

Health & Wellness

CONNECTION

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New Surgeon Joins Monadnock Surgical Associates



Dr. Michael Scott Woods

Dr. Michael Scott Woods has joined Monadnock Surgical Associates at Monadnock Community Hospital. Dr. Woods will be working with Dr. Edwin S. Menor.

Dr. Woods comes to MCH from St. Vincent's Hospital Surgical Group in Santa Fe, New Mexico, where he practiced general and hepatobiliary-pancreatic surgery. Previous to that he practiced general surgery at Woods Surgical Care in Cortez, Colorado.

Dr. Woods received his Bachelor of Science in cellular biology at the University of Kansas. His Doctor of Medicine was earned at the University of Kansas School of Medicine. He was awarded a visiting fellowship in the Liver Transplant Unit at Cambridge University in England.

Dr. Wood's internship and residency in general surgery were both at the University of Kansas-Wichita. Additionally, Dr. Woods recently received a Masters Degree in Medical Management from the Marshall School of Business at the University of Southern California. He is a Diplomat of the American Board of Surgery and a Fellow of the American College of Surgeons.

Dr. Woods is licensed to practice medicine in five states, and spent fifteen years in the Medical Corps of the National Guard and United States Army Reserves from which he was honorably discharged in 1999 with the rank of major.

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Campus Improvements Move Forward Over Winter Months

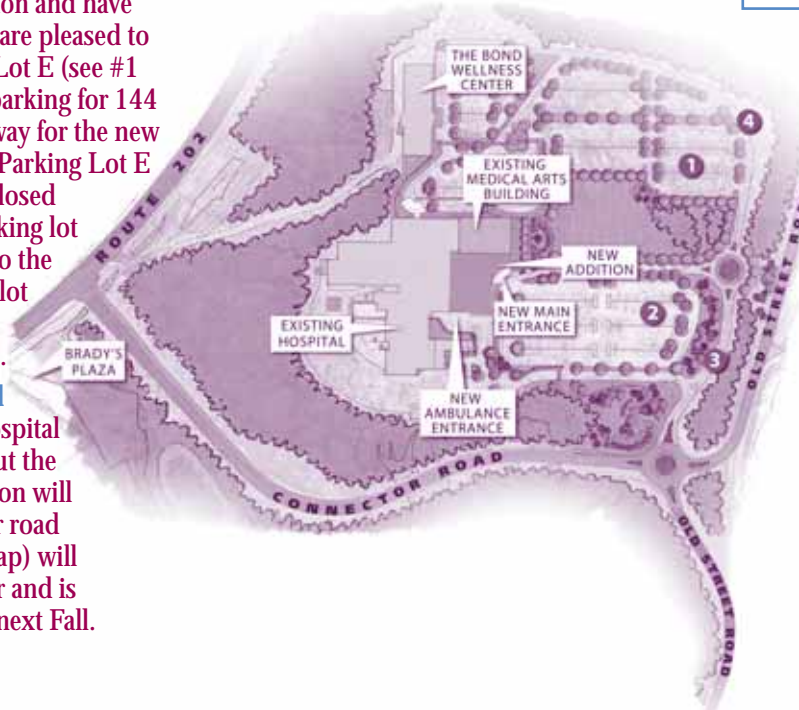
Since we last reported on MCH's expansion project in the fall *Health & Wellness Connection*, the team at Hutter Construction has been busy with connector road and parking lot construction and have made significant progress. We are pleased to report that the "new" Parking Lot E (see #1 on map) has opened, offering parking for 144 cars. Simultaneously, to make way for the new hospital perimeter road, "old" Parking Lot E (see #2 on the map) has been closed down. Lights from the old parking lot have been temporarily moved to the new, and in the spring the new lot will be finalized with islands, plantings and permanent lights.

Entrance and Perimeter Road

The main entrance to the hospital will remain the same throughout the winter. Roundabout construction will resume in the spring. Perimeter road construction (see #3 & 4 on map) will continue throughout the winter and is scheduled to be completed by next Fall.

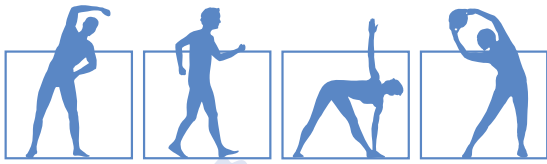
Connector Road

In December, the Town of Peterborough reviewed bids for constructing the connector road which will connect Route 202 to Old



Street Road. This bid has recently been awarded to Merrill Construction.

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



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 - 11:40 AM
A, B, C's	11:50 - 12:30 PM
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
Muscle Toning	8:30 - 9:30 AM
Powerful Poses Yoga	9:45 - 10:45 AM
A, B, C'S	11:00 - 11:40 AM
A, B, C'S	11:50 - 12:30 PM
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)	9:00 - 10:00 AM
Yoga	10:15 - 11:15 AM
* Pilates for Osteoporosis	12:00 - 1:00 PM
* Zumba	4:30 - 5:25 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 - 11:40 AM
A, B, C's	11:50 - 12:30 PM
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.

