



Your Wellness Matters



Fall 2002

health facts



Perfect vision is more than 20/20. Contrary to popular belief,

20/20 does not mean perfect vision. It is a measure of visual sharpness—meaning you can see at 20 feet what you should be able to see at that distance.

—American Optometric Association

Lifesaving legumes. Eating lots of legumes, such as beans and peas, can lower the risk of heart disease. Researchers found that men and women who ate legumes at least four times a week had a 22 percent lower risk of heart disease over 19 years than those who ate legumes only once a week.



—Archives of Internal Medicine

Why we don't drink WATER

Health experts recommend drinking at least eight 8-ounce glasses of water a day. Top reasons people give for not drinking water:

CCI infographic with data from the International Bottled Water Association



Emergency

WHEN YOU VISIT THE ER

What could an impulsive toddler, an overworked accountant and a grandmother of three possibly have in common?

Each recently showed up for treatment at a hospital emergency department—the toddler because she swallowed a penny, the accountant because of severe chest pain and the grandmother because of stroke symptoms.

Every year in the United States nearly 100 million people—just like these three—arrive at the nation's emergency departments seeking care.

"Twenty-four hours a day, seven days a week, emergency departments are available to provide potentially lifesaving treatment to patients from every walk of life," says Russell Harris, M.D., spokesman for the American College of Emergency Physicians.

Should you—or a loved one—suddenly find yourself heading for the emergency department, here's a quick look at what to expect.

Fully professional care. "Only a few decades ago, the person overseeing your treatment might have been a doctor with only limited training in emergency care," says Dr. Harris.

But today, hospitals are staffed by doctors with highly specialized training in emergency medical care—training that runs the gamut from pediatric life support and trauma management, to cardiac and stroke care.

A system of lifesaving priorities. If you arrive by ambulance or are unconscious, you'll be

immediately assigned a bed and treated. In most other cases, you'll remain in the waiting area where your condition will be assessed.

THOSE WITH THE MOST SEVERE ILLNESSES OR INJURIES ARE TREATED FIRST.

Quite probably, a nurse will determine how urgently you need care by checking your vital signs—including your heart rate, temperature and blood pressure—and taking into account your symptoms and medical history.

This process is called triage, from a French word meaning "to sort." Those with the most severe illnesses or injuries are treated first. Thus, even if you find yourself waiting longer than you'd hoped, you haven't been forgotten.

Appropriate care. As soon as possible, an emergency physician will examine you and order any necessary tests—such as an x-ray or electrocardiogram—to diagnose your condition.

If your condition requires it, you may be admitted to the hospital. If not, your doctor will discuss your diagnosis and outline any follow-up care you need after you leave the emergency department.

Finally, for the best experience possible, remember these emergency department dos and don'ts: ▶ If possible, ask a trusted friend or relative to accompany



Last year Elliot Hospital's emergency department treated more than 45,000 people. We're ready to care for you 24 hours a day, seven days a week.

Don't ignore symptoms—call for help

Can you recognize the warning signs of a medical emergency?

The following list from the American College of Emergency Physicians spells out potentially life-threatening symptoms. Immediately call 911 or your local emergency number whenever these symptoms are present:

- Chest pain lasting for more than two minutes.
- Uncontrollable bleeding.
- Coughing or vomiting blood.
- Difficulty breathing or shortness of breath.
- Sudden dizziness, weakness or change in vision.
- Severe or persistent vomiting or diarrhea.
- A change in mental status, such as confusion or extreme lethargy.

you for extra support.

▶ Time permitting, bring pertinent medical records, including a list of your allergies and any medications you take.

▶ Don't hesitate to question your doctor about any aspect of your diagnosis or follow-up treatment that you don't understand.

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Time to get ready for fall. Sign up for classes on pages 7 and 8.



SAVE THE DATE!
Upcoming events

UNITED WE STAND

Saturday, Sept. 28, 6 p.m.
Center of New Hampshire
The Elliot Hospital Associates is hosting the United We Stand dinner dance. Call the Elliot Associates at **472-3723** to reserve tickets for an evening of dancing, featuring the band Celebration, and fabulous food. Proceeds will benefit Elliot Hospital's Women's and Children's Services.



AUTUMN APPRECIATION EVENT

Wednesday, Oct. 9
The generous donors to Elliot Health System will be celebrated and honored with a reception and scrumptious delights, compliments of C.R. Sparks, Bedford Village Inn, and Cotton.



LIGHT UP A LIFE

Sunday, Nov. 24, 1 p.m.
Palace Theater, Manchester, NH
Featuring Harvi Griffin, internationally acclaimed harpist
Sponsored by the VNA Hospice Program, Light Up a Life is a celebration of life that honors thoughts and memories of loved ones. Funds raised from this event will provide direct care and support for terminally ill patients and their families.

For ticket information, please call the Visiting Nurse Association at **622-3781** or the Palace Box Office at **668-5588**.



The Boise Cascade crew (from left): Andy Miller, Wally Key, Dave Tillotson, and George Johnson.

Third Annual Golf Classic

The Elliot Hospital Associates recently hosted their Third Annual Golf Classic to benefit Oncology Services. Held at Stonebridge Country Club, the tournament was highly successful, with 148 golfers and strong corporate sponsorship support.

The Elliot Associates raised more than \$40,000 this year to donate to Oncology!

Congratulations to the Workplace Benefit Solutions foursome of David Laravee, Dennis Cahill, Maureen Grand, and Paul Dixon, finishing at 11 under par!

The Fourth Annual Golf Classic is set for Thursday, June 5, 2003, at Stonebridge Country Club.

THANK YOU, SPONSORS!

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- Prize Sponsor*
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Varian Medical Systems
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Tee, fairway, and green signs by Jutras Signs & Flags
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- Healthcare Provider Advocates, Inc.
- In memory of Donn Tibbetts
- Kelley Direct Solutions
- Kelly Construction Co., Inc.
- Medical Bureau
- NH Cardiology
- NH Orthopaedic Surgery, PA
- Northeast Delta Dental
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Siemens Building Technologies
Stibler Associates, LLC
TownPlace Suites by Marriott, Courtyard by Marriott, SpringHill Suites by Marriott & Sleep Inn
Twin Designs

A special thanks to Elliot Hospital Associates Elizabeth Stewart, Janie Tibbetts, Gail Badolato, and Mary Ellen Biser for their dedication to this popular and rewarding event.



Visiting hours at Elliot Hospital take on new meaning

Waiting for a loved one to have any sort of medical procedure at a hospital can be time-consuming and uneventful. Waiting areas typically offer a TV, magazines, and promotional brochures, but there is always a sense of anxiety and a feeling of exhaustion from just waiting.

Consider young children in the same setting, and imagine the painfully long waiting hours that exist for many families visiting the hospital.

Elliot Hospital has considered the waiting and visiting family and friends of our patients. The conclusion was that Elliot has the space to make waiting productive for adults and fun for children.



Adults. For adults Elliot has collaborated with Boise Cascade to change visiting and waiting hours into productive work time. The Boise Cascade Business Center at Elliot Hospital now offers luxurious and private business space, allowing for laptop hookup, faxes, phone calls, and Internet access. The comfort and quiet necessary for meaningful and productive work is unique and important for both the business community and working family members spending time at Elliot to offer support to a loved one.

Children. For the visiting children, siblings, or friends of a patient, Elliot Hospital and Manchester's Toys "R" Us created a children's play center that incorporates toys and games for all ages in one space. The Rzone Arcade, Geoffrey's Game World, Creativity Corner, and Land of the Little One delight our younger visitors—and their parents.

