



ELLIOT
HEALTH SYSTEM

Your Wellness Matters



S P R I N G 2 0 0 3

HEALTH FACTS

DID YOU KNOW?

Women ages 15 to 34 are 30 percent more likely to die of sudden cardiac death today than 10 years ago.

—American Heart Association



BE A HELMET HEAD.

Less than half of all kids ages 8 to 12 in the United States wear helmets each time they ride a bicycle, and only one-third wear them while using in-line skates or scooters.

—National SAFE KIDS Campaign

GESTURING HELPS MEMORY.

Gesturing while talking frees up the brain to perform other tasks, such as remembering a list. In a study of 76 adults and children, researchers found that gesturing while explaining a math problem improved the recall of a previously memorized list of numbers or letters.

—Psychological Science



CARING FOR YOUR LIFELONG HEALTH

AT ELLIOT WE RECOGNIZE THE IMPORTANT BALANCE OF EMPLOYING GROUNDBREAKING SCIENCE AND TECHNOLOGY WITHIN AN ENVIRONMENT OF COMPASSIONATE CARING. SINCE 1890 ELLIOT HAS BEEN ENTRUSTED WITH THE mission to improve the health and well-being of the people we serve in Manchester and surrounding communities. Our focus on stewardship and on community service guides all that we do.

WOMEN'S AND CHILDREN'S SERVICES The focus on caring for women and children has been Elliot's hallmark since the very beginning. Today, more babies are born at Elliot than any other hospital in northern New England.

Of the 2,700 babies born annually at Elliot, approximately 10 percent are likely to be premature. Elliot is home to the only level III Newborn Intensive Care Unit (NICU) in southern New Hampshire.

Offering an array of services, ranging from birthing options and family education to breast health, Elliot has consistently been a leader in women's and children's healthcare.

ELLIOT REGIONAL CANCER CENTER As the first hospital to offer cancer care in New Hampshire in 1966, Elliot continues to lead the way in New Hampshire, offering progressive treatment therapies and attracting the most skilled and caring healthcare professionals.

Today, we remain a leader by carefully investing in the latest and most effective technology. Last year Elliot acquired two highly sophisticated pieces of equipment—a PET (Positron Emission Tomography) scanner and a linear accelerator. Both will have a profound effect on cancer diagnosis and treatment.

Our staff members understand the impact cancer has on all aspects of a person's life—from physical and emotional to family and faith. We've become known for the compassion patients feel during treatment and as they return for annual cancer survivor celebrations.

SENIORITY MATTERS The Elliot Senior Health Center is a leading, nationwide model for delivering quality healthcare resources to seniors under one roof. On-site primary care physicians specializing in geriatrics work with an integrated team of nurse practitioners, geriatric nurses, geriatric psychologists, clinical pharmacists, and social workers



A LIFE OF HEALTH: In all steps of life, Elliot Hospital strives to provide the best healthcare to the community. Elliot's range of services include (clockwise, from top left) Primary Care, the Senior Health Center, PET scanning, and Women's and Children's Services.

to provide total care to each patient.

Ancillary services, such as physical and occupational therapy, laboratory and radiology services, specialists who visit regularly, and a newsletter specifically designed for people 50 and older (*Seniority Matters*), complete the medical offerings at the Elliot Senior Health Center.

PRIMARY CARE At Elliot we believe that good primary care equals better overall health and improved quality of life. Just a few years ago, Manchester and other communities were designated by the federal government as a health professionals shortage area (HPSA).

Through the Elliot Physician Network, Elliot has recruited primary care physicians and opened physician offices in many of these underserved communities. Today, 49 primary care practitioners are caring for patients and families in 22 offices in 10 towns.

Elliot Health System is more than a 296-bed hospital with advanced and sophisticated technology. We are an organization that prides itself on providing compassionate care to everybody we serve.

Whether caring for a fragile, 1-pound premature baby in our NICU, or providing care to seniors at the Elliot Senior Health Center, Elliot's continuum of care is in place to ensure the best possible health of the people we serve throughout their lives.

We believe that good
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improved quality of life.

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Top 10 tips on giving wisely

- 1 **Budget for giving.** Plan philanthropic activities into your budget just as you would other financial obligations.
- 2 **Be an informed giver.** Don't be afraid to ask questions when you're asked to give; for instance, ask about the specific name of the solicitor and his or her relationship to the organization, how much of your gift will be used for overhead, the specific project the money will go toward, and other important information. Give only when you feel comfortable that your dollars will be going to support an organization you know and believe in.
- 3 **Keep the right records.** For gifts of less than \$250, a cashed check or receipt from the charitable organization is sufficient proof of contribution. For donating property or establishing a trust or an annuity, talk to your accountant.
- 4 **Be aware of how much is really tax-deductible.** If you receive a premium in exchange for your gift (such as a book or a dinner), the amount of your tax deduction is reduced by the fair market value of the premium. You can turn down the incentive item if you wish to claim a deduction for the full amount of your gift. Ask the receiving organization



for more details.

- 5 **Ask about matching gifts.** Many employers match gifts made by their employees or make grants to organizations recommended by employees. Be sure to ask your company
- 6 **Remember, your gift can be confidential.** If you prefer to have your gift remain confidential or anonymous, you should let the organization know. You can expect the charitable organization to honor your request.
- 7 **Consider alternative forms of giving.** Don't overlook the benefits to you and your cause received from bequests, charitable gift annuities, gifts in kind, endowments, and many other creative forms of giving. Ask your tax advisor or attorney to help you make the best plan for you and your family.
- 8 **Volunteer.** In addition to financial support, consider giving your time and skills. Not only will you help the organization, but you'll also make contacts, hone your skills, and learn more about the charitable cause to which you're committing your time and money.
- 9 **You have the right to say no.** Give generously when you can, but if you're unsure or feel uncomfortable—or if an organization simply falls outside your plan for giving—don't be afraid to say no. Or ask for more information and take more time to think before making your decision.
- 10 **Be a proactive giver.** You don't have to wait to be asked. Plan a giving strategy in advance. Contact the charitable organizations of your choice to discuss how your gifts can be most effectively used and help make a difference in your community.

Source: Independent Sector, Give Five Brochure

ANY amount is needed

If you give \$50, you could make a gift to the Elliot Regional Cancer Center in honor of a friend or family member.

If you give \$100, you could provide funding through charity care to an indigent or underinsured patient.

If you give \$1,000, you could provide two weeks of intensive pain control via an infusion pump for a patient to retain quality of life.

