

# Health & Wellness

## CONNECTION

VOLUME 3 / ISSUE 2 SUMMER 2009

### New Town Road and Hospital Connector Road Scheduled to Open This Fall

Phase I of the hospital's expansion is scheduled to be completed this fall and will achieve several important objectives for MCH. The campus will be reoriented and a new main entrance will be created. The main entrance will be off the new connector road, also scheduled for completion this fall. Public safety and access on campus will be improved by a perimeter road. The hospital's new generator building will be complete and will house MCH's three generators. Now, the campus will be ready for construction of a new clinical building.

MCH's \$25 million building expansion plan will focus on high growth areas of the hospital, including Surgical Services, Emergency Department, Maternity, and Physician Practices. Future expansion is also planned for other hospital services. Fiscal responsibility is a guiding light of this project, and a phased timetable will ensure continued fiscal success.

For more complete information, MCH has a special section on its web site, [www.monadnockhospital.org](http://www.monadnockhospital.org), where you can find additional information about the project. Thank you for your ongoing patience during construction!



### New Orthopaedic Physician Assistant at MOA



Nicolas Zafiroglu, PA-C

Nicolas C. Zafiroglu, PA-C, has joined Monadnock Orthopaedic Associates as an orthopaedic physician assistant. He comes to MCH from the Kaiser-Permanente Medical

Group, Walnut Creek, California, where he was a trauma clinic and surgery-oriented orthopaedic physician assistant working with eighteen orthopaedic surgeons, two nurse practitioners and six other physician assistants in a multidisciplinary hospital-based orthopaedic practice. While there, he was the Multiple Patient Appreciation Award recipient for outstanding patient care.

Previous to his California position, he was at the Chester County Orthopaedic Associates, West Chester, Pennsylvania, and prior to that he was in the Associated Hand Surgeons practice in Santa Barbara, California, where treatment dealt with upper-extremity specialization.

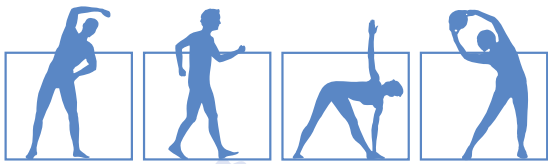
At Union Hospital, Elkton, Maryland, he held the position of exercise physiologist and developed and implemented policies and procedures for rural community-based hospital outpatient cardiac rehabilitation programs.

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In both Delaware and Long Beach, California, he implemented and supervised individualized physical rehabilitation programs for area residents, athletes, and workers based on physician recommendations. In addition to this he worked with monitoring and education of post-operative cardiac patients.

Mr. Zafiroglu received his B.S. degree in Physical Education at the University of Delaware, his M.A. in Physical Education/ Kinesiology, at California State University in Long Beach and earned his PA certification at MCP Hahnemann University in Philadelphia.



## The Bond Wellness Center

Monadnock Community Hospital

### Group Fitness Schedule

#### MONDAY

Group Strength Training	6:15 - 7:15 AM
Muscle Toning	8:30 - 9:30 AM
* Forever Fit	9:00 - 10:30 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
* Back Health Pilates	1:00 - 2:00 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
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
Cardio Dance	8:30 - 9:15 AM
* 3D Toning	9:15 - 10:00 AM
Yoga	10:15 - 11:15 AM
* Pilates for Osteoporosis	12:00 - 1:00 PM
* Latin Dance	4:30 - 5:25 PM
* Pilates Intermediate	5:15 - 6:30 PM
* Boxing Body	5:30 - 6:25 PM
Iyengar Basic Yoga	6:30 - 7:45 PM

#### FRIDAY

Serious Strength	6:30 - 7:30 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.

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

## New Psychiatrist Joins Monadnock Behavioral Health



Dr. Michele Gunning

Michele Gunning, MD, has joined the staff of Monadnock Behavioral Health Services. Dr. Gunning comes to Monadnock Community Hospital from the Mental Health Center of Greater Manchester where she was the supervising geropsychiatrist, as well as at

Catholic Medical Center where she was an attending psychiatrist in consultation liaison and emergency services. Prior to holding that position, she was the outpatient attending psychiatrist for adult psychiatric, dual diagnosis, and mentally retarded/developmentally disabled patients at Richmond University Medical Center in New York.

Dr. Gunning earned her Bachelor of Science degree at Wagner College, Staten Island, New York. She attended Universidad Autonoma De Guadalajara School of Medicine in Mexico, becoming proficient in Spanish. After her studies abroad, she attended New York Medical College in Valhalla, New York, for completion of her medical degree. She completed her Psychiatry Residency Program at St. Vincent Catholic Medical Center in Staten Island, NY. During her final two years she was the Chief Resident in Psychiatry.

In 2007 she became a diplomate of the American Board of Psychiatry and Neurology. Dr. Gunning holds professional memberships in the American Psychiatric Association and the American Association of Psychiatric Administrators.

### 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

# 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.

## COPD: A Preventable and Treatable Disease

**Speakers:** Dr. Neeraj Vasishtha, Pulmonologist, and Deborah Chabot, RN, Certified Asthma Educator  
**Monday, June 15, 6:00 - 7:00 p.m.**  
**Main Hospital, Conference Rooms 1 & 2**  
 Chronic obstructive pulmonary disease (COPD) is a category of diseases that makes breathing harder. Dr. Vasishtha, a Board Certified Pulmonologist and Medical Director of the Pulmonary Rehabilitation Program at MCH, will talk about how COPD is a preventable and treatable disease. He will discuss how Pulmonary Rehabilitation can benefit someone with COPD. Deb Chabot, a Registered Nurse and a Certified Asthma Educator, will discuss how Pulmonary Rehabilitation is designed to reduce symptoms, optimize functional status, and reduce health care costs through stabilizing or reversing systemic manifestations of the disease.

