



### Calm and Clarity in Stressful Times

**Speakers:** Janet Archer, MA, Bruce Kantner, MA, and Lily Myers, MA, LCMHC

**Thursday, September 24, 7:00 – 8:30 p.m.**

**The Bond Wellness Center Conference Room 1**

Join our Mindfulness-Based Stress Reduction teachers in exploring Mindfulness; a meditative technique that fosters inner calm, increased awareness and a sense of well being. Experience how Mindfulness can help you cope more effectively with stress, gain greater energy and enthusiasm for life and improve your physical and psychological well being. Mindfulness Based Stress Reduction (MBSR) is an innovative and world-renowned program that was developed 30 years ago by Jon Kabat-Zinn, Ph.D, at the University of Massachusetts Medical Center. There will be time to ask your questions about the 8-week MBSR course that is offered at The Bond Wellness Center.



### Geriatrics: It's Hard to Get Old!

**Speaker:** Peggy Dorson, ARNP, Gerontology Specialist  
**Monday, October 19, 6:00 – 7:00 p.m.**

**Main Hospital, Conference Rooms 1 & 2**

So these are the Golden Years you've waited for all your life!? There are many issues that seniors face such as chronic illnesses; transportation difficulties; long distance family members; and economic issues. Peggy Dorson, ARNP, will discuss common medical issues associated with aging. Peggy's specialty is gerontology and she has worked for many years taking care of older adults. She is very knowledgeable about the challenges associated with the aging process. She will address family concerns of taking care of loved ones, especially those experiencing chronic illnesses such as diabetes, heart disease, lung disease, and the process of dementia.



### Make Feeding Your Family Fun!

**Speaker:** Donna Poe, MS, RD, LD

**Thursday, October 22, 7:00 – 8:00 p.m.**

**The Bond Wellness Center Conference Room**

How do you juggle busy schedules with feeding your family wholesome, nourishing meals? Come with your questions and frustrations and leave with inspirational ideas for improving

your family's eating. Topics will include setting the stage for positive food experiences, strategies for planning and preparing food at home as well as away, stocking a wholesome pantry, and grab and go snack ideas.



### Hip Replacement Surgery: Returning to a Pain Free, Active Lifestyle

**Speaker:** Dr. Ronald Michalak

**Monday, November 16, 6:00 – 7:00 p.m.**

**Parmelee Entrance, Conference Room 5**

The orthopaedic surgeons at Monadnock Orthopaedic Associates recommend hip replacement surgery when hip pain and loss of function become severe, and medicine and other treatments no longer relieve pain. In patients with advanced joint disease, hip replacement offers relief from pain and a return to normal activities. Dr. Ronald Michalak has been performing hip replacement surgery for over seven years and will discuss the causes of hip pain; how you know when you need a hip replacement; the difference between a partial and full hip replacement; what happens during surgery; and what a patient can expect after surgery. If you or a loved one is considering hip replacement surgery, this seminar will help answer your important questions about this life changing surgery.



### Diabetes Epidemic: Can You Prevent Type 2 Diabetes?

**Speaker:** Sue Grosso, RN, CDE

**Thursday, Nov 19, 7:00 – 8:00 p.m.**

**The Bond Wellness Center Conference Room**

The program will explain the nature of Type 2 diabetes, the alarming rise in its prevalence, and the link with body weight and physical inactivity. Can you prevent Type 2 Diabetes? Risk factors for diabetes are conditions that increases a person's chance of developing the disease. The more risk factors a person has, the more likely diabetes will occur. However some risk factors for diabetes can be avoided or reduced, making diabetes less likely to occur.

2009 Monadnock Community Hospital



Monadnock Community Hospital and its medical and wellness staffs are pleased to introduce the following free **Health and Wellness Seminar Series**. We've created diverse seminar topics that we feel will be of interest to all members of our hospital community. We have carefully selected as our speakers professionals who are medical and wellness experts in their fields. After each seminar, there will be an opportunity to ask specific questions of our speakers.

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

MAY through NOVEMBER 2009





## Orthopaedic Joint Replacement: When is Surgery an Option?

**Speaker:** Dr. W. Bradley White, Monadnock Orthopaedic Associates  
**Monday, May 18, 6:00 – 7:00 p.m.**  
**Main Hospital, Conference Rooms 1 & 2**

About 435,000 Americans have a hip or knee replacement each year due to joints damaged by arthritis and other diseases, injuries, and other causes. This seminar is highly recommended for individuals who are considering a knee, hip, shoulder or elbow joint replacement. It is an informational program presented by Dr. W. Bradley White, one of the leading orthopaedic surgeons in New Hampshire and the founder of Monadnock Orthopaedic Associates. Dr. White will discuss how an orthopaedic surgeon determines if a person needs a joint replacement or if they should consider other less invasive therapies. He'll also talk about the differences between doing a full joint replacement versus replacing or fixing the damaged areas. Dr. White will address pre- and post-surgical issues and will offer answers to your questions.



## Effective Evaluation and Treatment of Back Pain: The McKenzie Approach

**Speaker:** Greg Nerz, M.Ed., Cert. MDT, PT  
**Thursday, May 21, 7:00 - 8:00 p.m.**  
**The Bond Wellness Center, Conference Room 1**

Join Greg Nerz in discussing the McKenzie Method of spinal therapy. This therapy functions on a philosophy of active patient involvement and education that promotes the body's potential to heal itself. Learn about the process of the McKenzie Method and how the patient's involvement in the management of treatment is designed to decrease pain quickly, restore function and independence, while minimizing the number of visits to the clinic. Through self-maintenance exercises and stretches, patients are actively involved in the healing process and the prevention of recurrence. Greg Nerz holds his masters degree in Exercise Physiology and is a credentialed McKenzie Physical Therapist working at our satellite office in Jaffrey, NH.



## 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. This team will offer many helpful ways that you and others who care for your baby can reduce the 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.



## 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.