Leaving a legacy

Elliot Hospital is the embodiment of Mary Elliot's legacy. The hospital was created as a result of Mary Elliot's vision for the first general hospital in the state of New Hampshire.

To achieve her vision, Mary Elliot created an estate plan that included a gift of money from her accumulated wealth. The money was to pass on after her death to be used for the creation of Elliot Hospital. Her forethought and planning has given the local community one of its most important resources.

Elliot Hospital is a nonprofit organization that serves every person who requires care and treatment regardless of their ability to pay. Simply put, Mary Elliot has enabled Manchester citizens to receive excellence in healthcare in an environment that offers security and compassion for every healthcare need.

Questions to ask In order to plan for your future financial needs and to consider how you want your wealth distributed upon your death, ask yourself these questions:

- Have I established a will?
- Do I need to revise my will?
- Will my estate require a probate process subject to claims of creditors?
- How can I avoid leaving my family with a public probate court process?
- Should I establish a trust? If so, what type of trust will work for me?
- Am I in a position to create a legacy that will have an

leg•a•cy: something
bequeathed by will;
something handed down
from the past or from one
who has gone before.

impact on the community?

Help for financial planning

The Mary & John Elliot Charitable Foundation can assist you with your financial planning for retirement and beyond. A team of experts are available to discuss with you everything from establishing your will to creating a revocable living trust, a charitable remainder trust, or another form of trust depending on your future objectives.

While many people do not think estate planning is necessary for them, there are serious tax advantages to many plans. Taking some time to understand if you and your family could benefit from the creation of a trust is not only in your best interest, it may help you clarify your true goals for the loved ones you may leave behind.

If you would like assistance with your future planning, please call the Mary & John Elliot Charitable Foundation at 663-8933. Help is available, and establishing your plans will give you peace of mind knowing that your wishes and future gifts are defined and clear.



Ronald McDonald supports Elliot's NICU



In celebration of World Children's Day and as part of an ongoing effort to support and improve the lives of children, Ronald McDonald House Charities (RMHC) of Eastern New England, Inc., has awarded a grant to Elliot Health System in Manchester. Elliot received a \$50,000 grant from RMHC of Eastern New England for the hospital's Newborn Intensive Care Unit (NICU).

Offering the largest birthing center in New Hampshire, Elliot estimates it will deliver 2,700 babies this year, of which approximately 10 percent will be premature. The RMHC grant will be used to help fund the expansion of the family waiting area.

"We are thankful to RMHC of Eastern New England for this generous grant that enables the Elliot Health System to continue providing peace of mind and a comfortable place for families waiting to hear news about their newborn loved ones," says Dr. Manuel Peregrino, Chief of Neonatology. "The grant will help us get one step closer to our goal of creating a state-of-the-art NICU to provide care to the increasing number of premature babies born each year."

Fun and efficiency during your wait

On Nov. 20 the representatives of Boise Business Solutions and Toys "R" Us shared in a ribbon-cutting ceremony with Elliot Health System, welcoming visitors at the hospital to a unique waiting room.



On the Boise side of the room, you can work while you wait by plugging in your laptop and using the telephone or Internet. This way you can make your wait an efficient use of your time.

On the Toys "R" Us side of the room, visiting children can play with today's most popular toys and games so they, too, can pass their waiting time in the hospital with something innovative and fun to do.

This unique site is located on the second floor of Elliot Hospital, just outside the Elliot 1-Day Surgery Center.

2003 Elliot events coming this year!

- May 2—Wine tasting with the Elliot Associates
- June 1—Cancer Survivors' Day
- June 5—Associates' Golf Tournament
- Sept. 7—Newborn Intensive Care Unit Reunion
- Oct. 3—Associates' Dinner/Dance
- Oct. 9—Autumn Appreciation
- November—2003 Annual Appeal

Gastric bypass may be an answer to obesity

Being obese means more than enduring social stigmatization. Obesity often claims its victims slowly, through a host of associated conditions.

Studies have shown a direct link among waist circumference and body mass index (BMI), and high blood pressure, diabetes, joint disorders, and cardiovascular disease.

Overweight vs. obese Today, 54.9 percent more Americans are overweight or obese than just 10 years ago. This is about 97 million Americans, which illustrates an alarming trend in American society. In the age of supersized meals, young adults appear to be in training.

According to the National Institutes of Health, overweight is defined as a BMI of 25 to 29.9 kg/m, and obesity is defined as a BMI greater than 30 kg/m. (See “BMI calculator” at right to calculate your BMI.)

A cure? Overcoming severe obesity (a BMI greater than 35) requires a highly committed person to exhaust every avenue of traditional weight loss. Many people end up failing because of the complexities of this chronic disease.

Primary care physicians and health professionals now play major roles in weight management, and today there is hope.

Although no cure exists, bariatric surgery is considered to be a promising method of controlling severe adult obesity. David Gould, M.D., a Dartmouth-Hitchcock Manchester surgeon and active Elliot medical staff member, has teamed with Elliot to bring this specialty to

New Hampshire’s largest city.

Gastric bypass, as it is known, involves reducing the stomach to a tiny pouch the size of a cherry tomato and rerouting the small intestine to impede the digestive process.

The goal of the surgery is twofold: By reducing the stomach, the patient feels fuller with less food. And rerouting the small intestine decreases the number of calories absorbed by the body.

As with any surgery there are risks, and the risks for this patient population are increased due to the conditions associated with obesity.

Elliot Hospital’s registered dietitians and a bariatric surgery coordinator work with patients individually before the surgery and for a year fol-

lowing it to educate them and monitor their progress. It is during this first critical year when patients lose 50 percent to 70 percent of their excess body weight.



Calculate your BMI to learn if you are overweight. Then call 695-2840 to discuss the option of bariatric surgery.

Candidates “People are good candidates for surgery if they have tried unsuccessfully to lose weight and are willing to make a major change in their lifestyle,” says Dr. Gould. “The patient must be identified as having a strong commitment and be willing to undergo a significant procedure.”

For more information on bariatric surgery, call Dr. Gould’s office at (603) 695-2840.



BMI calculator

Here’s how you can calculate your body mass index (BMI):

- Multiply your weight (in pounds) times 703.
- Then divide that number by your height in inches, twice.