Recognizing the value of family members' time and offering real, tangible services strengthens our commitment to them and to the community.

"We enjoy collaborating with companies on what some consider out-of-the box thinking, and Toys "R" Us and Boise Cascade can be proud of their role in setting the trend," says Susanna Whitcher, Director of The Mary & John Elliot Charitable Foundation.



NATIONAL CANCER SURVIVORS DAY
A celebration of life

On Sunday, June 2, Elliot Health System hosted National Cancer Survivors Day in collaboration with the Center of New Hampshire. Nearly 1,000 people visited the Expo Center to celebrate the life of a loved one who has won their fight against cancer.

Cancer survivors celebrated with a fabulous '50s theme party, including music by The Reminiscent, entertainment by the Granite State Cloggers, and a complete chicken and burger barbecue, ice cream, and cakes—all donated by Hannaford Brothers Co. Our thanks go out to the Twin State Cruisers for showcasing antique cars and to WQLL Cool 96.5 FM for a live radio broadcast.

Cancer Survivors Day was made possible by donations of goods and services from more than 60 companies throughout New Hampshire. EHS thanks the following individuals and companies for their support in making Cancer Survivors Day a huge success: The Center of NH Holiday Inn Expo Center, Hannaford Brothers Co., WQLL 96.5 FM, Elliot Health System volunteers, Elliot Hospital Associates, Carolos Galvis, Diane Cherwin, Elizabeth Biron, EHS Facilities Management, EHS Food and Nutrition Services, James and Kelley Winn, Linda Dutille, Susanna Whitcher, and Leslie Peterson.

A DAY OF REJOICING: Nearly 1,000 people celebrated National Cancer Survivors Day at the Expo Center on June 2. Festivities included a performance by the Granite State Cloggers and other entertaining guests and activities.

FAMILY HEALTH

COMMUNICATING WITHOUT WORDS

Baby sign language increases parent/child bond

Until just a few decades ago, experts didn't think babies could understand their parents. Today there's a new trend in communicating with infants, and research shows it's benefiting both babies and their parents.

What is it? Sign language—and not just for babies with hearing problems.

Wouldn't it be wonderful to know what your baby's tears mean? Now, with the help of baby sign language, you can know what your baby's needs are before tears and frustration set in.

LEARN TO COMMUNICATE WITH YOUR BABY! JOIN US FOR BABY SIGNING FOR HEARING INFANTS, THURSDAY, OCT. 3, 6:30 TO 8 P.M. SEE PAGE 8 FOR DETAILS.

Baby sign language gives babies an outlet to express themselves before speech develops, and it strengthens the parent/baby bond. Incorporating it into family life can reduce parents' anxiety in meeting their baby's needs. It can especially be an

effective form of communication when used in conjunction with day care providers.

The baby signing concept borrows signs from American Sign Language (ASL). It also teaches an awareness of your baby's creativity to develop his or her own symbolic gesturing. Babies are typically capable of producing signs starting at 7 months. However, they must be interested in communicating.

RESEARCH

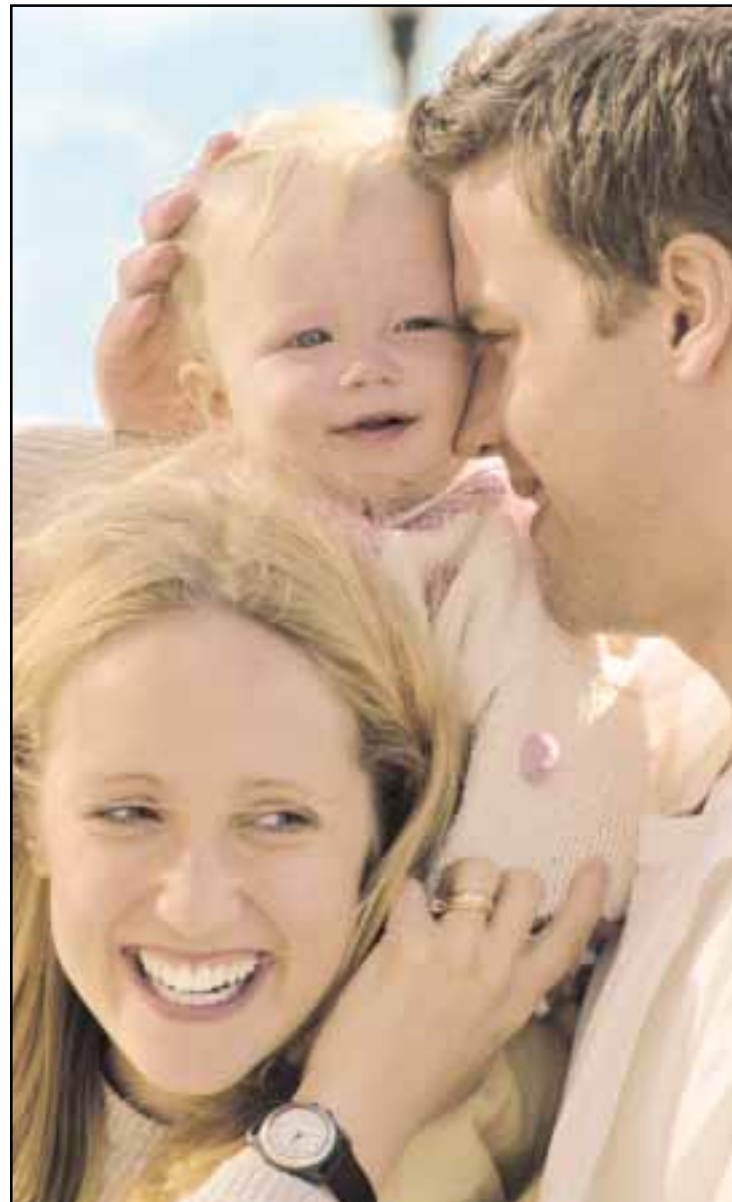
Baby sign language has actually been shown to boost verbal communication and jump-start children's interest in reading. A University of California study followed babies through their 8th year and found that signing with babies strengthened the parent/child bond, increased interest in books, enhanced verbal language development, and resulted in higher IQs.

In a study funded by the National Institutes of Child Health and Human Development, babies who used symbolic gestures understood more words, had larger vocabularies, and engaged in more sophisticated play than non-signing babies.

SPECIAL NEEDS

Professionals have used sign language for years to assist children having difficulty developing verbal skills to communicate. Parents and caregivers of children with special needs, such as autism and Down's syndrome, know too well the heartbreak of communication barriers.

Many experts advocate sign language as a method to stimulate communication and bring



relationships to a deeper level.

For more information on sign language and special needs, visit www.autism.org/sign.html.

Perhaps the greatest benefit of signing with a baby is the undivided attention given to each

other and discovering the new person in the world.

Sources: Acredolo, L. P., and Goodwin, S. W. (July 2000). The long-term impact of symbolic gesturing during infancy on IQ at age 8. Paper presented at the meetings of the International Society for Infant Studies, Brighton, UK.

Goodwyn, S. W., Acredolo, L. P., and Brown, C. (2000). Impact of symbolic gesturing on early language development. *Journal of Nonverbal Behavior*, 24, 81-103.

Be aware in October

Breast Cancer Awareness Month

It is estimated that New Hampshire will see 800 new breast cancer cases diagnosed in 2002.

Clinical breast exams and mammograms, in addition to breast self-exams (BSE), performed as recommended by the American Cancer Society guidelines are key to early detection and treatment. On average, only 63 percent of New Hampshire women 40 and older have had a mammogram and clinical breast exam within the past year.

