

2010 Monadnock Community Hospital

Health & Wellness

SEMINAR SERIES

JANUARY through DECEMBER 2010

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.



The Bond Wellness Center

 **Monadnock
Community Hospital**

Care comes first



Swallowing Disorders in Adults

Speaker: Michael D. Johnson, MS, CCC-SLP
Thursday, January 21, 7:00 – 8:00 p.m.
The Bond Wellness Center,
Conference Room 1

Swallowing disorders (dysphagia) or difficulty with chewing and swallowing can occur with neurological conditions such as stroke, head injury, Parkinson's disease, ALS, multiple sclerosis, cerebral palsy, and dementia. It is not limited to neurological disorders, but also can occur following head and neck cancer treatment, oral surgery or laryngectomy. If you or a loved one is struggling with swallowing, join Mike Johnson, Clinical Leader of Speech-Language Pathology, in a discussion of basic aspects of healthy and disordered swallowing, diagnostic procedures, and treatment strategies. Learn how to improve your health and reduce your risk of complications from swallowing dysfunction.



Senior Transitions: Planning and Obtaining the Right Care for the Elderly

Speaker: Sandy King
Monday February 15, 6:00 – 7:00 p.m.
Main Hospital, Conference Rooms 1 & 2

For many of us, it's a time in our lives when the kids are away at college or living on their own, and we're fully consumed by our daily activities. At the same time, our parents and aging loved ones are entering a stage of their lives when living independently may not be a reality for much longer. How easily they transition into the next phase of life is largely a result of planning – on your part and theirs – before a health-related crisis occurs. In this seminar we'll

examine such critical topics to facilitate elder care as:

- Important documents to have in place
- Determining what level of long term care is needed
- The types of living options, including staying at home
- Costs associated with the various living options
- What you can expect from Medicare and Medicaid
- How to manage long-distance caregiving

Whether you are currently caring for an aging loved one or are a senior yourself, please join Sandy King in this informative seminar. Dr. Greg Neilley will also be present to take your questions.



Returning to Exercise After Hip and Knee Replacement Surgery

Speaker: Shad Hansen
Thursday, February 18, 7:00 – 8:00 p.m.
The Bond Wellness Center,
Conference Room 1

Join physical therapist Shad Hansen to discuss the ins and outs of getting back to exercise after hip and knee replacement. If you are considering or have already had a hip or knee replacement and have not yet returned to your favorite activities, this seminar will teach you appropriate exercises which will prepare your body to do so. You will learn what activities are safe to resume after surgery and those that are not; the time frames for returning to exercise; and the criteria that physical therapists use to determine your readiness. Shad Hansen is a physical therapist at The Bond Wellness Center and has been treating sports and orthopedic injuries, including total joint replacements, for 12 years.



Development of a Humanitarian Medical Program in Ethiopia

Speakers: Fletcher Wilson, M.D.,
Monadnock OB/GYN; Stephan Coffman,
M.D., Monadnock Surgical Associates; and
Joseph Lupo, M.D., Anesthesiology
Monday, February 22, 6:00 – 7:00 p.m.
Main Hospital, Conference Rooms 1 & 2

Dr. Fletcher Wilson and Dr. Stephan Coffman of Monadnock Community Hospital are the co-creators of the Wide Horizon's for Children (WHFC) Medical Missions programs in Ethiopia and serve on the advisory board for the WHFC. They have traveled to Ethiopia with Dr. Joe Lupo several times, as well as leading trips to Ethiopia with physicians from around the United States. This insightful and inspirational multimedia presentation, which includes many photographs, focuses on the challenges, successes, and importance of developing and sustaining humanitarian medical missions in one of the poorest countries in the world.



It's Not About the Hike

Speakers: Nancy Sporborg and Pat Piper
Monday, March 15, 6:00 – 7:00 p.m.
Main Hospital, Conference Rooms 1 & 2

This inspirational presentation highlights the journey of two 50+ -year-old non-hikers who one day decided to climb all of the over 4,000 foot mountains in New England. Nancy Sporborg and Pat Piper are two ordinary women who went on an extraordinary journey over the mountain summits and into their hearts. This is the story of what they found inside themselves as they climbed over 1,000 miles to the tops of over 170 mountains through all four seasons. You

do not have to be a hiker to find the beauty, heart, and insight in this presentation. Come get inspired.