Calm, Refresh, and Brighten Your Life

An Adventure in Mindfulness-Based Stress Reduction



Individuals wanting to slow down... take some deep, refreshing breaths... and discover what's freeing and really worthwhile in their lives might consider taking a course in Mindfulness-Based Stress Reduction (MBSR) at The Bond Wellness Center. Learn how to reduce illness and pain, lighten worries, sleep better, ease stress, enliven relationships, and see the world with clearer eyes.

MBSR is an eight-week program, started at UMass Medical School 30 years ago, that combines awareness practices such as sensing the body, meditation, and gentle yoga stretching with positive group support, experiential learning, and a mood of kindhearted acceptance. Each class offers simple guided exercises, teacher presentations, and group dialogue. A workbook, CD, and weekly home research project encourage daily life application. An all-day silent retreat adds a deeper experience of slowing down, relaxing, and peacefully watching the mind.

Three trained, local teachers—Janet Archer, Lily Myers, and Bruce Kantner—are taking turns offering this course at The Bond Wellness Center. There are 250 MBSR clinics worldwide and many more private offerings. The work has been documented and researched over the past 29 years, with many grants from the National Institute of Health, to show consistent reductions in medical and psychological symptoms.

For further information and registration, please call The Bond Wellness Center for our Spring dates. The Center is keeping the cost low at \$285 for members and \$325 for the general public.

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

SEMINAR SERIES

Monadnock 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.

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.

Planning Ahead for Healthy Travel

Speaker: Dr. Richard Frechette
Monday, March 9, 6:00-7:00 p.m.
Main Hospital, Conference Rooms 1 & 2

Is unconventional travel in your future? If you are planning to travel to a third world country or a tropical island outside of the Caribbean, Dr. Frechette, a Travel Medicine Specialist, will offer travelers a wealth of information on making healthy choices and staying safe. Dr. Frechette will offer advice on subjects such as immunizations, living conditions and food sources, airlines to avoid, and how to judge the safety of public ground transportation.

Real Life Weight Loss: Change is Possible

Speakers: Donna Poe, MS, RD, LD
Carrie Levesque, BS, Exercise Physiologist & Certified Wellness Coach
Thursday, March 19, 7:00 – 8:30 p.m.
The Bond Wellness Center, Conference Room 1

If you are struggling with losing or maintaining your weight, this interactive seminar will inspire you to get serious about your future health. Learn about exercise, diet, and behavior change as the necessary ingredients to successfully create long-term weight loss. Have your questions answered from four men and women who get real about their journey of living life overweight, the inspiration and focus in achieving significant weight-loss, and their continuing efforts to maintain a healthy lifestyle.

Autism Spectrum Disorders: Identification and Treatment

Speakers: Dr. Doreen Cawley, N.D., A.R.N.P.; Bette Lewicke, Ph.D., Neuropsychologist; Celia Oliver, Ph.D., Psy.D.

Monday, April 13, 6:00-7:00 p.m.
Main Hospital, Conference Rooms 1 & 2
 April is National Autism Month, a time to consider the impact of this devastating neuro-developmental disorder for those identified with it and their families. It is estimated that as many as one child in 150 has a diagnosis on the autism spectrum. These three medical professionals will talk about the symptoms, diagnosis and treatment of autism. They will also discuss psychotherapy approaches to the treatment of Asperger's and High-Functioning Autism.

Take Time for Yourself:

A Perspective on Women's Health

Speakers: Michelle Cilley, BS, PT;
Christy Moore, BS, EP, SPT;
Allie Meader, MS, EP, SPT
Thursday, April 23, 7:00 – 8:00 p.m.
Bond Wellness Center, Conference Room 1

Join Physical Therapist Michelle Cilley and student Physical Therapists Christy Moore and Allie Meader in exploring popular women's health

Peterborough Internal Medicine Welcomes Nancy Lynch, A.R.N.P.

Nancy Lynch has joined Peterborough Internal Medicine as a nurse practitioner. Nancy earned her B.S. in chemistry at Bates College in Lewiston, Maine. Her Certificate for Registered Nursing was received from the University of Massachusetts Worcester, Graduate School of Nursing. In addition, she earned her M.S. in Nursing, Dual Track Adult/Geriatrics Practitioner, also at UMASS. Nancy holds nursing licenses in New Hampshire and Massachusetts and is certified in Basic Life Support and by the American College of Sports Medicine (ACSM): Health and Fitness Instructor.

Prior to her new position, she was a floor nurse on the Adult/Pediatric Medical Surgical Unit at Monadnock Community Hospital. She has held positions in the occupational health departments at MCH and UMASS Worcester. Nancy has also worked at Concord Hospital Internal Medicine and Monadnock Internal Medicine, as well as RiverMead and Pheasantwood/Harborside in Peterborough and Good Shepherd Healthcare Center in Jaffrey.

For an appointment, call Peterborough Internal Medicine at 924-4680.

issues, including pelvic floor muscle weakness, pelvic pain, and incontinence. All too often women live with these conditions unaware they can be improved and maintained at anytime throughout the life span. Many physical therapists have specialized training which will benefit women with a variety of medical conditions. Come have your questions answered by the experts and learn how you can improve and enhance your health today.

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 - 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 **Winter Issue** of
Monadnock Community Hospital's
Health & Wellness Connection.*

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

The 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.