Example:

$$175 \text{ pounds} \times 703 = 123,025 \div 68 \text{ inches} = 1,809 \div 68 \text{ inches} = 26.6 \text{ BMI}$$

BMI chart

Normal	18.5 to 24.9
Overweight	25 to 29.9
Obese	30-plus

Source: National Institutes of Health

REIKI AND ACUPUNCTURE

A holistic approach to pain

Elliot’s Pain Management Center has expanded its treatment options for pain to include Reiki and acupuncture. According to a survey of New Hampshire physicians, many stated that some conditions and illnesses improved with the use of complementary therapies, specifically anxiety, chronic back pain, fibromyalgia, arthritis, depression, and asthma.

Reiki Master Robert Willan and Geordie Thomson, M.D., provide Reiki and acupuncture treatments, respectively, in conjunction with the center’s medical director, Stephen Dainesi, M.D.; the clinical director, Cal Robinson, Psy.D.; and each patient’s primary care physician.

Reiki (pronounced “ray-key”) is a gentle, noninvasive, hands-on healing practice from Japan. It promotes deep relaxation with balancing the energies of body, mind, and spirit. Reiki amplifies the body’s self-healing abilities and is known to reduce stress, pain, and anxiety.

Acupuncture can be traced back at least 2,500 years to China. It is based on the premise that there are patterns of energy flow (qi) through the body that are essential for health. Acupuncture may correct imbalances of flow at identifiable points close to the skin.

Dr. Thomson, a family practice physician with New Boston Primary Care who holds a certificate in basic homeopathy for the primary care provider, completed the medical acupuncture training program at Beth Israel Deaconess Medical Center.

Interdisciplinary approach incorporates several areas

Make an APPOINTMENT today!

Inpatient and outpatient appointments are available for both Reiki and acupuncture.

■ **Reiki—Tuesdays, by appointment. \$40 per visit.**

■ **Acupuncture—Thursdays, by appointment. Initial evaluation is \$105, and follow-up treatments are \$75.**

For seniors, initial evaluation is \$80, and follow-up treatments are \$65.

Call Elliot’s Pain Management Center at 663-6730 for more information.

of expertise, including anesthesiology, physical therapy, behavioral medicine, nutrition, and nursing, to assist people in managing their pain.

We offer a 10-week cognitive, behavioral group session, “Understanding and Managing Chronic Pain,” and a three-week session, “Medication Management,” designed to educate patients on how to effectively use pain medications and opiates safely. Call Elliot’s Pain Management Center at (603) 663-2767 to learn more.

The Pain Management Center’s interdisciplinary approach offers a variety of methods available to treat pain, including medical treatments, medication management, acupuncture, Reiki, and a wide range of behavioral medicine and individual modalities.



YOGA: A PRESCRIPTION FOR BODY AND MIND

Yoga is a word that's on the lips of millions of Americans today but one that almost no one in the West knew 100 years ago. One of the greatest benefits of yoga is the increased ability to deal with daily stress—physically, emotionally, and mentally.

REACTING TO STRESS Today, stress is frequently nothing more than little frustrations, aggravations, insults, or repetitive, uninteresting work. However, our bodies are still equipped with a nervous system designed to handle the ancient requirement of “fight or flight” for survival. In spite of how noticeably our lives have changed from those days, our nervous systems haven't evolved accordingly.

Therefore, when stress appears on our radar screen, often subconsciously, the sympathetic nervous system gears up as though to fight or flee. A more appropriate response would be to calmly discuss the problem with our significant other or take a nap when we're overly tired.

LETTING GO OF STRESS Regardless of how stress shows up in our lives, it affects our overall performance unless we know how to let it go and diffuse its potency. Yoga can teach us the techniques to make us aware of where we're holding stress in the body and gradually allow it to release.



Most of these techniques are quite simply learning to breath deeply or stretch. Because of this innate simplicity, yoga can be done by anyone who can steady their attention enough to sit still for periods of time and concentrate on breathing.

A daily practice is best and will show results sooner than if you practice only once a week, but it is always best to begin by studying with a teacher. Only a teacher can provide the feedback that will correct bad habits before they get entrenched.

In addition to helping release stress, yoga helps increase strength and flexibility. It also offers further awareness of how your body works and feels, a more relaxed attitude toward life in general, better balance, greater concentration on whatever you're doing, and a greater ability to inhale and exhale, which may improve the health of your heart.

[See the calendar for dates and times of upcoming yoga classes.](#)

Although you may see improvements in some areas within a short time, there is always more that yoga can offer, whether you're interested in the physical, mental, emotional, or spiritual plane.

PRACTICING DIFFERENT YOGA STYLES Two types of yoga are offered at Elliot Hospital—Kripalu and Ashtanga. Martha Chabinsky teaches Kripalu yoga, which consists of postures, breathwork, deep relaxation, and meditation practices designed to heighten body awareness, develop mental clarity, increase flexibility, and create a deep sense of inner peace.

Ashtanga yoga is taught by Valerie Farrell, a student of yoga for more than 20 years. This type of yoga is the most physically challenging yoga practice and is taught in a warm room at 75 degrees or higher.

For class descriptions, dates, and times, see page 8.



GET TIPS FROM DIETITIANS AT THE SUPERMARKET

While shopping in the Hannaford Supermarket on John Devine Drive in Manchester or at Bedford Grove on River Road, you're in for a special treat! Elliot Health System has teamed with Hannaford Supermarket to provide on-site registered dietitians to help educate consumers about healthful lifestyles.

What are dietitians doing in the grocery store?

With news headlines proclaiming one week that fatty foods are bad for you, while encouraging you to eat olive oil, nuts, and omega-3 fats the next week, it's no wonder shoppers in search of a healthful diet could use some help navigating through the grocery aisles.

April is Cancer Prevention and Antioxidants Month. Ask the dietitians how you can support this cause through healthful eating.

The registered dietitians can help consumers make practical food and diet choices based on scientific information.

Elliot dietitians and Hannaford agree that their supermarket offers the ultimate classroom to provide nutrition education to the community.

Where can I find dietitians at my Hannaford store?

You'll find Elliot's dietitians in Nature's Place, answering questions about organic foods, functional foods, and dietary supplements. In the pharmacy area, they can answer your questions about food, herb, and drug interactions. Visit the Butcher Shoppe to find the dietitians and Dining Expert offering nutritious foods for you to sample.

Are you looking for a new meal idea? The dietitians will greet you in the produce department with the nutritious benefits that may be obtained from the recipe of the week.

In the aisles, you may find them providing a free shopping tour. They can demonstrate how to shop for smart and healthful eating or meet your personal diet needs.

Visit the Elliot Hospital dietitians in Hannaford on John Devine Drive on Thursdays and Saturdays, and in Bedford Grove on Thursdays and Fridays. Call **663-2106** for more information.



