:30 to 8:30 p.m.  
\$70.

### NEW PARENT/CHILD CREATIVE YOGA AND MOVEMENT

Saturday, May 21  
10 to 10:45 a.m.

For kids ages 5 and 6 and their parents, this class will explore the concepts of pathways, directions, levels, shapes, and balance through movement and yoga postures. Enjoy this fun-filled class, and leave refreshed and ready to move into your day. Children will improve their self-esteem, body awareness, flexibility, strength, and appreciation of others. Come dressed comfortably and bring a bottle of water. Instructor: Sandy Bothmer. \$15 for parent and child.

### PREPARING THE FAMILY FOR ANOTHER CHILD

Fridays, March 11 through May 13  
6:30 to 8 p.m.

Explore issues surrounding the addition of a brother or sister to the home. \$15.

### THE TESTING TODDLER

Fridays, April 8, June 10  
6 to 9 p.m.  
This workshop explores the normal growth and development of a child 1 to 3 years old. A child life specialist will address the challenges of dealing with topics such as sleep, discipline, and normal behaviors in toddlerhood. \$15.

### ONGOING CLASSES

- ◆ Back to Work and Breastfeeding
- ◆ Boot Camp for New Dads
- ◆ Breastfeeding
- ◆ Exercise and Your Pregnancy
- ◆ Grandparents' Update
- ◆ Great Expectations
- ◆ How to Talk So Kids Will Listen
- ◆ Hypnobirthing
- ◆ Infant/Child CPR and Safety
- ◆ Infant Growth and Development
- ◆ Infant Massage
- ◆ Introduction to Underwater Birth
- ◆ Labor Series
- ◆ Maternity Tours
- ◆ Moms' Group
- ◆ Parent Connection
- ◆ Parenting Your Newborn
- ◆ Prenatal and Postnatal Yoga
- ◆ Preparing the Family for Another Child
- ◆ Refresher Labor Class
- ◆ Sibling Class
- ◆ Siblings Without Rivalry
- ◆ The Testing Toddler
- ◆ VBAC (Vaginal Birth After Cesarean)



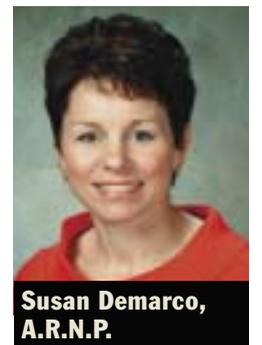
**JUST FOR YOU:** The Pulmonary Rehabilitation Program at Elliot offers an individualized exercise care plan tailored specifically for you by a team of healthcare professionals.

**SHOULD YOU WORRY?**

# BREAST PAIN

BY SUSAN DEMARCO, A.R.N.P.

**D**o you suffer from breast tenderness—or worse, breast pain? Then you are not alone. Breast pain is very common, and most women, at some point in their lives, experience this annoying problem. But don't worry. Breast discomfort is rarely a symptom of breast cancer.



**Susan Demarco, A.R.N.P.**

Breast discomfort can be mild and occur just before your period, or it can be more severe and almost painful. Some women can experience this problem every day of the month.

Here at the Elliot Breast Center, we have found that most women with breast pain do not have a serious breast disease, but their symptoms are caused by multiple factors. The most common causes include: ♦ Hormone changes before your period. ♦ Retaining extra body water from hormone changes or salty foods. ♦ Too much caffeine. ♦ Birth control pills or hormone replacement therapy. ♦ Pregnancy. ♦ Not wearing supportive bras, especially when exercising. ♦ Weight gain. ♦ Traumatic injury.