FOR MORE ABOUT MAMMOGRAPHY SERVICE LOCATIONS, CALL ELLIOT ON-CALL AT 663-4567.

Acknowledging October as Breast Cancer Awareness Month, Elliot Health System (EHS) staff members encourage women to call and make an appointment for a mammogram.

The Elliot Physician Network offers mammography services in Manchester, Raymond, and Amherst. For more information and directions to these locations, call ELLIOT ON-CALL at 663-4567.

ELLIOT SUPPORTS BREAST HEALTH AWARENESS

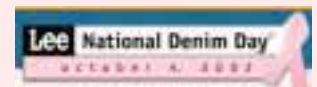
Team Elliot will be participating in the American Cancer Society's Making Strides Against Breast Cancer Walk in Manchester on Oct. 6.

On Friday, Oct. 4, EHS employees will participate in Lee National Denim Day, the world's largest single-day fund-raiser for breast cancer.

Employees can make \$5 donations to the foundation and wear jeans to work to show their support in the fight against breast cancer. All donations benefit the Susan G. Komen Breast Cancer Foundation.

EHS joins the more than 15,000 companies from last year who participated in this event and urges organizations throughout the state to join them in this crusade. This year's goal is to raise \$7.5 million and have 1.5 million people participate in the event.

For more information or to participate, call the Lee National Denim Day hotline at 1-800-521-5533, or visit their Web site at www.denimday.com.



Space is limited, so call ELLIOT ON-CALL at 663-4567 to reserve your place.

Screenings can save your life

PROSTATE SCREENING Wednesday, Sept. 18 3 to 5 p.m.

The American Cancer Society cites prostate cancer as the second leading cause of cancer death in men in the United States. It is also the most common cancer among men (excluding skin cancers). If prostate cancer is detected in the early stages, it can often be treated successfully. Men 50 to 70, and men 40 to 50 with a family history of prostate cancer, should be screened.

COLON CANCER PRESENTATION Monday, Sept. 30 7:30 p.m.

The number of Americans diagnosed annually with cancer will double during the next 50 years—from 1.3 million to 2.6 million. If widely used, a single colonoscopy at age 50 would result in 30 percent fewer cancer deaths.

Deb Murphy, R.N., will help sort out the facts about colorectal cancer, including causes, risk factors and recommended screenings.

'BONE' APPETIT Monday, Oct. 21 5 to 8 p.m.

Join us for the second annual "Bone" Appetit, an evening dedicated to osteoporosis education. Enjoy a light, calcium-rich meal, and get exercise recommendations from a physical therapist, dietary recommendations from a registered dietitian, and an overview with a physician. Participants will have an opportunity to get an osteoporosis screening using an ultrasound.

WELLNESS

ASK YOUR NURSE PRACTITIONER

By VICTORIA BLIGHT, A.R.N.P.

For the past few years, I have had a bumper sticker on my car that reads "Ask your nurse practitioner." One question I am commonly asked by both my patients and the general public is "What exactly is a nurse practitioner?"

Simply put, a nurse practitioner is a registered nurse with advanced education and training. This advanced clinical and educational experience provides nurse practitioners, or NPs, the ability to provide healthcare to patients of all ages.

THE ROLE OF AN NP

In addition to diagnosing and treating illnesses, NPs promote wellness and aid in maintaining health. This is accomplished through routine screening, patient education, and individualized care.

Nurse practitioners provide holistic care, meaning we focus on meeting the physical, psychosocial, and spiritual needs of our patients. We can perform physicals, order diagnostic testing, and prescribe medications.

NPs are listed as primary care providers by a variety of insurance carriers. In fact, some nurse practitioners practice in independent NP-run clinics.

WHERE DO NPs PRACTICE?

NPs practice in a variety of acute care and outpatient settings.

Nurse practitioner specialties include:

- ▶ Emergency care
- ▶ Family practice
- ▶ Geriatrics
- ▶ Internal medicine
- ▶ Neonatology
- ▶ Obstetrics/gynecology
- ▶ Pediatrics
- ▶ Psychiatry

NECESSARY EDUCATION

Nurse practitioners undergo advanced clinical training at certified colleges and universities. Nurse practitioner programs require both advanced course work and extensive clinical internships.

NPs are licensed by their state and obtain national certification in their specialty.

NPs AT ELLIOT

Elliot Health System offers NPs in a variety of hospital and outpatient settings. They function in the organization collaboratively with physicians in their practices.

Having NPs available offers patients options for their healthcare. Choosing to see a doctor or an NP is an individual decision based on the unique needs of each patient.

For a listing of NPs in your area, call ELLIOT ON-CALL at 663-4567.

Victoria Blight is a nurse practitioner with Bedford Village Family Practice, located at 15 Constitution Drive in Bedford, N.H. To make your next appointment, call 472-7233.



Comfort and quality combined in one

New MRI equipment at Elliot Hospital

Having an MRI (magnetic resonance imaging) scan is no longer an uncomfortable, confining experience. The experts at Elliot Hospital sought and acquired the most comfortable equipment available.

ABOUT MRI

MRI is one of the most advanced diagnostic methods. It provides an excellent, easy, and safe way to diagnose diseases of the brain, spine, joints, chest, abdomen, pelvis, and blood vessels.

MRI uses a magnetic field and radio waves (instead of x-rays) to display many parts of the body. The patient is comfortably positioned, and the table moves through the magnet. The magnet is well-lit and open at both ends.

The patient is in constant contact with the technologist, both visually and through an intercom. Other than a muffled thumping sound, MRI creates no bodily sensation.

An MRI exam usually lasts between 20 and 60 minutes, and

patients are encouraged to bring a favorite CD or choose from the department's music library.

SPACIOUS AREA

The MRI Department is a beautiful suite within the hospital with a spacious room, complete with a skylight and windows for a pleasant environment.

The friendly staff of registered technologists, who care about comfort as well as health, make exams as fast and easy as possible. This is great news for patients who experience claustrophobia or high anxiety in conventional MRI equipment on a mobile unit.

QUALITY CARE

Elliot's fixed MRI, the MAGNETOM® Symphony Quan-



The caring staff is always in contact with patients during an MRI. Patients have responded positively to the new, spacious room and are able to listen to music during the test.

tum system, is from Siemens Medical Systems, Inc., the world's leading manufacturer of MR systems. The new system uses advanced technology to provide shorter exam times.

Paired with the new MRI Department, this allows Elliot Hospital to provide an unparalleled level of quality care to the community. To learn more about Elliot Hospital's fixed MRI, call 663-4190.

Our doctors are in!

Primary care is essential to healthful living. If you've been putting off a physical or can't remember the last time you saw a doctor, our providers are in. And they look forward to caring for you and your family.

AMHERST

Amherst Medical Associates

199 Route 101
Amherst, NH 03031
(603) 249-3000
■ Monday, Thursday, Friday:
8 a.m. to 5 p.m.
Tuesday: 8 a.m. to 8 p.m.
Wednesday: 8 a.m. to 7 p.m.

BEDFORD

Bedford Village Family Practice

15 Constitution Drive
Bedford, NH 03110
(603) 472-7233
■ Monday through Friday:
8 a.m. to 5 p.m.

Family Practice Associates of Bedford

25 S. River Road
Bedford, NH 03110
(603) 626-4392
■ Monday through Friday:
8 a.m. to 5 p.m.

GOFFSTOWN

Glen Lake Family Practice
89 S. Mast Road
Goffstown, NH 03045
(603) 497-5661

■ Monday through Friday:
8 a.m. to 5 p.m.

