

Health & Wellness

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CONNECTION



"I'm counting on you to explain to your parents how to view the e-updates on the healthcare plan."

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Monadnock Orthopaedic Associates Becomes MCH Department

In December Monadnock Orthopaedic Associates became a department of Monadnock Community Hospital. The office name, all medical staff and all services will remain the same. "Drs. Ronald Michalak, Shawn Harrington and I are excited about this opportunity to continue our strong partnership with the hospital," said W. Bradley White, M.D., of Monadnock Orthopaedic Associates. "We are looking forward to continuing to provide the best in orthopaedic, physiatry, sports medicine and surgical care to the community."

As a fully-owned department of the hospital, patient care will be streamlined by allowing the Orthopaedic department to use the same computer and patient billing systems as the hospital. "We appreciate everyone's patience and understanding for any minor delays or inconveniences as we make this exciting and beneficial transition to a department of the hospital," says Patrick Stark, Director of MOA.

Physiatrist Shawn Harrington, M.D., Surgeons Brad White, M.D. and Ron Michalak, M.D.



Hospital Opens Rindge Family Care Practice

In keeping with MCH's mission of providing comprehensive medical care services to the hospital's greater service area, Rindge Family Practice opened its doors in late December. The practice offers complete medical care for all ages... from the very young to the elderly.

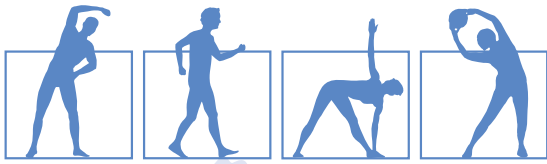
"After meeting with residents and business leaders in the town of Rindge, it was clear to me that they wanted and needed the presence of a primary care physician in town," said Peter Gosline, CEO. "The Rindge Family Practice office increases access to medical services in both Rindge and Jaffrey."

The practice is staffed by Dr. Elizabeth Cooley, formerly a popular family care physician in the Monadnock Family Care practice at MCH. Prior to joining MCH,

Cooley was a family care physician at Weeks Medical Center in Lancaster, NH. She has a medical degree from the University of Vermont and did her residency at the University of Minnesota's Riverside University Family Practice in Minneapolis.

The Rindge facility, which is located across from Hannafords and beside Dunkin Donuts on Route 202, has nearly 1,600 square feet, including a waiting room, three exam rooms, a lab and staff offices.

The practice is open Monday through Friday from 8:30 a.m. to 5 p.m. and they are accepting new patients and offer same day appointments. To contact the Rindge Family Practice, call 603-899-9563



The Bond Wellness Center

Monadnock Community Hospital

Group Fitness Schedule

MONDAY

Group Strength Training	6:30 - 7:30 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

* Intermediate Pilates	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 - Abs	9:00 - 9:30 AM
A, B, C's	11:00 - 11:50 AM
Haitha Flow Yoga	4:15 - 5:15 PM
Muscle Toning	5:15 - 6:15 PM
Step Express	6:30 - 7:30 PM

THURSDAY

Beginner 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
Bosu Muscle	4:30 - 5:30 PM
Step	5:30 - 6:15 PM
* Intermediate Pilates	5:30 - 6:30 PM
Iyengar Basic Yoga	6:30 - 7:45 PM

FRIDAY

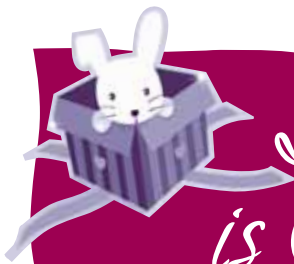
Serious Strength	6:30 - 7:30 AM
Gentle Strength	8:30 - 9:30 AM
Ease into Yoga	9:30 - 10:30 AM
A, B, C's	11:00 - 11:50 AM
Serious Strength	4:15 - 5:15 PM
Step I	5:30 - 6:30 PM

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.



Spring
is Coming!