Exercise is Medicine

Speakers: Scott Jaynes, M.D. and
Dan Levesque, M.S., Exercise Physiologist
Thursday, March 18, 7:00 – 8:00 p.m.
**The Bond Wellness Center,
Conference Room 1**

Most people are well aware of the benefits of exercise in preventing chronic diseases including diabetes, heart disease, obesity, and hypertension. But physical activity offers much more than prevention alone. Exercise can also be a powerful complement to traditional medical intervention and, in many instances, may allow your physician to significantly reduce your drug dosage or eliminate your need for medicine altogether. Come learn simple, fast, and effective ways for using exercise as a 'medicine' to help prevent or manage many of the most common chronic health conditions. It will also help you approach your health care provider to discuss physical activity as a part of your disease prevention and management strategy.



Clean Eating

Speakers: Kin Schilling, Jean Mann,
Rosaly Bass and Lisa Beaudoin
Thursday, April 15, 7:00 – 8:00 p.m.
**The Bond Wellness Center,
Conference Room 1**

Eating clean means choosing healthy foods grown and made close to home. Locally grown foods tend to be fresh and grown with minimal or no pesticides. This panel of farmers and food activists will talk about how they contribute to the growing of

clean food. They will discuss:

- Making healthy food choices by shopping locally
- The importance and future of local food production
- Teaching kids where food comes from
- Making gardening a part of school curriculum

It takes discipline and knowledge in order to make eating clean a way of life, but it is possible and has numerous long-term health benefits.



Living With Parkinson's

Speaker: Dr. Sachin Dave

Monday, April 19, 6:00 – 7:00 p.m.

Main Hospital, Conference Rooms 1 & 2

Parkinson's Disease is a progressive neurological disease commonly resulting in difficulties with walking and balance, fatigue, tremors, and memory. About four million people worldwide are known to have the disease, but this figure could be much higher since many in the early stages attribute the symptoms to aging. Neurologist Dr. Sachin Dave will discuss the clinical symptoms and warning signs of Parkinson's, as well as treatment options and medications. If you are curious about Parkinson's disease, come have your questions answered.



Symptoms and Treatments of Macular Degeneration

Speaker: Dr. Eliot D. Foley

Monday, May 17, 6:00 – 7:00 p.m.

Main Hospital, Conference Rooms 1 & 2

Age-related macular degeneration is increasingly a cause of visual impairment because of damage to the retina among individuals over 60 years of age. Macular degeneration can make it difficult or impossible to read or recognize faces, although enough peripheral vision typically remains to allow activities of daily life. Signs and symptoms of this disorder, its different forms, and underlying causative factors will be covered in this seminar. The most recent therapeutic advances and an overview of all current treatments will also be reviewed.



Mirror, Mirror on the Wall: The Role of Media, Peer Interactions and Parental Messages on Body Image

Speaker: Cindy Dickinson, M.Ed, cPT

Thursday, May 20, 7:00 – 8:30 p.m.

**The Bond Wellness Center,
Conference Room 1**

There are many factors that shape our body image. Cindy Dickinson, certified Personal Trainer and Health Management Representative for the NH Local Government Center, will lead this interactive workshop to examine the impact of the media, past experiences with our peers, and the messages we received from parents and/or significant adults in our lives. Participants will also explore ideas that work to improve their personal body image.



Safety, Health and Wellness in the Home

Speaker: Stephen Grise, Exercise Physiologist, EMT-Intermediate
Thursday, June 17, 7:00 – 8:00 p.m.
The Bond Wellness Center, Conference Room 1

Your home is a sanctuary of comfort and security. However, preventable accidents occur every year in and around the home. Did you know that one in every three adults age 65 and older falls each year? What would you do if it were you? Maybe your emergency isn't a fall, but a friend or loved one is choking, can't breathe or has chest pain—how will you respond? Steve Grise, EMT and Exercise Physiologist, will help you identify potential health and safety risks in your home for both children and adults; the steps an individual can take to prevent or deal with a home-related emergency; and the recovery. The discussion will include developing a safety checklist; how to stockpile needed equipment and supplies; and caring for common medical emergencies. The importance of exercise and a healthy lifestyle in reducing the severity of injuries, as well as making you a better first responder, will be discussed.