**WHAT CAN I DO?** If any of these causes sound familiar, here's some advice: If the discomfort is mild, you don't have to do anything. On the other hand, if you are miserable, you might want to take some of these steps:

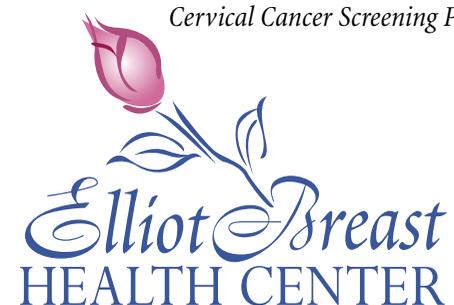
- Cut down or eliminate caffeine from your diet.
- Avoid too much salt, especially before your period.
- Wear a supportive bra if you are active—pull-over support bras are great.
- Wear your bra to bed if you have to—why did our mothers tell us not to?
- Try over-the-counter ibuprofen three times daily if you need extra relief.\*

If you continue to have breast pain in spite of trying some of these suggestions, call your doctor. If you feel any unusual breast lumps or bumps, or you experience nipple discharge, call your doctor to make an appointment.

Free breast health screenings are available at Elliot for eligible women. Log on to [www.elliotohospital.org/freescreening/about.html](http://www.elliotohospital.org/freescreening/about.html) or call (603) 663-5787 to find out if you are eligible.

\*Read all labels and call your healthcare provider before taking any medications.

*Susan Demarco, A.R.N.P., works at the Elliot Breast Health Center and is the clinical director of Elliot's Breast and Cervical Cancer Screening Program.*



## CATCH your breath!

Yes	No	Ask yourself these important questions:
<input type="checkbox"/>	<input type="checkbox"/>	<b>1. Do you experience shortness of breath when climbing stairs, walking, or exercising?</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>2. Has your doctor told you that you have a chronic respiratory disease?</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>3. Does shortness of breath stop you from keeping up with people your own age, traveling, or socializing?</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>4. Were/are you a smoker?</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>5. Do you find it difficult to do routine activities, such as bathing, dressing, housework, or shopping, because of shortness of breath?</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>6. Do you take numerous respiratory medications, inhalers, or nebulizers?</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>7. Do you use oxygen?</b>

**TROUBLE BREATHING?**

# YOU CAN BREATHE EASIER

If you answered yes to one or more of the questions in the quiz above, you may benefit from our Pulmonary Rehabilitation Program. Elliot Hospital offers a six-week outpatient Pulmonary Rehabilitation Program that aims to improve your quality of life by controlling and lessening the symptoms and complications of respiratory disease. By increasing your strength and endurance through exercise and education, you can complete your daily activities with less effort and shortness of breath.

Elliot's Pulmonary Rehabilitation Department has been serving the community for more than five years. The program offers an individualized exercise care plan tailored specifically for you by a team of healthcare professionals, consisting of a nurse practitioner, respiratory

therapists, and physical therapists.

A referral from your physician is required, and he or she is kept informed of your progress. After completing the program, you can continue with "Pulmonary Rehabilitation Maintenance" classes.

**Don't waste another breath!**

**Get on the road to wellness today.**

**Call (603) 663-2366.**

For more information, call the Pulmonary Rehabilitation Department at (603) 663-2366 or e-mail [kmoriarty@elliott-hs.org](mailto:kmoriarty@elliott-hs.org).





**WHERE EVERYBODY KNOWS YOUR NAME**

# ADULT DAY PROGRAMS INCREASE INDEPENDENCE

**E**lliot has two Adult Day Program locations, one on the Elliot Hospital campus in Manchester and the other at The Arbors in Bedford. Both sites offer community-based group programs designed to meet the needs of adults through individualized care plans.

These structured, comprehensive programs provide physical, social, and mental enrichment in a protective setting. Our services include: ♦ Socialization and friendships. ♦ Delicious, hot meals. ♦ Exercise programs. ♦ Nursing care, health assessments, and blood pressure monitoring. ♦ A safe and supervised environment. ♦ Door-to-door, round-trip transportation services. ♦ Staff assistance in finding possible financial help to cover program costs. ♦ Monthly caregiver support groups.