GET OUT AND PLAY...GOLF!

Get ready for golf this season. After months of being cooped up inside without much exercise, now is a great time to begin a good fitness program to help improve your game. In fact, many golfers this time of year begin to head south to take advantage of warmer conditions.

But you don't have to go far! The Elliot Hospital Golf Fitness Program at Sportworks is designed to evaluate golfers' flexibility, strength, posture, and balance. Individualized golf-specific fitness programs are based on the results of the evaluation findings. “We look at the five essential physical factors that influence one's ability to swing the club with effortless power,” says Maureen Scala, a physical therapist at Sportworks and a golfer for 20 years.

Golf season will soon be upon us, so dust off your clubs and call Scala at **625-2131** or ELLIOT ON-CALL at **663-4567**. Gift certificates are also available and make a great Mother's Day or Father's Day gift.

Is the GOLF Fitness Program for me?

CHECK ANY statements that apply to you and your golf game:

- I cannot make a complete body turn.
- I have pain in my shoulder/lower back.
- I have difficulty shifting my weight.
- My swing plane is wrong.
- I fatigue quickly.
- An old injury affects my game.

I can't drive the ball as far as other people my age. If you checked yes to two or more, Elliot's Golf Fitness Program may help your game! Call **663-4567** to learn more.



SERVICES SUPPORT COMMUNITY

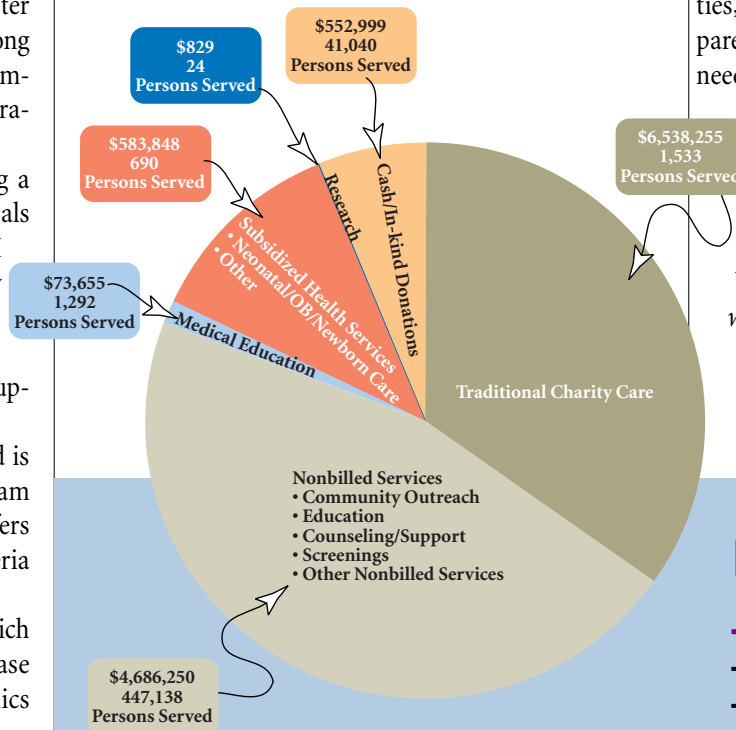
Elliott Health System is proud that in fiscal year 2002 it contributed more than \$19 million in community benefits. By doing so, it reached more than half a million people in the Greater Manchester area with services to improve health status. Among the services provided were charitable care, community support, child care, interpretation services, integrative medicine, parenting education, and senior services.

Child care. "I never thought I would be parenting a 2 1/2-year-old by myself at 19. As a single dad, all of my goals have changed because Jake comes first. I don't know if I could do this without the VNA Child Care and Family Resource Center. I take several different buses to get him there and to get to work at the mall. The low tuition rate, which includes meals and diapers, and the friendly supportive staff have made all the difference."

Screening program. Let No Woman Be Overlooked is the name of the breast and cervical screening program Elliot has participated in for five years. This program offers screenings for women 18 to 64 who meet a financial criteria and have limited or no insurance.

In 2001, 73 women were screened at Elliot clinics, which were offered every other month. There has been an increase in the number of women eligible for this service, so clinics are now offered monthly.

It has been shown that low-income Manchester women, particularly those from minority groups, are less likely to access timely cancer screenings. With support from this



program, breast and cervical cancer education and screenings have been provided to 89 women in 2002.

For more information on this program, call 663-5787.

Parent-Baby Adventure. "Having had my first child at the age of 19 [in 1994], I was referred to the parent/baby program. With my enthusiasm and willingness to learn, and the staff's warm, caring, and understanding personalities, I have overcome many obstacles. I have learned all my parenting skills from the program. The program is greatly needed and very appreciated. Thank you."

Goals for 2003. In addition to its current programs, Elliot will target the availability of prescription drugs to people with chronic conditions and financial need.

To learn more about the community benefits program, visit our Web site at www.elliotohospital.org and click on "About Us," then "Community Benefit Law." To comment on Elliot Health System's program, please call 663-8407.



ELLIOT HEALTH SYSTEM

July 2001 through June 2002

Total quantifiable benefits: \$19,171,700

Total people served: 567,642

EMPLOYEES' HEALTH IMPACTS THE BOTTOM LINE

People today spend more time at work than 20 years ago. As employees spend added time in the work environment, companies are seeing a need for work site wellness programs that positively impact the bottom line.

Simply put, healthy employees are more productive employees. Studies have shown that healthy employees visit the doctor less and get sick less often, decreasing the burden on the organization's healthcare costs.

BOTTOM LINE BENEFITS Corporations such as DuPont, The Travelers Corporation, and Union Pacific Railroad implemented work site wellness programs that resulted in reduced absenteeism, increased productivity, less sick leave time, and a decrease in healthcare costs. Companies measure program successes based on return on investment (ROI), which is calculated as the average cost savings for every \$1 spent.

By instituting a voluntary personal health management program, Union Pacific saw an ROI of \$1.57. DuPont

instituted its own health promotion program, reducing absenteeism and yielding an ROI of \$1.42 savings. Participating DuPont work sites recorded a 14 percent reduction in absenteeism over a two-year period.

Travelers Corporation saw a phenomenal ROI of \$3.40 in cost savings, resulting in a total savings of \$146 million through health promotion programs. Employees were successful in reducing high-risk behaviors, visiting the doctor less, and requiring fewer visits to the emergency department. Participants in on-site fitness centers were also absent from work significantly fewer days than employees who weren't members of the fitness center.