Living With Alzheimer's Disease

Speaker: Peggy Dorson, ARNP
Monday, June 21, 6:00 – 7:00 p.m.
Main Hospital, Conference Rooms 1 & 2

Alzheimer's disease affects 5 to 6 percent of older Americans. Peggy Dorson's specialty is gerontology, and she has worked for many years taking care of older adults. She will discuss common medical issues associated with Alzheimer's Disease. You will learn the

flow of this type of dementia and the general steps the disease follows. This lecture will help you to understand the disease and assist to determine what services/assistance may be needed for the future.



Springboard for Healthy Aging: Wellness Tips for Your 40s and Beyond

Speaker: Cindy Dickinson, M.Ed., cPT
Monday, August 16, 6:00 – 7:00 p.m.
Main Hospital, Conference Rooms 1 & 2

What steps do we need to take in our 30s, 40s, 50s and 60s to build a foundation for healthy aging? This workshop examines the impact of adequate physical activity, good nutrition, stress management and a positive attitude on our later years. Learn what you can do now to live well later. Cindy Dickinson holds a master's degree in counseling and is a certified personal trainer and a Health Management Representative for the NH Local Government Center.



Real Life Weight Loss: Change is Possible

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

This seminar is back by popular demand with four new panel members. 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.



Surfing the Urges: Managing Cravings

**Speaker: Anne Mellor, BFA, cPT,
Certified Wellness Coach**

**Thursday, September 16, 7:00 – 8:00 p.m.
The Bond Wellness Center,
Conference Room 1**

“Just one more...”, “The urge is uncontrollable”, “I can’t stop thinking about it”... Does this sound familiar? You are not alone. Learn how to use the power of your brain to manage the cravings that have derailed your health plans in the past. Anne will explore and guide you through various techniques that will help to “surf the urge” and discover your power within. Revisit your health plans with new techniques for success.



When Kids Push Your Buttons

**Speaker: Bonnie Harris, M.S.ED,
Director, Connective Parenting**

**Monday, September 20, 6:00 – 7:30 p.m.
Main Hospital, Conference Rooms 1 & 2**

A certain look, a defiant act, your child “pushes your buttons,” and you say things you swore you never would. Blame, regret, shame—does this “spinning out of control” action/reaction cycle sound familiar? Effective parenting is achieved when we connect with our children; understand what their behavior is trying to tell us; and end the parenting “road rage” to give our children the help they may really be asking for. This highly respected parent educator,

international speaker, and author of *When Your Kids Push Your Buttons—And What You Can Do About It* will help you discover what your buttons are; where they come from; why your children push them; and how to defuse them so you can regain your authority, your sanity, and your children’s cooperation and respect.



Panel of Health Care Professionals to Address Vital Women’s Health Issues

**Speakers: To be Announced
Monday, October 4, 6:00 – 8:00 p.m.
Main Hospital, Conference Rooms 1 & 2**

Please plan to join us for a special two-hour panel discussion on important women’s health issues presented by medical professionals at MCH who specialize in women’s health care. Attendees will receive valuable information regarding a wide range of women’s health care topics. Areas of discussion will include:

- Menopause and hormone replacement therapy
- Digital mammography and breast self examinations
- Pelvic muscle weakness and pain
- Female urinary incontinence
- Women’s heart disease

A question and answer period will follow the seminar.



