

# Health & Wellness CONNECTION

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## MCH Opens Full-Time Neurology Center



Dr. Sachin Dave

Monadnock Community Hospital is pleased to announce the opening of The Neurology Center. This new full-time specialty practice is devoted exclusively to the study and treatment of the nervous system. Led by Dr. Sachin Dave, a Board-Certified Neurologist, the center treats patients with diseases of the brain, spinal cord, nerves and muscles. The Neurology Center can help patients with a wide range of problems including: stroke, headaches, seizures, Parkinson's Disease, Multiple Sclerosis, neuropathy, backaches, neck pain, sleep disorders and Alzheimer's/Dementia.

Dr. Dave comes to MCH from the Department of Neurology at the University of Texas Southwestern Medical Center in

Dallas where he was selected for a fellowship in Clinical Neurophysiology. Previous to that he became Board eligible by the American Board of Psychiatry and Neurology at the University of Texas Southwestern Medical Center, and was part of the internal medicine program at Westlake Hospital in Melrose Park, IL. He studied diagnostic radiology at Gujarat Cancer and Research Hospital in India.

The Neurology Center is accepting new patients. For more information about this new practice, please call 603-924-4646 to make an appointment; or you may schedule an appointment through your primary care physician.

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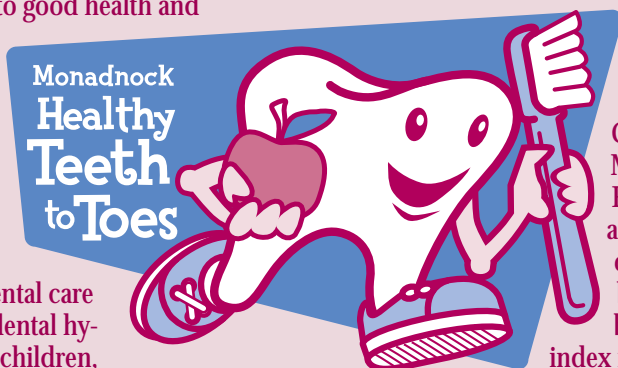
## Expanded Healthy Teeth Program Addresses Childhood Obesity

Monadnock Community Hospital has expanded its Healthy Teeth Program to address childhood obesity through an interactive educational program. This program focuses on healthy eating, daily exercise, and good oral hygiene. *Monadnock Healthy Teeth to Toes* exemplifies a holistic approach to good health and healthy decisions.

The Healthy Teeth Program, a school-based outreach service, was developed by MCH in 2003. This program continues to provide access to dental care and instruction on dental hygiene for over 2000 children, ages kindergarten through third grade, in 14 local schools. The program is very successful; creating a 50% reduction in the number of children identified with

untreated tooth decay; and reducing tooth decay by 44%.

However, childhood obesity has become a serious problem in the Monadnock Region and nationwide. This has been confirmed through a research project conducted by Dartmouth Medical School in



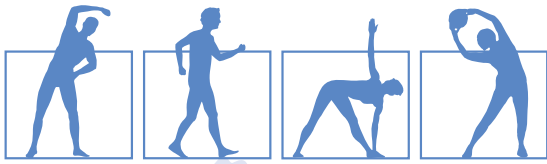
collaboration with the Monadnock Pediatric Group. One third of Monadnock Region children are considered obese as defined by government body mass

index measurements. In order to address this crisis, Monadnock Healthy Teeth to Toes was created. By expanding upon the dental program, there is a perfect

opportunity to introduce proper nutrition, healthy food choices, fun ideas for physical activities, and helpful take home messages to children and their families. The program covers the ConVal, Mascenic, and Jaffrey-Rindge school districts — taking care of your body from teeth to toes!

The Monadnock Healthy Teeth to Toes staff consists of Pamela Delahanty, better known as the "Tooth Fairy's Assistant;" a registered dental hygienist; Donna Poe, a registered nutritionist at Monadnock Community Hospital; and Louise Danforth, program manager, who will focus on the overall program expansion, including health, wellness and nutrition.

For more information, please call Louise Danforth at 924-4699, extension 1108.