HOOKESETT

Hooksett Medical Center
1256 Hooksett Road

Hooksett, NH 03106

(603) 624-8652

■ Monday, Wednesday, Thursday,
Friday: 8:15 a.m. to 5 p.m.
Tuesday: 8:15 a.m. to 8 p.m.

Riverside Primary Care

Riverside Park
11 Kimball Drive
Hooksett, NH 03106

■ Monday, Tuesday, Wednesday,
Friday: 8:15 a.m. to 5 p.m.
Thursday: 8:15 a.m. to 7 p.m.

LONDONDERRY

Apple Tree Family Physicians

4 Orchard View Drive
Londonderry, NH 03053
(603) 537-2100

■ Monday through Friday:
7:30 a.m. to 5 p.m.

MANCHESTER

Briarwood Primary Care

445 Cypress St.
Manchester, NH 03103
(603) 663-8200

■ Monday through Friday:
8 a.m. to 5 p.m.

Cypress Internal Medicine

30 Canton St.
Manchester, NH 03103
(603) 668-7352

■ Monday through Friday:
8 a.m. to 5 p.m.
Closed Wednesdays

Granite State Medical Center

190 Tarrytown Road
Manchester, NH 03103
(603) 626-5113

■ Monday, Tuesday, Wednesday,
Friday: 8 a.m. to 4:30 p.m.
Thursday: 8 a.m. to noon

Hampshire Internal Medicine

445 Cypress St., Suite 5
Manchester, NH 03103
(603) 668-8042

■ Monday through Friday:
8 a.m. to 4:30 p.m.
Closed Wednesdays

Senior Health Primary Care

Elliot Senior Health Center
138 Webster St.
Manchester, NH 03103
(603) 663-7030

■ Monday through Friday:
8:40 a.m. to 4:30 p.m.

MERRIMACK

Daniel Webster Family Care

515 Daniel Webster Highway
Merrimack, NH 03054
(603) 424-4839

■ Monday through Thursday:
8 a.m. to 5 p.m.

NEW BOSTON

New Boston Primary Care

52 High St.
New Boston, NH 03070
(603) 487-3429

■ Monday through Friday:
8 a.m. to 5 p.m.

RAYMOND

Pawtuckaway Medical Center

Raymond Shopping Center
15 Freetown Road
Raymond, NH 03077
(603) 895-8000

■ Monday through Friday:
8 a.m. to 5 p.m.

SALEM

Salem Medical Center

18 Pelham Road
Salem, NH 03079
(603) 870-7400

■ Monday, Tuesday, Thursday,
Friday: 8 a.m. to 5 p.m.
Wednesday: 8 a.m. to 6:45 p.m.

LOCAL SCENE

WANT TO LOOK 5 YEARS YOUNGER?

A Botox® procedure can help you do just that

You laugh. You frown. You concentrate. Over time, those expressions leave their mark on your face. And there wasn't a whole lot you could do about it—until today!

Elliot Health System is offering Botox Cosmetic treatments, administered by James Bartels, M.D., at The Spa Within.

WINNING RESULTS

A short, 10-minute treatment of Botox will leave you looking years younger as the facial muscles relax. The most commonly treated areas are the forehead, around the eyes, and between

the eyebrows. With Botox injections, crow's feet can be softened, the furrow between brows can be diminished, and forehead wrinkles can be lessened. Once the muscles begin to rest, the skin becomes smoother, creating a more relaxed and younger appearance.

Best of all, since the procedure is nonsurgical, no recovery time is needed. No sedation or local anesthetic is used, and you can resume normal activities immediately.

This simple procedure can dramatically reduce even the toughest wrinkles. As skin becomes less elastic over time, repeated



frowning may create visible lines and wrinkles—even when your face is relaxed. By paralyzing the superficial muscles, wrinkles “relax” and soften, which helps prevent additional wrinkles.

SATISFIED CLIENTS

Botox injections have been widely used for cosmetic purposes for a decade, and they are enthusiastically endorsed by Botox clients at The Spa Within. A very small amount of the diluted drug is injected directly into the muscle in the desired treatment area.

Treatments take approximately seven to 10 days to achieve the full effect. Given its unique mech-

anism of action, Botox offers sustained benefits over the course of long-term treatment. Initial treatments typically last about three to four months and then fade gradually. At that time, you should return to see Dr. Bartels at the Spa for your next treatment. As you continue the treatments, the effects last even longer—up to six to eight months.

The degree of relief and duration of effect varies with each person. Facial muscles that are larger (such as in men) or used a lot may require treatments more frequently. Often the facial muscles become “trained” to move less so that, over time, less Botox is needed to keep the

Tips for a good Botox procedure

Here are important questions you should ask to ensure a safe Botox experience:

- First, confirm that the person performing the procedure is a physician.
- Ask the doctor about his or her specialty. Doctors most trusted and best trained to provide Botox services are those specializing in otolaryngology, plastic surgery, dermatology, and, sometimes, ophthalmology.
- Ask how much experience a doctor has in this field. Botox is a relatively new procedure to many doctors.
- Before the procedure, talk with the doctor about realistic expectations, potential risks, and benefits. All of this information must be explained clearly and discussed with the patient before the procedure takes place.

facial lines relaxed.

If you're interested in receiving Botox treatments, call **663-5400** to schedule an appointment with Dr. Bartels at The Spa Within.

Dr. Bartels, an otolaryngologist with ENT Specialists of Southern New Hampshire, is board-certified by the American Board of Otolaryngology and has been in practice since 1987.

Treatments available at the Spa

The Spa Within offers a unique atmosphere that gently embraces your mind and body with rejuvenating and relaxing therapies to renew your soul and lift your spirit. At the Spa, services such as facials and body services, and hand and nail treatments, are available to patients, physicians, staff, volunteers, visitors, and the community. The Spa Within is located on the fifth floor of Elliot Hospital.

For more information about Spa treatments or for a menu, please call April, the Spa's Coordinator, at **663-5400**. All treatments require an appointment. The Spa is open Monday through Thursday, from 8:30 a.m. to 8 p.m., and Fridays, from 8:30 a.m. to 5 p.m. Botox treatments are administered on Thursday evenings between 4 and 8 p.m.

Health habits: How does New Hampshire compare?

Our state's health has great points as well as areas of need

A study recently ranked New Hampshire the fourth healthiest state in the nation. Historically, New Hampshire has been at the top of this study, ranking in the top five for the past six years in terms of health of its population.

There are many reasons New Hampshire residents are healthy, but looking only at the overall ranking can be misleading. A peek at the individual categories shows New Hampshire clearly has much progress to make. It is important to note that different cities and towns have their own health and socioeconomic issues that may be better or worse than the overall New Hampshire study.

MEETING COMMUNITY NEED

The adult smoking rate, new cancer cases, and safety belt usage are key areas of concern, as New Hampshire compares unfavorably with national averages.

Elliot Health System's first and foremost goal is to meet community need. Elliot is addressing these issues in very tangible ways.



At Elliot we emphasize the importance of regular checkups and preventive medicine.

Catch cancer early. The key to cancer treatment is early detection. Various cancer screenings are held on a regular basis at Elliot, including screenings for people who are underinsured and those without health insurance.

Earlier this year, Elliot again raised the bar in cancer care in New Hampshire by acquiring a new linear accelerator and partnering with Concord Hospital to bring its excellence to northern neighbors. Elliot's Regional Cancer Center actively participates in clinical trials to support research to find better treatment and, ultimately, a cure for cancer.

Don't take chances. People

who smoke and those who choose not to wear safety belts take the ultimate risk. The negative effects of smoking are well documented, and the risks associated with not wearing seat belts have been demonstrated repeatedly.