Seasonal Affective Disorder

**Speaker: Mark Stevens, M.D.
Monday, October 18, 6:00 – 7:00 p.m.
Main Hospital, Conference Rooms 1 & 2**

Mood symptoms linked to seasonal changes are fairly common and quite treatable. Psychiatrist Mark Stevens, M.D., will

discuss seasonal mood syndromes including “seasonal affective disorder.” The discussion will include diagnostic considerations and risk factors. It will primarily focus on available treatment options, including non-medication treatments such as bright light treatment (phototherapy) for seasonal depression. Time will be available for questions and discussion.



This Holiday Season Discover the Power of Gratitude

Speaker: Janet Archer, M.S., Certified Wellness Coach

**Thursday, October 21, 7:00 – 8:00 p.m.
The Bond Wellness Center,
Conference Room 1**

Research has suggested that feelings of gratitude may be beneficial to our emotional well-being, resulting in higher levels of alertness, enthusiasm, determination, optimism and energy along with less depression and stress. Janet Archer will be leading this interactive presentation discussing the power of gratitude and how noticing what is going right in our lives can help us find contentment and fullness. Janet holds a master’s degree in psychology and is both a Yoga instructor and Certified Wellness Coach™ at The Bond Wellness Center.



Vitamin D: Bones and Beyond

**Speaker: Nicholas Bartenhagen, M.D.
Monday, November 15, 6:00 – 7:00 p.m.
Main Hospital, Conference Rooms 1 & 2**

A Yale-trained rheumatologist, Dr. Bartenhagen’s interest in osteoporosis prompted him to explore the major, but still under appreciated, role that Vitamin D (which is actually a molecule) has on development of this common bone disorder,

especially in northern New England. His exploration has led to an increasing awareness of many other basic actions it takes that enhance and govern our immune system and that suppress the uncontrolled and deranged cellular division that is the hallmark of all newly-born cancer cells.



Living an Active Life with COPD

**Speaker: Essy Moverman, Pulmonary Rehabilitation Specialist
Thursday, November 18, 7:00 – 8:00 p.m.
The Bond Wellness Center,
Conference Room 1**

Are you living with emphysema or chronic bronchitis? Chronic obstructive pulmonary disease, or COPD, is an umbrella term consisting of these two respiratory conditions. Currently 12 million adults in the U.S. have been diagnosed, and another 12 million are undiagnosed. Presently COPD is the fourth-leading cause of death in the U.S. and on its way to becoming the third-leading cause. Most individuals with COPD are unaware that there are treatments available. Find out how to turn this statistic around by learning your treatment options. Join Essy Moverman, Pulmonary Rehabilitation Specialist, in learning how to regain control of your health. It is possible to live an enjoyable, active and full life with COPD.

Other Monadnock Community Hospital Health Education Programs

Alcoholics Anonymous

Saturdays, 9 – 10 a.m. (women)
7 – 8 p.m.

Sundays, 8 – 9 a.m.
10:30 a.m. – 12 p.m.

Monadnock Community Hospital
Conference Room 1

Parkinson's Support Group

Third Thursday of the month,
1:30 – 2:30 p.m.

The Bond Wellness Center
Conference Room 1

Contact Bernadette Stephens
924-4699, x1174

Moms Meet Moms

Tuesdays, 10 a.m. – 12 p.m.

The Bond Wellness Center
Conference Room 1

Cancer Support Group

Fridays, 12:00 – 1:15 p.m.

Room location will vary
Registration required

Contact Adele
924-2240, x302

Overeaters Anonymous

Sundays, 6:30 – 7:30 p.m.

Monadnock Community Hospital
Conference Room 1

On-going New Parent Education Classes

Contact Pat O'Connell, RN
924-7191, x4174

National Alliance for Mental Illness (NAMI)

Second Thursday of the month,
7 – 8:30 p.m.

Monadnock Community Hospital
Conference Room 3

Prenatal Aquatics

Tuesdays, 6:30 – 7:15 p.m.

The Bond Wellness Center Pool

Pregnancy & Infant Loss Support Group

Second Tuesday of the month,
6:30 – 8 p.m.

Monadnock Community Hospital
Conference Rooms 1 & 2

Contact Pat O'Connell, RN
924-4672

Diabetes Self-Management

Registration required

Contact Sue Grosso, R.N., CDE
924-4699, x4096