**CALL FOR HELP** If you know of a senior or caregiver who is in need of Adult Day Program services in order to maintain their own or a loved one's independence and well-being, please remember the Elliot Adult Day Programs. For more information about the programs, to schedule a tour of our facilities, or for a free trial visit, call (603) 663-2407 (Manchester at Elliot Hospital) or (603) 624-9588 (Bedford).

## GETTING TO THE HEART OF THE MATTER

# HEART HEALTH SEMINAR

**C**ardiovascular disease claims the lives of nearly 500,000 American women each year. New Hampshire is not exempt from the statistics, with studies showing that heart disease is the leading cause of death for women in the state.

Risk factors such as high blood pressure, high cholesterol, inactivity, diabetes, and smoking often play a role in a woman's chances of developing cardiovascular disease.

Like many health organizations across the country, Elliot Hospital recognizes the need to raise awareness about heart disease in women. We are offering a one-day cardiovascular health seminar on Saturday, April 2.

Cardiologists from Elliot Hospital will present information on statistics, risk factors, prevention, and treatment of cardiovascular diseases. Exhibitors will also provide information on a variety of health-related topics and services.

**Call (603) 663-4567 to learn more about the one-day seminar.**

The seminar, "Getting to the Heart of the Matter," is free and open to the public. To register, please call ELLIOT ON-CALL at (603) 663-4567 or log on to [www.elliotechospital.org](http://www.elliotechospital.org).



## Schedule—Getting to THE HEART OF THE MATTER

**Saturday, April 2, from 8 a.m. to 3:30 p.m.  
C.R. Sparks, the Event Center in Bedford, N.H.**

### PROGRAM SCHEDULE

8–8:45 a.m.	Registration / continental breakfast / visit exhibitors
8:45–9 a.m.	Welcome / explanation of the "Go Red" campaign / introduction of speakers
9–10 a.m.	Robert Orr, M.D., F.A.C.C.—"Women and Heart Disease"
10–10:30 a.m.	Break / visit exhibitors
10:30–11:30 a.m.	Alan Garstka, M.D., F.A.C.C.—"Interventional Cardiology"
11:30 a.m.–12:30 p.m.	Buffet lunch
12:30–1:30 p.m.	Patrick Hickie, M.D., F.A.C.C.—"Lipids"
1:30–2 p.m.	Break / visit exhibitors
2–3 p.m.	Linda Rockenmacher, R.D., L.D.—"Heart-Healthy Eating for the Entire Family"
3 p.m.	Program evaluations

Exhibitors will include Elliot Hospital's The Spa Within, the Elliot Breast Health Center, the American Heart Association, Working Well, and more.



# ELLIOT REPORTS \$27 MILLION IN COMMUNITY BENEFITS

For more than a century, Elliot Hospital, Elliot Health System, and their affiliates have been committed to improving the health and well-being of the people in our community.

Some of the programs and services we invested in last year include: ♦ Women's and Children's Services. ♦ Patient safety, in particular, effective medication delivery. ♦ Lawson information systems. ♦ Angioplasty. ♦ The Regional Trauma Center. ♦ The Elliot Physician Network. ♦ Electronic medical records. ♦ The Regional Cancer Center. ♦ The Elliot Breast Health Center. ♦ Bereavement services. ♦ Dental care for preschoolers. ♦ Family support coordination. ♦ General educational development. ♦ The Temporary Emergency Scholarship Fund. ♦ Childhood obesity treatment programs. ♦ Senior Health Services.

Clients who have benefited from Elliot's programs and services have shared comments such as these:

"I signed up for a 10-week walking program at the Elliot Senior Health Center because I am overweight and had no energy. I had to have my pacemaker changed, and then my left leg was so sore with arthritis. I wore my brace and walk[ed] a little at a time, and walk[ed] and work[ed] out in my son's pool—but [I] can't measure my steps in the water. This is a great program, and I thank you for all the mailings that kept me going. Thank you for the workbook." —C. S.

