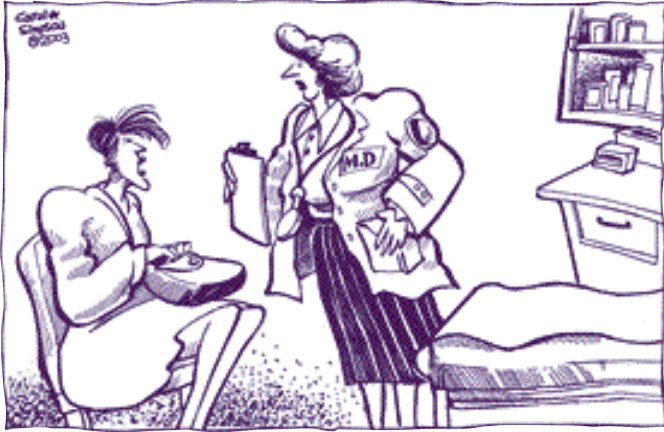


Health & Wellness

CONNECTION

VOLUME 1 / ISSUE 2 SPRING 2007



"Could you reset my biological clock?
They put me on the night shift."

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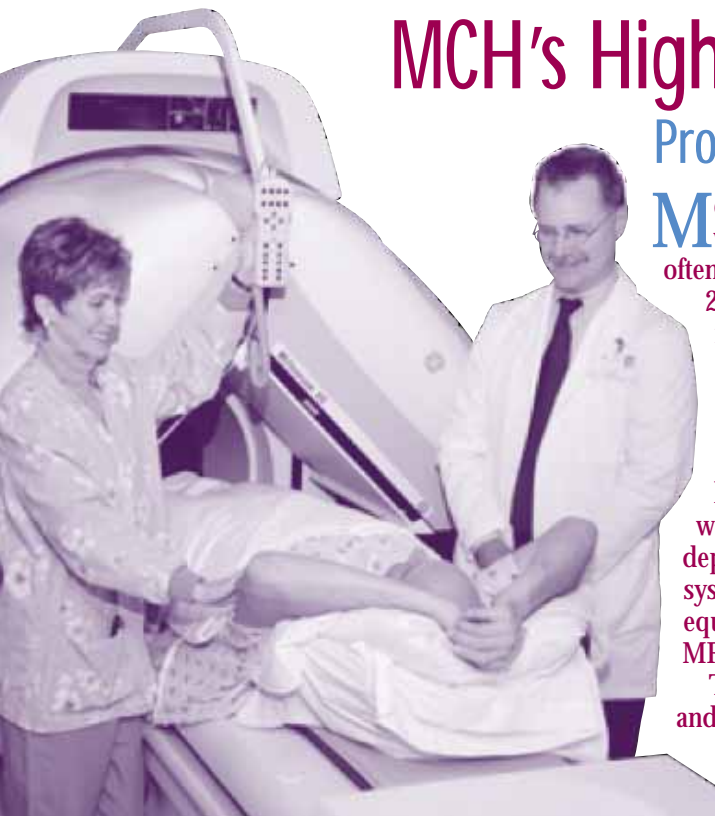
Husband/Wife Doctor Team Join MCH



Drs. Beth and "Buzz" Cooley are the latest husband/wife team to join the medical staff at MCH. "For us, Peterborough seemed like the right place at the right time," says Dr. Beth Cooley. "We felt like it was a great area to raise a family and were impressed with the hospital and its plans for the future." She is a family care physician with the Monadnock Family Care practice and he is a physician in the hospital's Emergency Department. They both graduated from the University of Vermont College of Medicine in Burlington, VT and completed residencies at the University of Minnesota's Riverside University Family Practice in Minneapolis. Prior to joining MCH, she practiced Family Medicine for ten years at Weeks Medical Center in Lancaster, NH and he worked as an Emergency Room doctor at Northeastern Vermont Regional Hospital in St. Johnsbury.

The Cooleys live in Peterborough with their three adopted daughters, Mei, Lala and Ollie.