HEALTHIER PEOPLE Work site wellness programs have a direct effect on employees and their families. The benefits of health screenings, fitness, and health education can be far-reaching. Regular cholesterol, blood pressure, diabetes, and osteoporosis screenings alert people early of problems or changes in health status.

On-site health fairs or "brown bag" lunch lectures on

topics ranging from heart disease and exercise to first aid CPR training open the lines of communication and help make people aware of important health issues affecting them and their families.

In today's economy, saving time and money are crucial, and on-site wellness programs are becoming a trend. Developing convenient, affordable programs boosts morale and helps individuals adopt healthier lifestyles, creating a win-win situation for companies and employees alike.

To help your company be as efficient and healthy as possible, call Working Well at 663-8280.

WORKING WELL for your company

Elliot Hospital's Working Well program is made up of trained health educators that use state-of-the-art testing equipment to determine each individual's risk.

■ A Cholestech LDX unit, used for measuring fasting and nonfasting/HDL cholesterol, is 97 percent accurate and provides individual results in five minutes.

■ Sahara's Hologic Ultrasound Bone Densitometer measures bone density and assesses osteoporosis risk using ultrasound technology. Fast, accurate, and painless, you need to remove only one shoe and sock to be tested.

■ GTS Glucose testing units (the same used in hospital bedside testing) measure glucose levels. A quick finger stick and a drop of blood is all that is needed. Results take one minute.

■ On-site fitness centers boost morale and reinforce healthful behavior. Working Well can consult and provide on-site staff.

■ Health fairs, lectures, and training are excellent initiatives to show employees you value them as people.

Call Working Well at 663-8280 for more information about how you can impact your company's bottom line.

A LOW-COST SERVICE

WORKING WELL

IMPROVING the health of your employees with:

- ◆ Health assessments ◆ Health education
- ◆ Fitness programs ◆ Resources and referrals

IMPROVING your bottom line through:

- ◆ Increased productivity ◆ Decreased healthcare costs
- ◆ Increased employee morale

Call Working Well at (603) 663-8280 or e-mail pschauer@elliott-hs.org to learn more. Visit us on the Web at www.elliotohospital.org.

Working Well is a department of Elliot Hospital, 317 Lincoln St., Manchester, NH 03103, (603) 663-8280.

Just for the health of it!



TUBE TIED

TIPS FOR GETTING KIDS AWAY FROM THE TV AND INTO ACTIVE PLAY

BY STEPHEN MICHAUD, M.D.

America's children are spending a majority of their time watching television or playing video games rather than participating in active playtime and getting the suggested amount of exercise for their age group.



TOO EASY TO WATCH TV According to a national study conducted by the Kaiser Family Foundation, the average child spends three to seven hours a day watching television or playing computer games. The Surgeon General lists sedentary habits, such as excessive television viewing,

as a reason why 13 percent of children 6 to 11 years old and 14 percent of adolescents 12 to 19 years old in the United States are overweight or obese.

One recent study (Kaiser Family Foundation, 1999) found that 32 percent of children 2 to 7 years old and 65 percent of kids 8 to 18 years old have television sets in their bedrooms. This makes it too easy for children to slip away and watch television in the comfort of their own rooms. Not only do they remove themselves from the rest of the world, but it also makes it difficult for parents to monitor what they are watching and for how long.

GET OUT AND DO SOMETHING No matter what the weather is outside, there is never a reason for a child to spend the equivalent of a workday sitting in front of a television. Parents should commit themselves to limiting their children's TV time and maximizing their mental and physical development.

Ideally, children should participate in moderately strenuous activity for at least 30 to 60 minutes every day. An hour of exercise each day may seem like a difficult goal to achieve, but the benefits of physical activity are cumulative and can be broken into 15- to 20-minute increments throughout the day. Multiple sessions of short duration result in most of the same health benefits you would get from single episodes of longer duration.

Although team and individual sports are beneficial for a variety of reasons, it is also important to encourage continuing activities, such as walking, dancing, and bicycling. These activities can be enjoyed throughout life and may be acceptable to children who don't enjoy organized sports or lack the motor skills to excel at them.

Simply participating in regular physical activity is just as important for obtaining health-related benefits as the intensity of the activity. Playing tag with the neighborhood kids or riding bikes after school may seem like childish activities, but their physical benefits are unquestionably important.

SPEND TIME WITH YOUR KIDS Time is a precious commodity, but so are your children. One of the best ways

to limit your children's television watching is to spend as much time as possible interacting with them. Children younger than 2 years should not view television; instead parents should encourage more interactive activities that promote proper brain development, such as talking, playing, singing, and reading together.

It is also important to provide positive reinforcement for the child or adolescent who is appropriately active.

Limit your children's TV watching by spending more time with them.

Often it is helpful to identify the health benefits of regular activity, such as maintenance of appropriate weight, increased energy, an improved sense of well-being, and greater self-esteem.

Parents teach by example, and an active role model produces an active child. The most effective substitute for *PrimeTime* is family time.

Dr. Michaud is board-certified in family practice at Amherst Medical Associates and is accepting new patients. For more information, please call (603) 249-3000.



Getting AWAY from the television

- **Set limits on your child's television viewing. Keep their use of TV, movies, videos, and computer games to no more than one or two hours a day.**
- **Encourage a more active lifestyle, including stair climbing, walking, and riding a bicycle. Exercising with a friend or family member may help.**
- **Don't allow the television to be on during meals and homework, and make sure kids seek parental permission before turning it on at other times.**
- **Remove television sets from kids' bedrooms.**
- **Encourage alternative entertainment for children, including reading, hobbies, and creative play.**

KEEP YOUR BRAIN IN SHAPE AS YOU AGE

STAYING SHARP

Regular exercise helps our bodies stay healthy and independent as we age, but how do we keep our brains in shape?

A great fear of aging is that we'll "lose our minds." Our memories will become sketchy, we'll be unable to care for ourselves and we will forget the names of dear relatives.

Staying mentally sharp is crucial to enjoying life as we get older, reports the Institute for the Study of Aging (ISOA), a nonprofit foundation that funds research into cognitive aging and Alzheimer's disease.

However, we may figure there's little we can do to control the condition of our minds in old age. But that's not always true. Everyone ages differently, but experts on aging say that there are steps we can take to help keep our minds working well as we get older.

WHAT'S NORMAL? Perhaps the greatest fear we face about our minds as we grow older is that we'll develop



Visit the Elliot Senior Health Center's Learning Center to stay sharp.

Alzheimer's disease. Every time we misplace our keys or forget someone's name, we wonder: Is it Alzheimer's?