## The Bond Wellness Center

Monadnock Community Hospital

### Group Fitness Schedule

#### MONDAY

Group Strength Training	6:30 - 7:30 AM
Cardiac Rehab	7:45 - 8:15 AM
Muscle Toning	8:30 - 9:30 AM
One Step Up	9:30 - 10:30 AM
A, B, C's	11:00 - 11:50 AM
Step II	4:15 - 5:10 PM
Pilates Workout	5:15 - 6:00 PM
Yoga with Peggy Cappy	6:00 - 7:15 PM

#### TUESDAY

* Healthy Hearts Yoga	7:15 - 7:45 AM
* Pilates Intermediate	8:00 - 9:00 AM
* Pilates Basics	9:00 - 10:00 AM
Yoga	10:15 - 11:15 AM
* Tai Chi for Balance	11:30 - 12:45 PM
Cardio Salsa	4:30 - 5:30 PM
* Pilates Basics	5:00 - 6:00 PM
Intermediate Tai Chi	5:30 - 6:30 PM

#### WEDNESDAY

Circuit Challenge	6:30 - 7:30 AM
Cardiac Rehab	7:45 - 8:15 AM
Muscle Toning	8:30 - 9:30 AM
Powerful Poses Yoga	9:45 - 10:45 AM
A, B, C'S	11:00 - 11:50 AM
Hatha Flow Yoga	4:15 - 5:15 PM
Muscle Toning	5:30 - 6:30 PM
Step	6:30 - 7:30 PM

#### THURSDAY

* Healthy Hearts Yoga	7:15 - 7:45 AM
* NIA (non-impact aerobics) Yoga	9:00 - 10:00 AM
* Pilates for Osteoporosis	10:15 - 11:15 AM
* Cardio Box	12:00 - 1:00 PM
* Pilates Props Challenge	5:30 - 6:25 PM
Iyengar Basic Yoga	5:30 - 6:30 PM
	6:30 - 7:45 PM

#### FRIDAY

Serious Strength	6:30 - 7:30 AM
Cardiac Rehab	7:45 - 8:15 AM
Gentle Strength	8:30 - 9:30 AM
Ease into Yoga	9:30 - 10:30 AM
A, B, C's	11:00 - 11:50 AM
Muscle Toning	4:30 - 5:30 PM
Step I	5:30 - 6:30 PM

#### SATURDAY

Mixed Bag	8:15 - 9:15 AM
Yoga	9:30 - 10:45 AM

\*Indicates class requiring Pre-Registration.  
Call to Register.

### Primary Care and Specialty Practices Near You

Find a Physician - Call 924-1702

#### Family Care Practices

#### Antrim Medical Group

12 Elm Street, Antrim  
588-4200

#### Jaffrey Family Medicine & Jaffrey Physical Therapy

Monadnock Plaza  
82 Peterborough Street, Jaffrey  
532-8775, Family Medicine  
532-6782, Physical Therapy

#### Monadnock Family Care

Monadnock Community Hospital  
Peterborough  
924-4664

#### Monadnock Internists

Monadnock Community Hospital  
Peterborough  
924-4671

#### Monadnock Regional Pediatrics

Monadnock Community Hospital  
Peterborough  
924-7101

#### New Ipswich Family Medicine & Physical Therapy

821 Turnpike Road, New Ipswich  
878-1092 Family Practice  
878-0006 Physical Therapy

#### Peterborough Internal Medicine

Monadnock Community Hospital  
Peterborough  
924-4680

#### Rindge Family Practice

31 Sonja Drive, Suite 2, Rindge  
899-9563

#### Other Specialties/Departments

Audiology 800-660-9043  
Bond Wellness Center 924-4650  
Cardiac, Diabetes & Pulmonary Rehab 924-4650  
Cardiology 924-4646  
Emergency 924-7191  
Gastroenterology 924-3397  
General Surgery 924-4668  
OB/GYN 924-9444  
Neurology 924-4646  
Oncology/Hematology 924-4660  
Ophthalmology 924-7070  
Orthopaedics 924-2144  
Otolaryngology 800-286-2353  
Pain Solutions 577-3003  
Podiatry 924-4095  
Psychiatry 924-4690  
Pulmonology 924-4646  
Radiology 924-7191  
Rheumatology 924-4646  
Urology 924-8700

For more information... about classes or The Bond Wellness Center, call 924-4650.