Educational programs, such as Car Seat Safety and Freedom From Smoking, target groups at risk and have a positive impact on the health of Southern New Hampshire. Elliot has also fostered partnerships with The Jewett Street School and other Greater Manchester schools to provide health education to elementary students.

OUR MISSION: MEETING THE HEALTHCARE NEEDS OF THE COMMUNITY.

NH LEADS THE NATION

In what areas does New Hampshire stand out? Our state ranks favorably compared to the rest of the nation in the percentage of people with health insurance; access to primary care; adults who are overweight or obese; and birth statistics such as infant mortality rate, low-birthweight births, and

mothers receiving prenatal care.

Health insurance. During the past few years, Elliot has developed and implemented programs to address several key areas of need. Although only 7 percent of residents are without health insurance, that number is not low enough. Elliot promotes the NH Healthy Kids insurance initiative and the New Hampshire Medicaid programs for pregnant women, providing low-cost or no-cost insurance.

Elliot estimates that it will provide \$6 million in charity care this year to people without insurance (double the amount in 2001) through greater promotion of the charity care program and amended eligibility requirements.

Primary care access. Prevention is the best medicine. Elliot's network of primary care physicians are now located in 10 New Hampshire towns, caring for tens of thousands of people. These doctors stress the importance of regular checkups and preventive medicine, which can save patients stress, time, and money in treatment of many diseases.

Baby care. Expectant parents have come to trust Elliot's Newborn Intensive Care Unit (NICU) to have the skill and technology

ready when the unexpected occurs. The NICU is one of only three level III NICUs in the state, caring for babies born prematurely.

Parents also enjoy a family-centered approach to education on topics ranging from birthing options to parenting skills.

Weighing in. The nation is facing an epidemic of overweight and obese people. While New Hampshire is faring slightly better than the nation's 57 percent, the figure is still a startling 55 percent.

It is well-known that obesity triggers a host of health problems. Last year Elliot developed Choosing the Right Weigh, a scientific weight-loss program to address the person as a whole—physically and emotionally.

WHAT IS IN THE FUTURE?

New Hampshire can be proud of its consistently healthy ranking. While the future is impossible to predict, there are definite areas for improvement.

Meeting the healthcare needs of our community has been at the core of Elliot Health System's mission for more than 100 years. That vision is to elevate the health of southern New Hampshire.

Source: Morgan Quitno Health Care State Rankings 2002, www.morganquitno.com

THE BLENDED FAMILY

Combining two families can be a lot of work, but there are ways to thrive as one new family

By **ROBERT WALRATH, Psy.D.**

For David and Emily, both divorced, their developing relationship and decision to marry seemed to be the culmination of a match made in heaven. Both of Emily's children accepted David's increasing involvement in their family. And having David's children around on alternate weekends seemed to give everyone healthy feelings of being a happy family.



Robert Walrath, Psy.D.

children became fearful of losing their father's attention to Emily's children.

As these issues became more apparent and the level of stress increased for all, David and Emily began to question their decision to marry, and their relationship began to deteriorate.



FACING REALITY

As plans became finalized, a number of important issues in combining the two families began to appear. Emily's children were concerned with moving to a new school and leaving friends. They questioned their mother about David's taking over their father's role.

Emily began to resent David's time with his children and contact with his ex-wife that took attention away from his "new" family. At the same time, David's

FACTS AND FIGURES

There are more than 1 million divorces each year in the United States. Within three to four years, 80 percent will remarry, and one half will divorce again.

One conservative estimate is that there are currently more than 50 million remarried people living in the United States. With 60 percent of remarried couples bringing children with them to their new marriages, this phenomenon obviously affects a

great number of children as well as adults.

KNOW THE STRUGGLES

There are two major problems that seem to confront a remarried family. The first, for the couple, is the "ghosts" of the past that can haunt the new relationship. At least one marriage has already failed, and the fantasy that problems can always be worked out has been shattered. As a result, expectations can be seriously affected, and conflicts that may be more easily solved are avoided.

Typically, new roles as step-parents are slow to develop, which can cause strife between the couple on parenting issues.

The second major problem in a remarriage, for the children, is the realization that there will be no reconciliation between the birth parents. This results in the need to adjust to an often drastic change in living arrangements and parenting.

Children may be especially vulnerable at this time to unresolved

conflicts from the parents' divorce and the fear of experiencing a similar loss in a new set of relationships.

Often children are asked to participate in the decision to remarry, which places them under additional stress. Not only do new parent and step-parent relationships need to be negotiated, but in many cases, there are also new step-sibling relationships.

Fortunately for David and Emily and their children, they recognized some of these potential difficulties in their blended family. They were able to work out some of the new roles and relationships before marrying.

Family therapy is often useful for parents and children who are unable to work out some of these issues, or who may fall into the trap of unresolved conflicts from previous relationships.

Dr. Walrath is the clinical director of Manchester Counseling Services, 51 Goffstown Road, Manchester, N.H. You can reach him at 668-4079.

Fit as a fiddle

You don't need to be in tip-top shape to start exercising. According to the surgeon general, physical activity improves quality of life.*

The fitness center at Elliot Senior Health Center is accepting members older than 50 who are interested in increasing their physical fitness and overall well-being. A certified personal trainer, available for exercise recommendations and safety, staffs the center.

You can choose a fitness membership or group exercise membership, or you can join both for a generously discounted price.

Fitness memberships include use of all cardiovascular equipment and strength-training equipment for a total body workout.

Meet friends and join fun exercise classes, such as low-impact aerobics, strength-training, and balance and flexibility classes.

Registration is free, and single memberships are only \$65 per 13-week session. A full membership, including a group exercise class, is \$100 per 13-week session.

The fitness center is open Monday through Friday from 8 a.m. to 5 p.m. It has plenty of free parking and locker rooms with showers. To join, call ELLIOT ON-CALL at 663-4567.

*National Center for Chronic Disease Prevention and Health Promotion



Tips to strengthen your new family

- Be aware of roles and family boundaries in decision-making. For instance, let kids be kids.
- Understand that change and adjustments can be slow, so be patient.
- Respect old family traditions as you work together to create new ones.
- Encourage communication—it may be hard to talk about concerns in a new situation.
- Listen, and give everyone a chance to speak their mind. Understand each person's anxieties.
- Remember that professional help is available if you reach an impasse.

Watch closely for signs of depression or suicide

It's normal for teens to feel sad, sulk, stomp around the house or slam the door occasionally.

But persistent moodiness could be a sign of depression, according to the American Medical Association (AMA).

And depressed teens may choose a permanent solution—death—to their temporary problems, so it's important for parents to recognize the warning signs and seek medical help.

DEPRESSION

Warning signs include:

- ▶ Dropping out of favorite activities, such as music, sports or being with friends.
- ▶ Persistent sad or irritable mood.
- ▶ Significant change in appetite or body weight.
- ▶ Neglecting appearance—with

dirty clothes, dirty hair or an exceptionally messy room.

- ▶ Sleeping too much or too little.
- ▶ Loss of energy.
- ▶ Feeling worthless or guilty for no real reason.
- ▶ Talking about death or about committing bodily harm—even jokingly.
- ▶ Getting lower grades than usual in school or cutting classes.
- ▶ Complaining of constant headaches or stomachaches.
- ▶ Talking about running away or making efforts to run away.
- ▶ Outbursts of shouting, complaining or crying.
- ▶ Drug or alcohol abuse.
- ▶ Extreme sensitivity to rejection or failure.

SUICIDE

Suicide is the second-leading

cause of death in this country among young people 15 to 19 years old, according to the AMA.

Every day, 14 young people between the ages of 15 and 24 take their own lives.