But we shouldn't confuse occasional lapses in memory with more serious conditions such as Alzheimer's disease.

For example, blanking out on a name is common and no reason for worry, says Howard Fillit, M.D., executive director of the ISOA. As we age, some of the links between the

billions of cells in our brains break down. The result: It may take the brain longer to process information.

"You meet somebody and their name is on the tip of your tongue, but you can't quite get it. Eventually, you remember," Dr. Fillit says. "But these lapses don't impair our ability to function from day to day."

"The changes that occur in Alzheimer's go beyond memory. They impair abstract reasoning, judgment and language," he says. "People with dementia can't function day to day. They can't cook or clean or work."

Fortunately, dementia isn't a normal part of aging, the ISOA says. In the United States, Alzheimer's affects only about 5 percent of all people older than 65.

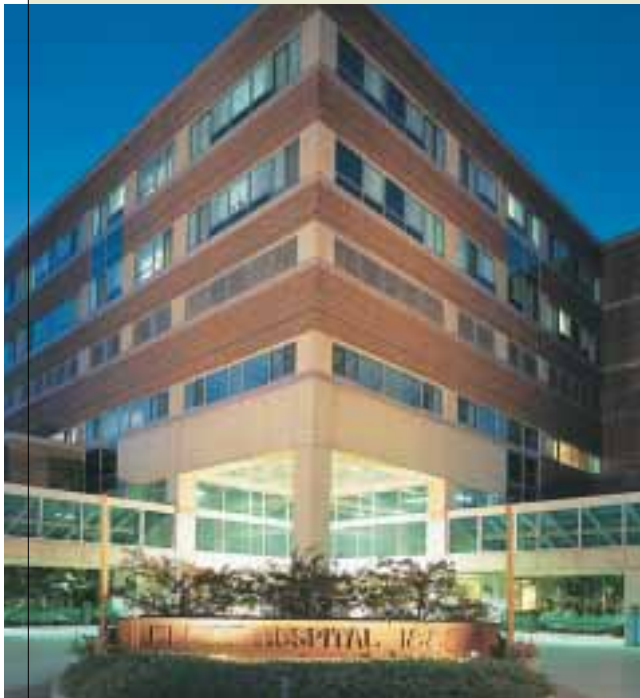
The best way to keep your mind in shape is to stay busy and to stay healthy, the ISOA says. Some good ways to do that include:

Be a lifelong learner. Staying at home, watching television and interacting little with others puts you at risk for "mental atrophy," Dr. Fillit says. Reading, taking classes, doing crossword puzzles, playing chess and engaging in stimulating conversations keeps your brain active.

Keep fit. People who exercise get better blood supply to the brain and score higher on cognitive skill tests.

Consider a job. Working or volunteering keeps your mind active.

Watch your health. Keep high blood pressure, heart disease and diabetes under control. These conditions put you at risk for stroke, which can impair thinking.



Education, Health, and Wellness

COMMUNITY PROGRAMS



To register for a class, 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.

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!

GENERAL HEALTH EDUCATION

AN OVERVIEW OF SKIN CANCER AND MELANOMA

Monday, May 12, 6:30 to 7:30 p.m.
Discuss the differences and risks of melanoma and skin cancer. Instructor: Carol Elfring, R.N., O.C.N., CAnceR REsource line. Free.

CPR (Cardiopulmonary Resuscitation)

CPR for All Ages (Family and Friends)
Saturday, May 10, 8 to 11 a.m.
\$35.

CPR for New Healthcare Professionals
Saturdays, April 5, June 7 8 a.m. to 2 p.m.
\$60.

CPR Renewal for Healthcare Professionals
Saturday, May 10 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 their parents to decrease the anxiety of an upcoming outpatient surgery. Take a virtual tour at www.elliot1-day.com. Free.

ELLIOT FITNESS LINK

For people who take their health seriously! 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 BCLS- and ACLS-certified, and we have an AED and glucometer on site. All exercise levels are welcome; call **663-5730**.

FIRST AID FOR PETS

Monday, April 7, 6 to 9 p.m.
Provide a safe environment for your pet. Know what to do if your animal is sick or hurt. Learn how to clear an animal's air passage of obstruction, control bleeding, bandage wounds, administer CPR, and monitor body temperature and pulse rate. Taught by a Red Cross instructor, this class includes a pet first aid handbook and related handouts. \$30.

HEALTHY INFANT/CHILD CPR AND FIRST AID

Wednesdays, May 14, May 21 6 to 9 p.m.
This certification class through the American Heart Association includes infant and child CPR (newborns through about age 8), and pediatric first aid. Great for daycare providers. \$50.

SENIOR HEALTH

AARP DRIVER SAFETY PROGRAM

Tuesday and Wednesday, May 6 and 7 8:30 a.m. to 12:30 p.m.
This eight-hour (two half days) seminar is a classroom-based driving retraining course developed by AARP to help older adults improve their driving skills. \$10.

ADVANCE DIRECTIVES

Tuesday, April 8, 6:30 to 7:30 p.m.
Discuss issues surrounding living wills and durable powers of attorney. Learn how to get help making important medical decisions should you become unable to do so because of medical reasons. Free.

LOW-IMPACT CHAIR AEROBICS

Tuesdays and Thursdays, March 4 through May 29 12:15 to 1 p.m.
A 45-minute cardiovascular fitness class designed to meet the needs of seniors who feel more comfortable exercising in a chair. \$65.

LEGAL DOCUMENTS FOR THE RETIRED OR SOON-TO-BE-RETIRED

Monday, April 28, 6:30 to 8 p.m.
Steve Mathieu, C.F.P., C.L.U., Ch.F.C., R.H.U., from Legacy Financial, will make suggestions on what legal documents are necessary to ensure that our savings and investments are protected, for ourselves and our loved ones. Free.

LIVE (Low Impact for Vitality and Energy)

Tuesdays and Thursdays, March 4 through April 17, April 29 through June 12, 11 to 11:45 a.m.
Low-impact aerobics classes using easy-to-follow moves that help burn fat and revitalize! Class is for beginners age 50 and older and may be taken with the Strength-Training Maintenance Program. \$30.

HEART HEALTH, WHOLE HEALTH

Wednesdays, April 16 through May 21, 6:30 to 7:30 p.m.
This six-week program focuses on heart-healthy lifestyle choices that will help to decrease cholesterol levels and educate you on the benefits of a whole-foods diet. Includes a supermarket tour with a registered dietitian. \$10 per class (\$15 for couples); \$50 for the series (\$75 for couples).