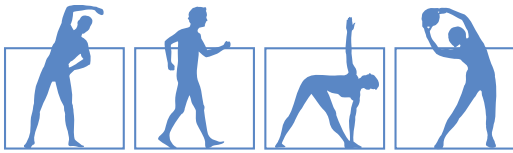
MCH's High-Tech Radiology Department Providing the Very Latest in Imaging Equipment



Monadnock Community Hospital's Radiology Department has kept pace with today's advancements in imaging, and offers services that are not often found in a small community hospital. The highly skilled staff of 28 board-certified technologists offer 24-hour-a-day staffing with most results available within a day. In the last fiscal year, the Radiology Department completed 26,876 examinations.

Last spring the hospital acquired a hi-speed Toshiba 32 slice CAT scanner. This new scanner can acquire more anatomical slices because of new multi-slicing 3-D imaging technology, and can be used to diagnose kidney, lung, liver, spine and blood diseases, cancer, tumors and cysts, as well as blood clots, hemorrhages and infections. Rounding out the department's impressive imaging machines, are two Siemens Ultrasound systems that provides 3D/4D technology; the very latest in mammography equipment; a GE Dual Head Gamma Camera; and a 1.5 Tesla Philips MRI Scanner.

The Radiology Department can offer patients in the Monadnock Region and beyond the most up-to-date imaging technologies available today, along with friendly service, appointment availability and speedy turnaround.



The Bond Wellness Center

Monadnock Community Hospital

You Can Quit Tobacco

Tobacco Cessation Classes at The Bond Wellness Center

Based on the American Cancer Society's Tobacco Cessation Curriculum, the Fresh Start Tobacco Cessation program consists of four one-hour sessions held over a four week period. All of the methods and activities contain the most effective elements for success. Facilitators are trained to help participants to stop using tobacco with teaching techniques to end the physical and psychological need to smoke. The next program will be held at The Bond Wellness Center.

May 3, 10, 17 & 24
6:00 pm

Cost of the program: \$25

Please call 924-1734
to learn more about this program.

Group Fitness Schedule

MONDAY

Group Strength Training	6:30 - 7:30 AM
Muscle Toning	8:30 - 9:15 AM
Abs & Back	9:15 - 9:30 AM
One Step Up	9:30 - 10:30 AM
A, B, C's	11:00 - 11:50 AM
Body Works	4:00 - 4:20 PM
Step Express	4:20 - 5:10 PM
Pilates Workout	5:15 - 6:00 PM
Mind Body Mix	6:00 - 7:15 PM

TUESDAY

* Core Balance Pilates	8:00 - 9:00 AM
* Bone Tone	9:00 - 10:00 AM
Yoga	10:15 - 11:15 AM
* Tai Chi for Balance	11:30 - 12:45 PM
Muscles Mix	4:00 - 4:30 PM
Cardio Salsa	4:30 - 5:20 PM
Tai Chi	5:30 - 6:45 PM
* Pilates Basics	5:00 - 6:00 PM
* Pilates Basics	6:00 - 7:00 PM
* NIA	7:00 - 8:00 PM

WEDNESDAY

Circuit Challenge	6:30 - 7:30 AM
Step Express	8:15 - 8:45 AM
Abs and Back	8:45 - 9:00 AM
Muscle Toning/Abs	9:00 - 9:30 AM
Fusion	9:30 - 10:30 AM
A, B, C'S	11:00 - 11:50 AM
Muscle Toning	5:30 - 6:15 PM
Abs and Back	6:15 - 6:30 PM
Step Express	6:30 - 7:15 PM

THURSDAY

Tai Chi	8:00 - 9:00 AM
* NIA	9:00 - 10:00 AM
Yoga	10:15 - 11:15 AM
* Pilates for Osteoporosis	12:00 - 1:00 PM
K.I.S.S. Step	4:15 - 4:45 PM
Sculpt	4:45 - 5:15 PM
Cardio Dance	5:15 - 6:15 PM
* Intermediate Pilates	5:30 - 6:30 PM
Iyengar Basic Yoga	6:30 - 7:45 PM