Warning signs include:

- ▶ Talking, writing or drawing about death or suicide.
- ▶ A previous suicide attempt that failed.
- ▶ Puzzling comments, such as "Things will be different soon," or "You won't have to worry about me soon."
- ▶ Impulsive, reckless behavior.
- ▶ Drug or alcohol abuse.
- ▶ Putting things in order and tying up loose ends, such as catching up on schoolwork.
- ▶ Saying goodbye—contacting relatives or old friends one more



Talk to your teen, especially if you suspect that he or she is depressed. Then consult with a behavioral health professional. The experienced staff at Elliot's Center for Child and Adolescent Evaluation are dedicated to the promotion of quality, compassionate, and accessible care. Call 623-5608 to learn more.

time, for instance.

- ▶ Giving away treasured objects.
- ▶ Making a plan and getting the tools ready. For example, a young person may hoard prescription drugs.
- ▶ A sudden good mood—even happiness. Having a plan to commit suicide may bring relief

for some teens.

TAKING ACTION

For a teen who is mildly depressed, professional treatment can help him or her recover quickly and completely.

For seriously depressed teens, help may mean the difference between life and death.



Community Education & Wellness Programs

To register, please call ELLIOT ON-CALL at (603) 663-4567, unless otherwise noted. And bring a friend!

Some course fees may be reimbursed by your insurance. Class size is limited, so early registration is important. Most major credit cards are accepted. *Nursing contact hours are awarded for classes marked with an asterisk.

In the event of SEVERE weather, please listen to the following New Hampshire radio stations for class cancellations: 95.7 FM WZID, 96.5 FM WQLL/COOL, and 1370 AM WFEA.



Looking for some more information about Elliot Hospital?

www.elliotohospital.org

Our Doctors Are In!



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

See page 4 for doctors near you!

GENERAL HEALTH EDUCATION

ACE EXAMS Saturday, Nov. 2

- American Council on Exercise Certification
 - Personal Trainer Certification
 - Group Fitness Instructor Certification
 - Lifestyle and Weight Management Consultant Certification
 - Clinical Exercise Specialist Certification
- Call Stephanie Moody at 1-800-825-3636, Ext. 726.

ADVANCE DIRECTIVES Tuesday, Oct. 8 6:30 to 7:30 p.m.

Discuss living wills and durable powers of attorney. Get help making important medical decisions should you become unable to do so because of medical reasons. Free.

ALL ABOUT COLON CANCER Monday, Sept. 30 6:30 to 7:30 p.m.

Deb Murphy, R.N., Endoscopy, will present an overview of this disease, its signs and symptoms, and the benefits of early detection. Discuss early screening and different types of testing used to identify this widespread disease. \$5.

THE ART OF RUBBER STAMPING Monday, Sept. 23 6:30 to 8 p.m.

Rubber stamping is a great hobby! Learn to make your own holiday, get-well, or thank-you cards. Participants will receive a few of their own cards and a goody bag! \$10.

THE ART OF SCRAPBOOKING Monday, Oct. 28 6:30 to 8 p.m.

Looking for a new hobby? Bring pictures of one theme (for example, a vacation or birthday party) to make a 12x12 page for your scrapbook. Learn how to use rubber stamps to decorate. \$10.

ARTHRITIS AND FIBROMYALGIA SELF-HELP COURSE Tuesdays, Sept. 24 through Oct. 29, 2 to 4 p.m.

Six-week course developed by The Arthritis Foundation to teach skills and techniques for pain management. Instructor: Patty Sullivan, R.N. \$30, includes self-help book.

BEYOND BLAME: CHALLENGING VIOLENCE IN MEDIA Mondays, Dec. 9 and 16 7 to 9 p.m.

This two-part series focuses on how the portrayal of

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 663-4567 for more information.

violence has changed due to TV, computer games, movies, and other forms of media violence. Learn what parents and concerned citizens can do to reduce media violence. \$10.

'BONE' APPETIT Monday, Oct. 21

Program: 6 to 7:30 p.m.
Osteoporosis screenings: 5 to 6 p.m. and 7:30 to 8 p.m.

Receive osteoporosis education, exercise and dietary recommendations, and an overview with a physician. Includes a light, calcium-rich meal. Optional osteoporosis screenings will be offered. Instructors include a physical therapist, a registered dietitian, and a medical doctor. (See page 3.)

BOTOX APPOINTMENTS Thursdays, 4 to 8 p.m.

Procedures are performed by James Bartels, M.D. Call April at The Spa Within for an appointment at 663-5400. (See page 5.)

CHOOSING THE RIGHT WEIGH Thursday, Sept. 5, or Monday, Sept. 9 6:30 to 8 p.m.

Come find out about Elliot's physician-directed weight-loss program. Choosing the Right Weigh. This orientation will explain course content and costs. Registration for the class will be available. Free.

CLEARING CLUTTER FOR FALL CLEANING Monday, Oct. 7 6:30 to 8:30 p.m.

Learn to let go of clutter that holds you back. Learn not only how to free your home and office of undesirable clutter, but also how to free your spirit to enjoy the upcoming holiday season. Instructor: Diane Ryan, Feng Shui Consultant. \$25.

CPR (Cardiopulmonary Resuscitation)

■ CPR FOR ALL AGES Saturdays, Sept. 7 or Nov. 2 8 to 11 a.m.

For the general public (both new CPR candidates and renewals) and for those who need to know CPR for work (for example, aerobics instructors, lifeguards, or anyone other than healthcare professionals). \$35.



■ CPR FOR NEW HEALTHCARE PROFESSIONALS Saturdays, Oct. 5 or Dec. 7 8 a.m. to 2 p.m.

\$60.

■ CPR RENEWAL FOR HEALTHCARE PROFESSIONALS Saturdays, Sept. 7 or Nov. 2 11:30 a.m. to 3:30 p.m.

\$45.

Elliot 1-Day Surgery Center Tours

■ 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.

■ FOR CHILDREN First and third Wednesdays of each month, 6:30 to 7 p.m.

For children 12 and younger and parents to decrease the anxiety of an upcoming outpatient surgery. Take a virtual tour at www.elliott1-day.com. Free.

FIRST AID FOR PETS Monday, Dec. 2, 6 to 9 p.m.

Pet owners will learn how to provide a safe environment and what to do if their animals are hurt or sick. Learn how to clear an animal's air passage of obstruction, control bleeding, bandage wounds, administer CPR, and monitor body temperature and pulse rate. The course is taught by a Red Cross instructor and includes a pet first aid handbook and related handouts. \$30.

FITNESS LINK

A supervised exercise program where you can make friends and exercise safely. Fun aerobic classes and equipment. Call 663-5730 for more information or to sign up.

INFLUENZA CLINIC

Call ELLIOT ON-CALL for dates and times. \$15 or Medicare Part B billing.

Line Dancing

Great exercise while meeting new people and having fun! Learn two or three dances each night by the instructor, Virginia Kozlowski.

■ BEGINNER LEVEL Mondays, Sept. 9 through Oct. 28 or Nov. 4 through Dec. 16, 6:30 to 7:30 p.m.

Learn the basics of line dancing. \$35.

■ ADVANCED BEGINNER LEVEL Mondays, Sept. 9 through Oct. 28 or Nov. 4 through Dec. 16, 7:30 to 8:30 p.m.

Learn more difficult dances. \$35.

PROTECTING YOUR ASSETS Wednesday, Oct. 23 10 to 11:30 a.m.

Stephen Mathieu, President and Founder of Elder Planning Advisors of NH, Inc., will teach you about the techniques available to protect your life savings from the catastrophic costs of long-term care. Free.