INCREASING RETURNS ON INVESTMENT

Monday, April 21, 6:30 to 8 p.m.
Steve Mathieu, C.F.P., Ch.F.C., C.L.U., R.H.U., from Legacy Financial, will teach you how to make your money work for you, while increasing the return on your investments. Free.

KNOWING YOUR LUNGS

Wednesday, March 26, 2 to 3 p.m.
Join Stacie Sanborn, R.N., to learn about different types of pulmonary diseases and to recognize the symptoms of pulmonary complications. Discuss ways to alleviate symptoms and receive information on diagnostic testing and resources, such as pulmonary rehabilitation. Free.

LINE DANCING

Great exercise while meeting new people! Learn two or three dances each night.
Instructor: Ginger Kozlowski.

REACH AND BALANCE

Mondays and Wednesdays, March 3 through May 28, 9 to 9:45 a.m.
A 45-minute stretching and balancing class consisting of deep static stretching of all the major muscle groups, followed by balance moves, and ending with realization and deep breathing. \$65.

STRENGTH-TRAINING MAINTENANCE

Tuesdays and Thursdays, March 4 through April 17, April 29 through June 12 10 to 10:45 a.m.
For those that have completed the Strong Living class. Incorporates free weights, bands, and floor exercises. \$30.

STRONG LIVING PROGRAM

◆ **Mondays and Wednesdays, March 31 through June 23, 10 to 11 a.m.**
◆ **Tuesdays and Thursdays, April 1 through June 24, 5:30 to 6:30 p.m.**
Uses ankle and hand weights to help improve fitness levels, mobility, strength, and balance. Ideal for anyone 50 and older who has never strength-trained before. Includes baseline osteoporosis screening. \$50.

SENIOR WELLNESS SCREENINGS

Third Friday of each month, 8 a.m. to 3:30 p.m.
Have your blood pressure, cholesterol, or risk for osteoporosis checked at the Senior Health Center. (See screenings descriptions and prices on the next page.)

TIGHT AND TONE

Mondays and Wednesdays, March 3 through May 28, 8 to 8:45 a.m.
A 45-minute strength-training class for anyone older than 50. By incorporating the use of free weights, dynabands, resistaballs, and floor exercises, participants will get a full-body workout. \$65.

Beginner Line Dancing

Mondays and Wednesdays, March 17 through April 28, May 5 through June 23, 6:30 to 7:30 p.m.
Learn the basics of line dancing. \$35.

Intermediate Line Dancing

Mondays, March 17 through April 28, May 5 through June 23 7:30 to 8:30 p.m.
An opportunity to move on to more difficult dances. \$35.

JOINT PAIN: UNDERSTANDING YOUR OPTIONS

Wednesday, May 7, 6:30 to 8 p.m.
Dr. Eric Benson, from NH Orthopedics, will discuss the causes of joint pain and the current treatment options available. He will also describe the latest procedures concerning hip and knee replacement surgeries. Free.

MEN'S HEALTH

WHAT'S NEW IN MEN'S HEALTH?

Monday, June 2, 6:30 to 7:30 p.m.
An overview to provide the necessary information to become proactive with your health by looking at ways to prevent heart disease, even if you are faced with a family history of it. Dan Rosenbaum, M.D., from Family Practice Associates in Bedford, will look at risk factors, what's new in the testing and screening arena, and simple ways to live a more healthful and longer life. Women are also invited. Free.

MIND/BODY MEDICINE

FENG SHUI

Feng Shui and Color
Monday, May 5, 6:30 to 8:30 p.m.
Color can restore and enhance energy, balance, and good fortune in your home and life. Learn how to pick colors and find the answers to your most common color questions. \$30.

Feng Shui and Finding Abundance
Monday, March 31 6:30 to 8:30 p.m.

A practical and spiritual guide to attracting wealth into your life. It's not just a monetary makeover, it's a whole-being process. Learn to locate the areas of your home that affect your wealth, while also learning how to attract the balance needed to have more. \$30.

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.

MEDITATION

Introduction to Meditation

Tuesday, April 15, 7 to 8:30 p.m.

Learn to use meditative techniques as stress reduction tools. \$10.

Meditation Course*

Tuesdays, April 22 through May 27, 7 to 9 p.m.

Feeling overwhelmed by the daily stresses of life? This six-week meditation course teaches meditation as a stress reduction tool. \$90.

MUSIC FOR HEALING AND TRANSITION PROGRAM

◆ **Module 1: Saturday and Sunday, April 26 and 27**

◆ **Module 2: Saturday and Sunday, July 12 and 13**

8 a.m. to 5 p.m.

This nationally recognized program prepares musicians to play music at the bedside of sick and terminally ill patients. Call Deb Langton at (603) 663-4450 to register. \$375 per module.

NIA NEW CLASS!

Mondays and Wednesdays, April 7 through June 30, 5:30 to 6:30 p.m.

NIA is the ultimate "East meets West" method to tone your mind, body, and spirit. Short for neuromuscular integrative action, NIA is a fusion of movement styles. It uses the expressiveness of dance, the power and explosiveness of martial arts, and the wisdom of the healing arts. NIA is user-friendly, flexible, and playful. It can be adapted to fit your personal needs and can be experienced by anyone at any age. \$85.

PILATES NEW CLASS!

Tuesdays and Thursdays, April 10 through June 26, 8:30 to 9:30 a.m.

Pilates focuses on flexibility, stabilization, strengthening, and stretching the whole body to attain balance. It draws on the work of Joseph Pilates, adding some basic yoga moves and stretches. \$45.

REFLEXOLOGY

Monday, May 19, 6 to 8:30 p.m.

Foot reflexology is the practice of applying gentle pressure to specific areas of the feet to produce deep relaxation and promote healing. Participants will give and receive reflexology treatments. \$20.

REIKI

Reiki is 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, April 5, May 3 9 a.m. to 5 p.m.

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

Reiki II Training*

Saturday, June 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. Prerequisite: Reiki I. \$200.

Reiki Clinic

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

Certified Reiki practitioners are on hand. Freewill donations are appreciated. Space is limited. Register with ELLIOT ON-CALL at 663-4567.

T'AI CHI LESSONS

Thursdays, April 10 through May 29, 7:15 to 8:15 p.m.

This Chinese art incorporates physical, mental, and spiritual exercises to invigorate both the body and mind. Positive effects of this slow, gentle exercise include improved muscle strength, flexibility, balance, and relaxation. \$90.

TRANSFORMATIONAL BREATHWORK

Fridays, April 11, June 6 6:30 to 9 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 is offered to seniors.