FRIDAY

Serious Strength	6:30 - 7:30 AM
Gentle Strength	8:30 - 9:30 AM
A, B, C's	11:00 - 11:50 AM
Serious Strength	4:15 - 5:00 PM
Abs and Back	5:00 - 5:15 PM
Step I	5:30 - 6:15 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 Hosp.
Peterborough
924-4664

Monadnock Internists

Monadnock Community Hosp.
Peterborough
924-4671

Monadnock Regional Pediatrics

Monadnock Community Hosp.
Peterborough
924-7101

New Ipswich Family Medicine & Physical Therapy

821 Turnpike Road, N.I.
878-1092 Family Practice
878-0006 Physical Therapy

Peterborough Internal Medicine

Monadnock Community Hosp.
Peterborough
924-4680

Other Specialties/Departments

Audiology 800-660-9043
Bond Wellness Center 924-4650
Cardiac Diabetes & Pulmonary Rehab 924-4650
Cardiology 924-4646
Emergency Dept 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.

Health Programs Sponsored at MCH

Diabetes Self-Management

Wednesdays, 1:30 - 2:30 p.m.
Wellness Center Conference Room
Registration Required
Sue Grosso, RN, CDE
924-4699, x4096

Parkinson's & Stroke Support Group

Third Thursday of the Month, 1:30 - 2:30 p.m.
Wellness Center Conference Room
Suzanne Baker
603-924-4635

Alcoholics Anonymous

Saturdays, 8:00 - 9:00 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

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 - 8:00 p.m.
Monadnock Community Hospital
Conference Room #3

Pregnancy & Infant Loss Support Group

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

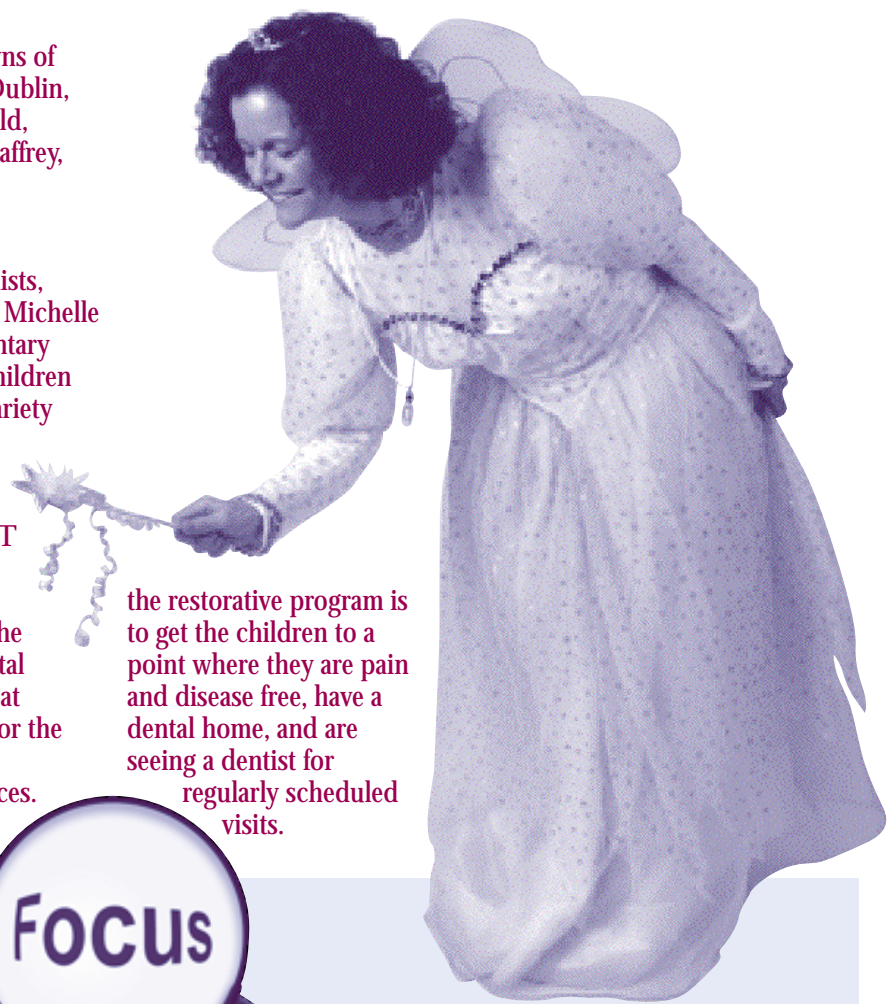
Over 3,000 Area Children Benefit from Monadnock Healthy Teeth