MIND/BODY MEDICINE

6-WEEK MEDITATION

Wednesdays, Sept. 11 through Oct. 16 or Oct. 30 through Dec. 4 7:15 to 9:15 p.m.

Learn how to incorporate meditation as a stress reduction tool. This course introduces various meditative techniques, allowing you to choose a type that best suits your personality. Instructor: Robert Willan. \$100.

EXPLORING HOW ART BRINGS INNER PEACE Monday, Nov. 4 6:30 to 8:30 p.m.

Dispel feelings of stress and enhance your life with art. You don't have to be an artist to join in. If you've ever doodled or scribbled, you're already there! Come and learn again the joy of childhood. Instructor: Diane Ryan, Feng Shui Consultant. \$25.

FENG SHUI FOR THE OFFICE Monday, Oct. 14 6:30 to 8:30 p.m.

Learn how Feng Shui can bring more satisfaction into the work-place. Use it to bring harmony, prosperity, and health into the workplace and your life. Instructor: Diane Ryan, Feng Shui Consultant. \$25.

IAIDO Thursdays, Sept. 26 through Oct. 31 or Nov. 7 through Dec. 19, 6 to 7 p.m.

Iaido is a form of meditation that emphasizes the profound meaning of the sword in Japanese history. Techniques taught will not be methods of destruction. Rather they symbolize the "cuts to the enemy within" in coming to understand the spiritual self. Instructor: Leon Drucker. \$70.

INTRO TO MEDITATION Tuesday, Oct. 8 3:30 to 5:30 p.m.

A great way to sample the eight-week meditation course and learn meditation techniques to use daily. \$10.



MUSIC FOR HEALING AND TRANSITION PROGRAM (MHPT) Saturday, Sept. 14, and Sunday, Sept. 15 8 a.m. to 5:30 p.m.

Trains and certifies music practitioners to provide live music to create a healing environment for patients, families, and hospital staff. Visit the Web site at www.mhpt.org, or call (518) 325-5546.

Reiki

A gentle, noninvasive, hands-on healing practice that balances the flow of energy in your body and reduces stress, pain, and anxiety.

■ REIKI I TRAINING* Saturdays, Oct. 19 or Nov. 16, 9 a.m. to 5 p.m.

Explore the definition and history of Reiki; the various levels; Level I attunement; and ethical, moral, and legal issues; and get hands-on practice. Instructors: Reiki Masters Robert Willan and Deb McLean. \$150.

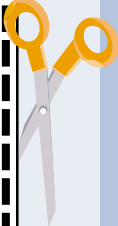
■ REIKI II TRAINING* Saturday, Sept. 28 or Dec. 7, 9 a.m. to 5 p.m.

Learn about the keys (symbols) and their use and Level II attunement, and get hands-on practice. Instructors: Reiki Masters Robert Willan and Deb McLean. \$200. Prerequisite: Reiki I.

T'AI CHI LESSONS Thursdays, Sept. 26 through Oct. 31 or Nov. 7 through Dec. 19, 7:15 to 8:15 p.m.

This Chinese art incorporates physical, mental, and spiritual exercises to improve muscle strength, flexibility, balance, and relaxation. Instructor: Leon Drucker. \$70.

Clip and save





Clip and save

Community Education Health & Wellness Programs



To register, please call ELLIOT
ON-CALL at (603) 663-4567,
unless otherwise noted.



TRANSFORMATIONAL BREATHING
Friday, Oct. 4, 7 to 9:30 p.m.
Learn how to use your breathing to reduce stress, increase energy, and heighten self-awareness. \$25.

Yoga

Yoga improves flexibility, balance, and strength. A 10 percent discount to seniors is offered.

■ **BEGINNERS' YOGA, LEVEL I**
Tuesdays, Sept. 24 through Oct. 29 or Nov. 5 through Dec. 10, 7:15 to 8:30 p.m.
Learn integral yoga, a flexible combination of yoga styles. Instructor: Valerie Farrell. \$70.

■ **BEGINNERS' YOGA, LEVEL II**
Tuesdays, Sept. 24 through Oct. 29 or Nov. 5 through Dec. 10, 5:45 to 7 p.m.
A continuation of Beginners' Yoga. \$70.

■ **INTRODUCTORY YOGA**
Mondays, Oct. 7 through Nov. 11 or Nov. 18 through Dec. 23, 5:45 to 7 p.m.
A great course if you are a beginner or would just like to experience a gentler and softer yoga. \$70.

SENIOR HEALTH

HOW TO INCREASE YOUR RETIREMENT INCOME
Wednesday, Nov. 13 10 to 11:30 a.m.
Steve Mathieu, President and Founder of Elder Planning Advisors of NH, Inc., will discuss investment vehicles that provide high retirement income in a predictable fashion, while focusing on principal safety and minimizing income taxes. \$5.



INTERNET FOR SENIORS
Wednesdays, Sept. 4 and 11 or Oct. 2 and 9 5 to 6:30 p.m.
Learn to "surf the Net." Review basic terminology and theory, try hands-on Internet exercises, and receive a handout. \$10.

LIVE (Low Impact for Vitality and Energy)
Tuesdays, Sept. 3 through Oct. 15 or Oct. 29 through Dec. 17, 11 to 11:45 a.m.
A low-impact aerobics class

using easy-to-follow moves that will help burn fat and revitalize you! Class is for beginners age 50 and older and may be taken along with the Strength-Training Maintenance Program. \$30.

MAKE THE MOST OF YOUR DOCTOR VISIT
Friday, Dec. 6, 10 to 11 a.m.
Learn to take a proactive approach to your healthcare needs when at routine doctor visits. Instructor: Patty Sullivan, R.N. Free.

MEDICATION TIPS
Tuesday, Nov. 12 11 a.m. to noon
Learn how to save money on prescription medications. Medication tips, including safety issues, over-the-counter medications, managing costs, and problems. Instructor: Patty Sullivan, R.N. Free.

NURSING HOME CRUNCH
Tuesday, Oct. 8, 10 a.m. to noon and 3 to 5 p.m.
Did you know that the greatest harm to the financial security of middle-class Americans is the cost of a prolonged nursing home stay? Join us for discussion and receive a free book, *Fighting for Financial Survival*, along with a guide to organizing your important documents. Presenter: Ted Beasley, Esq., Beasley and Ferber—The Elder and Disability Law Firm. Free.

REACH AND BALANCE
Mondays and Wednesdays, Sept. 4 through Nov. 27 9 to 9:45 a.m.
Increase your flexibility and balance with deep static stretching of all the major muscle groups, balance moves, and relaxation and deep breathing. \$65.

SENIOR NUTRITION 101
Wednesday, Oct. 9 11 a.m. to noon
Karyn Vogt, R.D., will discuss steps to healthful eating and making nutrition a lifelong priority. Topics include nutrition needs that change with age, how to protect your bones, and important vitamins. \$5.

SENIOR CENTER GYM MEMBERSHIPS
Ongoing quarterly, Monday through Friday 7 a.m. to 4 p.m.
Open to anyone 50 or older. A physician referral is required. A certified personal trainer and/or a BLS exercise specialist supervises the fitness center. (See page 6.) \$65 for 13-week membership. Prorating is available.

PARENTING

Elliot Hospital offers ongoing childbirth classes, and all of our educators are certified in their specialties. To learn more, call (603) 663-4567.

BABY SIGNING
Thursday, Oct. 3 6:30 to 8 p.m.
Great way to communicate with your baby. This four-part series is not for the hearing impaired; American Sign Language will not be used exclusively. Instructor: Ana Gonzalez, member of "Sign With Your Baby" Presenters Network. \$55 per person/\$70 per couple.