Ashtanga Yoga, Level I

Tuesdays, April 8 through May 27 5:45 to 7 p.m.

Ashtanga is the most physically challenging yoga practice there is and is good for people who are interested in becoming stronger and pushing their bodies to the limit. Please bring a towel, come hydrated, and limit your eating two to three hours before class. \$90.

Beginners' Yoga

Tuesdays, April 8 through May 27 7:15 to 8:30 p.m.

No experience required, just enthusiasm. Instructor: Valerie Farrell. \$90.

Kripalu Yoga

Mondays, April 7 through June 2 7:15 to 8:30 p.m.

A great course for beginners or for those who would like to experience a gentler and softer yoga. Instructor: Martha Chabinsky. \$90.

PARENTING

We are proud to announce that the Labor Series, Refresher Labor Class, Breastfeeding, and Parenting Your Newborn classes have been improved with all new materials. They communicate the latest information and are taught by certified instructors.



BABY SIGNING

Level I

Tuesdays, May 6 through 27 6:30 to 7:45 p.m.

Parents can learn how to have meaningful, two-way communication with their preverbal infants through sign language. This can help reduce communication frustrations between parents and children, deepen the parent/child bond, and give babies an outlet to express themselves. \$55 per person; \$70 per couple.

Level II

Tuesdays, May 6 through 27 8 to 9:15 p.m.

Level II incorporates more hands-on activities into your daily life, while teaching your child baby sign language. Activities, such as games, reading, and songs, will help bring this program to life. For ages 6 months to 2 years. Level I completion is suggested but not required. \$55 per person; \$70 per couple.

EXERCISE AND YOUR PREGNANCY

Mondays, April 7, May 5 6:30 to 8:30 p.m.

A certified personal trainer will discuss the dos and don'ts of exercise during pregnancy and postpartum. Discuss how to adapt your current workout routine, learn new exercises, and receive information on weight gain. \$15 per person.

GRANDPARENTS UPDATE

Sunday, April 6, 2 to 4 p.m., offered every other month

Learn to enhance the bond between expectant grandparents and the new family. Participants will learn about today's birth experience, infant care practices, and the joy of grandparenting. A tour of the maternity center is included. \$15 per person.

INFANT GROWTH AND DEVELOPMENT

Mondays, April 21, May 19 6:30 to 8:30 p.m.

Discuss the normal growth and development of an infant from 6 weeks to 1 year old. Some topics addressed will be sleep, health and nutrition, bonding and attachment, communication, and the baby's self-esteem. \$15 per person.

INFANT MASSAGE

Tuesdays, April 15, April 22 6 to 7:30 p.m., offered every other month

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. A book is included. \$50 per couple.

PREPARING FAMILY FOR ANOTHER CHILD

Tuesday, May 20, 6:30 to 8:30 p.m.

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

SCREENING YOUR INFANT FOR HEARING

Friday, April 4, 6:30 to 8 p.m.

Elliot screens all babies born at the hospital for hearing. Learn about the process and resources to treat infants diagnosed with hearing problems. (No screenings at this seminar.) Free.

SIBLINGS WITHOUT RIVALRY

Tuesdays, April 8 through May 13 6:30 to 8:30 p.m.

Teaches parents how to help their children learn to live together. Learn what increases hostility between children, the correct attitude and language to decrease hostility, and specific skills that help to reduce friction and make harmony possible. \$65 per person; \$120 per couple.

THE TESTING TODDLER

Tuesdays, April 1, June 3 6:30 to 8:30 p.m.

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 such things as sleep, discipline, and normal behaviors of toddlerhood. \$15 per person.

ONGOING CLASSES

- ◆ **Back to Work and Breastfeeding**
- ◆ **Boot Camp for New Dads**
- ◆ **Breastfeeding**
- ◆ **Great Expectations**
- ◆ **Hypnobirthing**
- ◆ **Infant and Child CPR and Safety**
- ◆ **Infant Growth and Development**
- ◆ **Introduction to Underwater Birth**



Labor Series

- ◆ **Maternity Tours**
- ◆ **Moms' Groups**
- ◆ **The Parent Connection**
- ◆ **Parenting Your Newborn**
- ◆ **Prenatal and Postnatal Yoga**
- ◆ **Refresher Labor Class**
- ◆ **Sibling Class**
- ◆ **VBAC (Vaginal Birth After Cesarean)**
- ◆ **Improved classes!**

WOMEN'S HEALTH

TAKING CONTROL: FINANCIAL MANAGEMENT

Thursdays, April 3 and 10 7 to 9 p.m.

This two-part workshop for women teaches how to establish a workable budget, meet retirement needs, prepare an effective estate plan, and practice effective strategies for cutting taxes and making your money go further. The workshop includes a copy of the *Taking Control Workbook* and an opportunity to schedule a complimentary consultation to discuss individual concerns. \$30.

SUPPORT GROUPS

AICD (Automatic Internal Cardiac Defibrillator)

First Friday of each month

Designed to help patients with internal cardioverter defibrillators and their families deal with unique issues.

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.

Part I

Mondays, 6 to 7:30 p.m.

For any woman with a recent breast cancer diagnosis who is looking for social and emotional support.

Part II

Second and fourth Mondays of each month, noon to 1 p.m.

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.

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 WITH CANCER

Thursdays, 6:30 to 8 p.m.

For people with cancer and their families and friends. Call 663-5787.

OBSESSIVE-COMPULSIVE

First and third Tuesdays of each month, 7:30 to 9 p.m.

GOALS—Give Obsessive-compulsive Another LifeStyle—is 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, their family members, friends, or anyone interested in learning about this disease. Coordinator: Mary Blevens, P.T.

PROSTATE CANCER

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

For people with prostate cancer and their families.

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, www.elliotospital.org.

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SCREENINGS

EAR WAX REMOVAL CLINIC

Call for dates and times.

Free ear wax inspection. \$12 if irrigation is needed.

FITNESS EVALUATION

Third Friday of each month, 8 a.m. to 3 p.m.

Includes fitness/health risk appraisal; submaximal cardiorespiratory evaluation; body composition; strength, endurance, and flexibility assessments; and education. \$40.

FOOT CARE CLINIC

Call for dates and times.

\$12 if toenail cutting is needed.

YOUR WELLNESS MATTERS SCREENINGS

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

- ◆ Lipid profile: \$22
- ◆ Total cholesterol: \$18
- ◆ Osteoporosis screening: \$20
- ◆ Body composition: \$20

Your Wellness Matters