Monadnock Healthy Teeth (MHT) is a school-based dental program sponsored by Monadnock Community Hospital that was launched in the Fall of 2003. The mission is to provide children who have inadequate or no dental care with access to that care. Since the program's inception, MHT has provided education to over 3,000 children in the Monadnock Region. The program serves grades K-3 in the Hospital's primary service

area, including the towns of Antrim, Bennington, Dublin, Frankestown, Greenfield, Greenville, Hancock, Jaffrey, Mason, New Ipswich, Peterborough, Rindge, Sharon and Temple.

MHT dental hygienists, Pamela Delahanty and Michelle Klint, visit local elementary schools and provide children in grades K-3 with a variety of proactive dental hygiene services in the nurse's office and in the classroom. MHT also refers children to dentists for restorative dental care. MHT is the only school-based dental program in the state that coordinates and pays for the restorative care that is provided in dental offices. The ultimate goal of

the restorative program is to get the children to a point where they are pain and disease free, have a dental home, and are seeing a dentist for regularly scheduled visits.



DEPARTMENT FOCUS

Wound Healing Center

Skin is the largest and most sensitive and complex organ of the body. A small cut or scratch poses little problem for most of us, but for millions of Americans who do not have the ability to heal properly due to poor blood circulation from diabetes, paralysis or other medical

problems, a simple sore or cut can result in serious infections and become a major threat to their overall health.

This spring a new Wound Healing Center was opened in the Physical Rehabilitation Department at Monadnock Community Hospital. The Center offers a

comprehensive approach for treating patients with non-healing sores and wounds. The program is part of a new network of facilities across the country specializing in the treatment of chronic wounds. The Wound Healing Center is staffed with a

General Surgeon, and a specially trained RN, and several physical therapists.

The clinical staff thoroughly assesses each patient's underlying causes that led to chronic

sores and wounds. After the assessment, the treatment plan is individualized to meet the specific needs of the patient. The Center uses the latest scientifically proven methods and technologies in treating patients with chronic wounds. Also, patients and their families/caregivers are taught how to care for their wounds at home to further facilitate faster and more permanent healing.

The Wound Healing Center is located in The Bond Wellness Center at Monadnock Community Hospital. For further information, you can call Maria Bemont in the Rehabilitation Department at 924-1735.



Sitting: Dr. Dwight Woods; back row: Maria Bemont, Program Manager for Rehabilitation, Physical Therapist; Erin Chamberlain, Physical Therapist; Lynne Maloney, Physical Therapist; Barbara Fischer, Registered Nurse, WCC; Melissa Pouliot, Physical Therapist Assistant

Welcome to the *Spring 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 provides 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 provide "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 Prepared Childbirth, Breastfeeding, Big Brother and Big Sister Sibling Preparation, Family Follow Up Program, Nursing Mom's Group and Pregnancy and Infant Loss Support.

For more information or to schedule a tour, please contact Pat O'Connell at 924-7191 x4174. Also, please visit www.monadnockhospital.org.



"The doctors were wonderful and every time I thought I'd found the nicest nurse, I met another one! They make you and your family feel like you're the only patient."

Margo Kopp
Jaffrey, NH