"A tradition spanning five generations" is how Diane Belcourt explains her link to Elliot Hospital. Her grandmother, Emelie Lafond, always spoke highly of the wonderful care she received in the '40s and '50s, and when her daughter gave birth, it was only natural that she chose Elliot. Today, Belcourt is the mother and grandmother of her own Elliot babies. In true family fashion, she was present when granddaughter Emelie, named for her great-great-grandmother, arrived into the world.

"Most of all, our family has experienced firsthand the superior quality care, compassion, dignity, and respect with which every patient is treated at Elliot Hospital. My grandmother would be pleased to know that the excellent healthcare that was in place long ago continues today." —Diane Belcourt

Plans for the 2005 fiscal year include funding for such departments, programs, and services as hospital electronic medical records, child and adolescent psychiatric services, interpretation services, breast and cervical cancer screenings, the Elliot Breast Health



COMMUNITY BENEFITS—PEOPLE SERVED: 691,350	
Community benefit	
Traditional charity care	\$9,532,047
Unpaid costs of Medicare	\$5,861,532
Unpaid costs of Medicaid	\$3,755,889
<b>Nonbilled services</b>	
Community education/outreach	\$5,071,972
Patient education	\$259,053
Counseling/support/self-help	\$428,939
Screenings	(\$9,629)
Other nonbilled services	\$48,010
<b>Subtotal (nonbilled)</b>	<b>\$5,798,345</b>
<b>Medical education</b>	
Physicians, nurses, technicians, and other professionals	\$43,364
Scholarships/funding	\$307,616
Other medical education	\$3,576
<b>Subtotal (medical education)</b>	<b>\$354,556</b>
<b>Subsidized health services</b>	
Neonatal/obstetrical/newborn	\$8,836
Other subsidized services	\$672,230
<b>Subtotal (subsidized services)</b>	<b>\$681,066</b>
<b>Cash/in-kind donations</b>	<b>\$1,347,911</b>
<b>Community building</b>	<b>\$19,958</b>
<b>Grand total</b>	<b>\$27,351,304</b>

Call (603) 663-8407 to receive a complete copy of  
the *Community Benefits Report*.

Center, childhood obesity treatment programs, and smoking intervention. We are confident that Elliot Health System and its affiliates will continue to make a difference in the health and well-being of those who reside in the Greater Manchester area.

For more information or to comment on the *Community Benefits Report* for 2004, the *Community Benefits Plan* for 2005, or the *Community Needs Assessment*, call Joan Stevens at (603) 663-8407.

## Our Mission

● **C**oncern and respect for the dignity of every person.

*Elliot Health System sets the standard for the delivery of health services and for community health and wellness in Southern New Hampshire.*

*Elliot Hospital, a leader in health-care, is dedicated to providing its community with excellent services offered with dignity, caring, and respect. We affirm the following beliefs:*

● **A**ppreciation for and cooperation among the board of trustees, medical staff, administration, employees, and volunteers.

● **R**ecognition that resources must be used prudently and effectively.

● **I**ntegration of exemplary healthcare with community resources.

● **N**urturing of financial stability and strength.

● **G**overnance of all relationships with integrity and openness.



YOUR WELLNESS MATTERS is published as a community service for the friends and patrons of ELLIOT HOSPITAL, One Elliot Way, Manchester, NH 03103, telephone (603) 669-5300, [www.elliotohospital.org](http://www.elliotohospital.org).

**Doug Dean**  
President and CEO

**William G. Steele Jr.**  
Chairman, Board of Trustees

**David Li, Ph.D.**  
Vice President,  
Strategic Planning and  
Public Affairs & Marketing

**Adrienne Walkowiak**  
Director, Public Affairs & Marketing

**Tiffany Nelson**  
Marketing Communication Specialist

**Michelle Drewniak**  
Administrative Assistant

Information in YOUR WELLNESS MATTERS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos and illustrations.

Copyright © 2005 Coffey Communications, Inc. HST16915c