## Bond Wellness Center Offers Fitness For Life Special Limited Time Offer... Join Now for Free! \$99 Value.

For a limited time, The Bond Wellness Center at Monadnock Community Hospital is offering free start-up cost (\$99 value) for new members. Now thru January 15, 2009, all new membership start-up fees will be waived. This is the perfect opportunity to make that early New Years resolution to get in great shape and lose weight during the coming year.

The friendly and supportive staff at the Wellness Center sets realistic goals and offers customized programs for all new members and the encouragement to meet those goals. The award-winning exercise facility makes exercising fun and rewarding, offering treadmills, elliptical trainers, bikes and steppers to a circuit of machines designed to efficiently isolate all important muscle groups. The



dual-pool aquatic program is a great complement to the "land-based" program. Members of the Center can take advantage of a wide assortment of over 60 group fitness and aquatic classes, such as toning, aerobics, Yoga, Pilates and T'ai Chi. Specialized wellness services, such as personal fitness consultants and life/fitness coaching, therapeutic massage, and nutrition consultations, are also available to members.

To take advantage of this special limited time offer, call today at 924-4650.

# Health & Wellness

**M**onadnock Community Hospital and its Medical and Wellness Staff are pleased to introduce the following Free Health and Wellness Seminars. We've created diverse seminar topics that we feel will be of particular interest to all members of our hospital community, and we have carefully selected as our speakers professionals who are medical and wellness experts in their fields.

If you would like to enroll in one or more of these Community Health & Wellness Seminars, please call 924-4692.

## The Pharmacy, Drugs and You

**Speaker: Michael Flynn, Director of MCH Pharmacy**

**Monday, January 12, 6:00 – 7:00 p.m. Main Hospital, Conference Rooms 1 & 2**

Michael Flynn, MCH's Director of Pharmacy, will walk you through the complicated world of medications. He will talk about such issues as brand name versus generic; over-the-counter drugs and supplements; the FDA and how drugs get on the market; why it takes so long to get generic drugs; how the pharmacist works with you and your physician; why the high cost of medications and how you might be eligible for reduced-fee medications.

## This Year I Will... Making Changes That Last

**Speaker: Anne Mellor, Certified Wellness Coach and Personal Trainer**

**Thursday, January 22, 7:00 – 8:00 p.m. The Bond Wellness Center, Conference Room 1**

We will explore how the brain responds to change and what we can do with this information to create new habits and keep resolutions. We'll look honestly at the effort required to establish new behaviors, as well as methods of determining your readiness to work on specific changes. Creating a map to success, monitoring progress, dealing with lapses, and turning "failures" into stepping stones will be included in the discussion.

## Hormonal Changes in Midlife

**Speaker: Dr. Pamela Stetzer, Monadnock OB/GYN**

**Monday, February 9, 6:00 – 7:00 p.m. Main Hospital, Conference Rooms 1 & 2**

Are menopausal symptoms affecting your active lifestyle? Many women in midlife begin experiencing signs and symptoms of hormonal changes. This seminar, which is being presented for both women and their partners, will teach you more about ways, both medically and non-medically, to help deal with the upsetting symptoms of menopause, such as hot flashes, night sweats, mood swings and loss of libido. Dr. Stetzer, from Monadnock OB/GYN, will talk about other less obvious symptoms of menopause, such as loss of bone density and other physically related symptoms. Whether you're well into menopause or approaching the age where you will be dealing with menopausal issues, Dr. Stetzer will make you more knowledgeable about what's best for you by better understanding this period in your life.

## Creating Relationships – A Journey Around the Enneagram

**Speaker: Stephen Capizzano, MS, ETNT**  
**Thursday, February 19, 7:00-8:00 p.m. The Bond Wellness Center, Conference Room 1**

While we mostly tend to see others in the light of their behavior, we see ourselves in the light of our motivations. Join Stephen Capizzano in exploring the nine different motivations of the Enneagram and the behaviors that follow from them. By learning to recognize your inner motivation, you can begin to manage your personal reactivity – thus reducing stress, conflict and limitations at work and in relationships. Stephen is a Certified Enneagram Teacher in the Narrative Tradition (ETNT). With over 20 years of experience, he brings the Enneagram into strengthening relationships, building community and assisting organizational cultures.