HOW TO TALK SO KIDS WILL LISTEN
Tuesdays, Oct. 8 through Nov. 12, 7 to 9 p.m.
Six-week series teaches parents how to communicate effectively with children. Learn how to cope with your child's negative feelings, engage willing cooperation, discipline without alienating, help your child develop a positive self-image, and foster a family atmosphere of love and respect. Includes a book and a weekly workbook. Instructor: Michele O'Keefe, R.N., C.L.S. \$65.

INFANT MASSAGE
Relax and soothe your baby while deepening the bond that

allows you to understand and nurture your baby. This is a special time to slow down and share a fully nurturing experience. Offered to parents and their babies 6 weeks and older. Book included.

THE TESTING TODDLER
Thursday, Oct. 10 Tuesday, Dec. 3 7 to 9 p.m.
\$10 per person.

ONGOING CLASSES

- Breastfeeding
- Car Seat Safety
- Grandparents' Update
- Hypnobirthing
- Infant and Child CPR and Safety
- Introduction to Underwater Births
- Labor Series
- Maternity Tours
- Moms' Groups
- Parenting and Infant Care
- Postnatal Relaxation for Baby and Me (postnatal yoga)
- Preparing the Family for Another Child
- Refresher Labor Class
- Relaxation and Fitness for the Childbearing Year (prenatal yoga)
- Sibling Class

SENIOR LOW-IMPACT AEROBICS
Tuesdays and Thursdays, Sept. 3 through Nov. 26 12:15 to 1 p.m.
A cardiovascular fitness class to meet the needs of all seniors. Increase your cardiovascular/pulmonary functioning while working out in a senior-friendly environment. \$65 for 13-week class.

SENIOR TIGHT AND TONE
Mondays and Wednesdays, Sept. 4 through Nov. 27 8 to 8:45 a.m.
A strength-training class for anyone older than 50. Get a full-body workout by using free weights, dynabands, resistaballs, and floor exercises. \$65 for 13-week class.

SENIOR WELLNESS SCREENINGS
Third Friday of each month
Have your blood pressure, cholesterol, or risk for osteoporosis checked at the Senior Health Center. (See "Screenings" descriptions and prices at right.)

STRENGTH-TRAINING MAINTENANCE
Tuesdays and Thursdays, Sept. 3 through Oct. 17 or Oct. 29 through Dec. 17 10 to 10:45 a.m.
Offered for those who have completed the Strong Living class. Incorporates free weights and bands, and floor exercises. \$30.

STRONG LIVING
Mondays and Wednesdays, Sept. 9 through Nov. 27 10 to 11 a.m.
Uses ankle and hand weights to help improve fitness levels, mobility, strength, balance, bone health, and emotional well-being. Ideal for anyone 50 and older who has never strength trained before. \$45, includes baseline osteoporosis screening.

TOP 5 FINANCIAL MISTAKES REGARDING RETIREMENT
Wednesday, Sept. 25 10 to 11:30 a.m.
Steve Mathieu, President and Founder of Elder Planning Advisors of NH, Inc., will review a checklist of common errors many retirees make and will show you how to avoid them. Free.

WOMEN'S HEALTH TAKING CONTROL: FINANCIAL MANAGEMENT
Mondays, Nov. 18 and 25 7 to 9 p.m.

In this two-part workshop for women, learn how to establish a workable budget, meet retirement needs, prepare an effective estate plan, make your money go further, and use effective strategies for cutting taxes. The workshop includes a workbook and an opportunity to schedule a complimentary consultation. Presenter: Annie Daigle, Seminar Leader and Financial Professional for 15 years. \$40.

SCREENINGS
Please call ELLIOT ON-CALL at 663-4567 to make an appointment. No walk-ins please.

BLOOD PRESSURE
Mondays, Sept. 16, 23, Oct. 7, 21, Nov. 4, 18, Dec. 9, 16, 1 to 2 p.m.
Walk-ins welcome at the Senior Health Center. Free.

BODY COMPOSITION
Third Thursday of each month, 8 a.m. to 3:30 p.m.
Get your body fat percentage calculated by an exercise physiologist. \$20.

BREAST AND CERVICAL CANCER
Saturday, Sept. 21 7:30 to 10 a.m.
Screening program for women 50 to 64 with family income below poverty level, no insurance, or a high deductible. Free.

CHOLESTEROL
Third Thursday of each month, 8 a.m. to 3:30 p.m.
Total cholesterol with HDL (good cholesterol) breakdown and cholesterol ratio. No fasting is required. \$18.
Lipid profile. Includes a complete breakdown of HDL (good cholesterol), LDL (bad cholesterol), triglycerides, and glucose. A 12-hour fast is required. No food except water and medications. \$22.

FITNESS EVALUATION
Third Friday of each month, 8 a.m. to 3:30 p.m.
Includes fitness/health risk appraisal; submaximal cardiorespiratory evaluation;

body composition, strength, endurance, and flexibility assessments; and education. \$40.

OSTEOPOROSIS
Third Thursday of each month, 8 a.m. to 3:30 p.m.
Get your bone density and risk for osteoporosis measured with an ultrasound. \$20.

PROSTATE
Wednesday, Sept. 18 3 to 5 p.m.
Early detection is key. Recommended for men 50 to 70, and 40 to 50 with a family history of prostate cancer. (See page 3.) Free.



SUPPORT GROUPS
AICD (Automatic Internal Cardiac Defibrillator)
First Friday of each month 11 a.m. to noon
Elliot offers the only AICD support group in the tri-state area. Designed to help patients with internal cardioverter defibrillators and their families deal with unique issues.

BREAST CANCER
For any woman with a recent breast cancer diagnosis who is looking for social and emotional support. Call the Cancer Resource line at 663-5787.

CHRONIC PAIN
First and third Tuesdays of each month, 4 to 5:30 p.m.
For support and education regarding pain management. To preregister, call Lorry Roy, R.N., at 663-6730.

LIVING BEYOND BREAST CANCER
Second Wednesday of each month, 6 to 7:30 p.m.
Provides support and sharing for women who have had breast cancer. To register, call Paula Plona, M.S.S.A., A.C.S.W., at 663-1804, or C. Kelley

Winn, R.N., O.C.N., at 663-4130.
LIVING WITH BREAST CANCER
Basic information on breast cancer, treatment, and community resources available. Call C. Kelley Winn, R.N., O.C.N., at 663-4130, or Paula Plona, M.S.S.A., A.C.S.W., at 663-1804.

LIVING WITH CANCER
Thursdays, 6:30 to 8 p.m.
For people with cancer and their families and friends to share interests and concerns. Call 663-5787.

OBSESSIVE-COMPULSIVE
First and third Tuesdays of each month, 7:30 to 9 p.m.
GOALS—Give Obsessive-compulsives Another LifeStyle—a support group led by James Claiborn, Psychologist and member of the scientific advisory board. Each session involves education, self-help, goal setting, and socializing.



PARKINSON'S
Third Wednesday of each month, 3 to 4:30 p.m.
For people with Parkinson's disease, family members, friends, or anyone who has an interest in learning more about this disease. Coordinator: Mary Blevens, M.A., P.T.

PROSTATE CANCER
Fourth Monday of each month, 6:30 to 8 p.m.
PULMONARY DISORDERS
Mondays, 2 to 3 p.m.
For people with a chronic lung disease. Discussions, tips, social events, and friendships are promoted.

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 695-4005.



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.

Doug Dean
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Director, Public Affairs & Marketing

Pauline Collins
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Leslie Peterson
Marketing Specialist

Carol Gagnon
Administrative Assistant

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