## Safe Sleep for Babies

**Speaker:** Pat O'Connell, RN, CPCE, Sara Meade, RN, MS, The Birthing Center, and Dr. Jeffrey Boxer, Monadnock Regional Pediatrics  
**Monday, July 20, 6:00 - 7:00 p.m.**  
**Main Hospital, Conference Rooms 1 & 2**  
 Sudden Infant Death Syndrome (SIDS) is the leading cause of death in infants between 1 month and 1 year of age. Health care providers used to think that babies should sleep on their stomachs, but research now shows that babies are less likely to die of SIDS if they are placed on their backs. This seminar for both expecting and new parents, as well

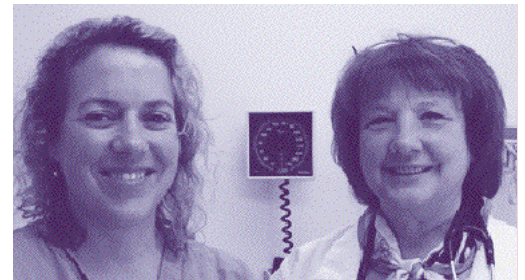
as grandparents, will address ways that you can lower a child's risk of SIDS.

## Hot Flashes, Night Sweats, Mood Swings

**Speaker:** Dr. Pamela Stetzer  
**Monday, August 17, 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 women and their spouses, 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, of 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.

## Fitness for the Busy Lifestyle: Scheduling Your Priorities

**Speakers:** Daniel Romero, BS, Health Fitness Specialist and Caitlin FitzGerald, BS, Exercise Physiologist  
**Thursday, August 27, 7:00 - 8:00 p.m.**  
**The Bond Wellness Center, Conference Room 1**  
 Do you struggle to fit exercise into your busy lifestyle? Let Dan Romero and Caitlin FitzGerald show you how to benefit from fun and varied routines that will work whether you're new to exercise or experienced with unexpected time demands. They will explore simple strategies and methods to create shortened, effective workouts, as well as how to incorporate these varied exercise routines into your busy lifestyle. Dan and Caitlin will discuss the research that substantiates abbreviated workouts and the benefits you can expect from these exercise sessions. You don't have time to miss this one-time seminar that will charge your motivation to efficiently take control of your health.



Samantha Walker, RN and Nancy Lynch, ARNP

“As a surgical nurse, I work with health care providers and understand the importance of providing patients with the highest quality medical care. Recently I visited Nancy Lynch, a new nurse practitioner in the Peterborough Internal Medicine practice, for a physical. I was truly impressed with how thorough she was during the exam and how she was genuinely concerned and attentive. Her follow-up was impressive. She researched some issues and called me at home. Nancy didn't treat me like just another patient... she was personally invested in me.”

*Samantha Walker, RN*

## Digital Mammography: A New Ally in the Fight Against Breast Cancer

**Speaker:** Gretchen Mathieu, Lead Mammography Technologist, Women's Imaging Department  
**Monday, September 14, 6:00 - 7:00 p.m.**  
**Main Hospital, Conference Rooms 1 & 2**  
 Breast cancer is the second leading cause of cancer death among women, and statistics demonstrate that one in eight women will develop breast cancer sometime in her life. If detected early, the five-year survival rate is 95%. Digital mammography is the most advanced mammographic imaging technology available today for the early detection of breast cancer. MCH has recently introduced this state-of-the-art technology, and Gretchen Mathieu will discuss the many advantages of the technology over film technology. Digital mammography produces incredibly sharp images and a radiologist can view and manipulate the images on high-resolution computer monitors that enhance visualization of the structures within the breast tissue. This is a must attend seminar for women of all ages who understand the importance of the early detection of breast cancer. Bring your questions.

## Health Programs Sponsored at MCH

### Alcoholics Anonymous

Saturdays, 9:00 - 10:00 a.m. (women); 7:00 - 8:00 p.m.  
 Sundays, 8:00 - 10:00 a.m.; 10:30 a.m. - 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

### MOMS (Meet Other Mothers)

Tuesdays, 10:00 a.m. - 12:00 p.m.  
 The Bond Wellness Center

### Overeaters Anonymous

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

### National Alliance for Mental Illness

Second 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

Monadnock Community Hospital, 452 Old Street Road, Peterborough, NH 03458

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

# The Baby Dream Team

*Dr. Pamela  
Stetzer*

**W**ith every baby born at The Birthing Center, new Moms are treated to a highly supportive family environment before, during, and after childbirth. From our outstanding OB/GYN health team to our award-winning Birthing Center, we listen and respond to your special concerns.

At The Birthing Center, you can:

- Stay in your own comfortable, attractive room for your entire childbirth experience.
- Receive one-to-one nursing care during labor.
- Access a complete range of birthing options. Visit our website for a complete list.

For more information or a tour of The Birthing Center, call 924-7191, ext. 4174

*Amanda  
Bertram, LNA*



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).

"Since giving birth to our first baby at Monadnock Community Hospital's Birthing Center, Mark and I have convinced three of our pregnant friends to switch to MCH. Because Mark works at the hospital, we knew about the Birthing Center's excellent reputation. And our experience was better than we ever imagined. The team of doctors and nurses made the pregnancy, delivery and follow-up care amazingly wonderful and magical. We are convinced that this is THE place to deliver your baby." —Sally, Mark and Lucy, Rindge