## MCH EXPANSION UPDATE Web Pages Launched With Expansion Info

**O**ver the late summer and fall months the expansion at Monadnock Community Hospital has been in high gear, with extensive construction work at the entrance to the hospital and the parking lots. In the next couple of months, there will be more changes requiring alert and safe driving, including:

- MCH will connect to the town water main near the entrance and prepare the ground to bring additional water lines onto the hospital campus.
- Rotary construction within the MCH grounds will continue.
- Parking lot and perimeter road construction will continue.

MCH has launched new pages on its web site that are dedicated to the MCH expansion program. On these pages, you can find additional info about the project including:

- Community update ads
- Employee updates
- Campus plans
- General timeline
- Press releases

One interesting section is called "Rumor Mill." Here you can send us questions or rumors you've heard, and we will answer, confirm or dispel them on this page. Please visit [www.monadnockhospital.org/expansion](http://www.monadnockhospital.org/expansion).

Thank you for your ongoing patience during construction!

## Health Programs Sponsored at MCH

### Alcoholics Anonymous

Saturdays, 9:00 - 10:00 a.m. (women); 7:00 - 8:00 p.m.  
Sundays, 8:00 - 9:00 a.m.; 10:30 - 12:00 p.m.  
Monadnock Community Hospital, Conference Room #1

### Cancer Support Group

Fridays, 12:00 - 1:15 p.m., Monadnock Community Hospital, Conference Room #3 (Parmelee Bldg.)  
Registration Required, Adele Michaelides, MA - 355-2244, x302

### Diabetes Self-Management

Wednesdays, 1:00 - 3:00 p.m., Wellness Center Conference Rm  
Registration Required, Sue Grosso, RN, CDE - 924-4699, x4096

### Multiple Sclerosis Support Group

Second Saturday of the Month, 10:00 a.m. - 12:00 p.m.  
Wellness Center, Conference Room #1

### Nursing Mom's Group

Second & fourth Tuesdays of the month, 10:00 a.m. - 12:00 p.m.  
Monadnock Community Hospital, Conference Rooms 1 & 2

### Overeaters Anonymous

Sundays, 6:30 - 7:30 p.m., Monadnock Community Hospital, Conference Room #1

### National Alliance for Mental Illness

Second & fourth Thursdays of the month, 7:00 - 8:30 p.m.  
Monadnock Community Hospital, Conference Room #3

### Pregnancy & Infant Loss Support Group

Second Tuesday of the month, 6:30 - 8:00 p.m.  
Monadnock Community Hospital, Conference Rooms 1 & 2  
Pat O'Connell, RN - 924-4672

*Welcome to the **Fall/Winter Issue** of  
Monadnock Community Hospital's  
Health & Wellness Connection.*

*The Birthing Center at MCH...  
Delivering Innovative Maternity Care  
In a Family-Centered Setting*

**T**he Birthing Center at Monadnock Community Hospital and Monadnock OB/GYN Associates provide a family-centered and highly supportive environment to women and their families before, during and after childbirth.

In addition to offering a complete range of birthing options, our highly skilled team of experienced nurses provides "one-on-one" labor care to assist each mother in fulfilling her unique childbirth needs.

The Birthing Center's Parent Education Program, coordinated by Pat O'Connell, includes services and classes in Preparing for Childbirth, Breastfeeding, Big Brother and Big Sister Sibling Preparation, a Family Follow-Up Program, Nursing Mom's Group, and Pregnancy and Infant Loss Support.



"All of our daughters, most recently Nora, were born at The Birthing Center. I loved the fact that I had my own personal nurse, Lynn. She stayed with me the entire time from my arrival through recovery. I was so impressed with Lynn, that we decided to name our new baby Nora Lynn! The nurses and doctors are amazing. I'm glad to have delivered in such a supportive and peaceful environment!"

— Mandy, Antrim

For more information or to schedule a tour, please contact Pat O'Connell at 924-7191 x4174. Also, please visit [www.monadnockhospital.org](http://www.monadnockhospital.org).