The Window Shop at Monadnock Community Hospital has a huge selection of fun, affordable and unique gifts.
Some of our gift items include:

- * Beautiful Jewelry
- * Melissa & Doug Wooden Puzzles
- * Webkinz
- * Infant Baby Items
- * Bella Sara Trading Cards
- * Game Wright Games
- * Books for All Ages
- * Unique Candles

The Window Shop

Located off the Hospital's Main Lobby
Open: Mon - Thurs 10-7, Fri - Sat 10-1

All proceeds from sales at The Window Shop help support MCH patient care.

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

Diabetes Self-Management

Wednesdays, 1:30 - 2:30 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

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

Monadnock OB/GYN Associates Welcomes Pamela A. Stetzer, D.O.

Monadnock OB/GYN Associates at MCH proudly announces the addition of a new OB/GYN physician. Pamela A. Stetzer, D.O. joined the practice in March of this year. Dr. Stetzer comes to MCH from Greene Health Partners in Xenia, Ohio.

Following receipt of her undergraduate degree in psychology at the University of Michigan, she attained a D.O. degree in May 1997 from Michigan State University College of Osteopathic Medicine. Dr. Stetzer completed her residency at St. John Riverview Hospital in Detroit, followed by her OB/GYN residency at Henry Ford/Horizon Health System in Warren, Michigan where she was chief resident from 2001 – 2002.

Her professional certifications

include Board Certification – American Osteopathic Board of Obstetrics and Gynecology, State of Ohio Physician License, Basic and Advanced Cardiac Life Support, and Neonatal Resuscitation. She is a member of the American Osteopathic Association, the American College of Osteopathic Obstetricians and Gynecologists, and the American College of Obstetricians and Gynecologists.

Dr. Stetzer is married with two children, Alec, age 4, and Shaelan, 18 months.

Monadnock OB/GYN has provided obstetrical and gynecologic care in the Monadnock region since 1973. Their focus is on the health needs of women at every stage of life. Dr. Stetzer joins Drs. Charles Seigel, Fletch Wilson, David Levene, and Heather Arel, ARNP.



Pamela A. Stetzer, D.O.

Community Benefits From Highly Skilled Surgical Team...

General Surgeons Offer Advanced Techniques

DEPARTMENT FOCUS

For many people the prospect of surgery can cause much anxiety and bring up many questions. The general surgeons at Monadnock Surgical Associates take a holistic approach to the physical and emotional needs of their patients. This expert surgery team treats every patient as if they were their only patient and takes the time to educate patients face-to-face about their surgical options, preparation for surgery, recovery and rehabilitation after surgery.

Drs. Stephan Coffman and Edwin Menor specialize in surgery of the entire body, not including heart, brain and eye surgeries. Some of the more common general surgeries at MCH include colon operations, appendectomies, lumpectomies, mastectomies, lymph node biopsies, hernia repairs, gall bladder surgeries, colonoscopies and upper

endoscopies. More and more, both surgeons are performing advanced laparoscopic procedures that are less invasive and help the patient heal more quickly with less pain. Many of the laparoscopic procedures that they perform are done at much larger hospitals.

“This is the best surgical team that I’ve worked with in my career,” says Dr. Fletch Wilson, head of the OB/GYN practice at MCH. “They have brought many advanced techniques to the surgery practice and have taken the hospital to a whole new level of state-of-the-art general surgery, especially in the area of laparoscopic procedures.”

For further information about Monadnock Surgical Associates, call them directly at 924-4668 or contact your primary care physician.



Dr. Edwin S. Menor (left), Dr. Stephan Coffman and Karen Fifield-Menor, PA-C, of Monadnock Surgical Associates.

*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 Prepared Childbirth, Breastfeeding, Big Brother and Big Sister Sibling Preparation, a 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.



"As a nurse at MCH's Birthing Center, I have a strong bias about the high quality and personal care. Until I gave birth to Tucker, I didn't fully realize the uniqueness of delivering a baby at MCH. My other deliveries were at a much larger hospital and the experience was like night and day. I had a much more intimate and personal relationship with the staff at MCH. Everyone was respectful of my wishes. They allowed me to have some control over my care while always offering professional advice. Now that I've experienced the MCH Birthing Center, I wouldn't deliver anywhere else."

— Lynn, Fitzwilliam