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Happy Holidays from MCH

From all of us at MCH, we wish you a season filled with warmth, joy, and good health surrounded by family and friends. We sincerely thank you for being part of our community and for your continued support. Happy Holidays!



Celebrating Our 2024 Gosline Scholarship Recipients!

Monadnock Community Hospital (MCH) has had an exceptional year, marked by numerous awards and recognitions that reflect our continued dedication to excellence, innovation and community-centered care. These accolades are a testament to the hard work and commitment of our team, as well as the support of the Monadnock region. We are delighted to highlight these milestones as we reflect on our 101st year of caring for our community.

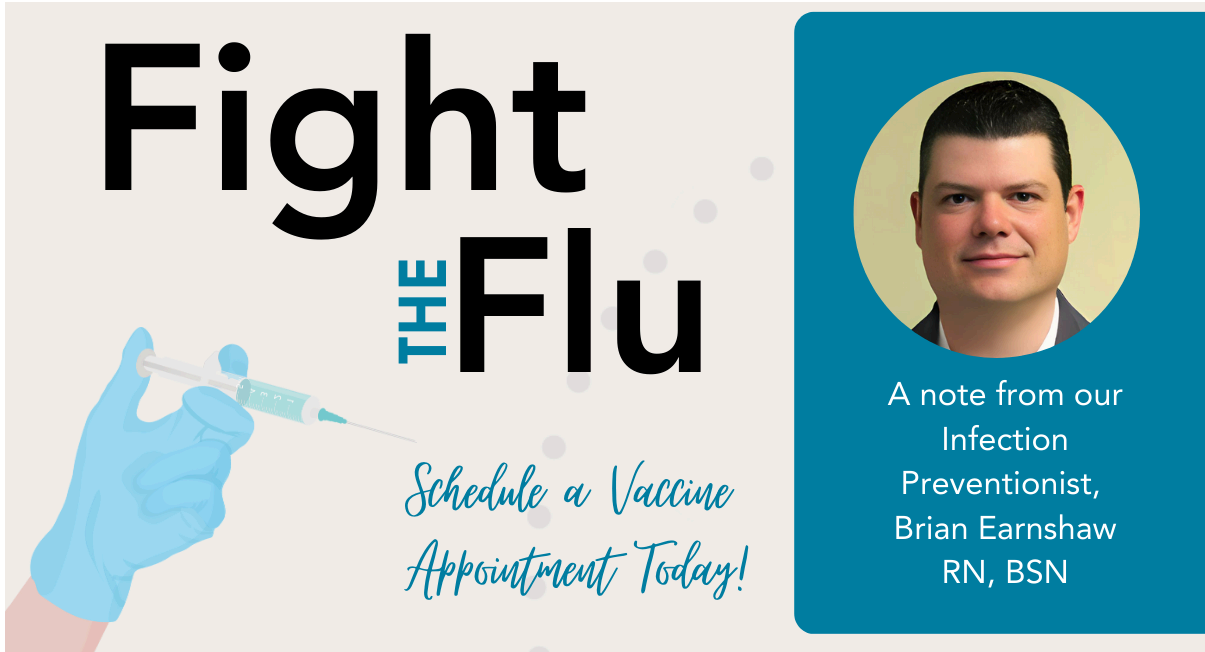
Monadnock Community Hospital is thrilled to recognize this year's recipients of the Peter L. Gosline Scholarship! This scholarship helps our employees pursue further education and enhance the quality of care we provide to our community.

These outstanding team members have demonstrated a significant commitment to professional growth and compassionate care, embodying the values of excellence and dedication that define MCH. Their success is our shared pride! [Learn more about this year's scholarship awardees and learn how their dedication is shaping the future of healthcare at MCH.](#)



Expanding Care Close to Home: New Specialized Services at Monadnock Community Hospital

Monadnock Community Hospital is thrilled to announce the expansion of our service lines, bringing innovative, specialized care to our community. With advancements in spine care, cardiology, rheumatology, gastroenterology, and a new outdoor rehab space, we're here to meet more of your healthcare needs locally. [Discover how these new services can support your health journey and bring expert care closer than ever.](#)



Fight THE Flu

Schedule a Vaccine Appointment Today!

A note from our Infection Preventionist, Brian Earnshaw RN, BSN

The Importance of Getting Your Flu Shot This Season

As the weather grows colder, it is a time to reflect on the importance of getting your annual flu shot. Influenza affects millions of people every year and can be a serious, even life-threatening illness for vulnerable populations. [Learn how to protect yourself and those around you.](#)



GIVING TUESDAY

MONADNOCK COMMUNITY HOSPITAL
Birthing Suite
Your life. Your baby. Your way.

Give the Gift of a Healthy Start this Giving Tuesday

This Giving Tuesday, Monadnock Community Hospital invites you to make a meaningful difference in the lives of mothers and newborns in our community. **We're raising \$33,000 to add an updated bedside ultrasound machine to our Birthing Suite—an essential tool that will allow our care team to confirm fetal positioning when mothers arrive in**

labor and before c-sections. This addition will help ensure safe, comfortable deliveries and elevate the quality of care for families in Peterborough and beyond.

Whether you're able to give a little or a lot, every contribution will bring us closer to our goal and directly support families in need. [Join us on Tuesday, December 3rd in creating brighter, healthier beginnings for moms and babies this Giving Tuesday.](#) Together, we can make a lasting impact for our patients.

Give Now



Proudly Serving You: Celebrating a Year of Recognition and Dedication at Monadnock Community Hospital

Top Women-Led Nonprofits in New Hampshire

Under the leadership of President and CEO Cynthia K. McGuire, MCH was recognized among New Hampshire's [Top Women-Led Nonprofits](#) by *Business NH Magazine*. This recognition highlights our commitment to community health, led by a team dedicated to compassionate and impactful care.



90 Critical Access Hospital CEOs to Know



MCH is proud to announce that our President and CEO, Cynthia K. McGuire, has been named among the **90 Critical Access Hospital CEOs to Know** by Becker's Healthcare. This recognition celebrates her dedication to expanding quality healthcare access in our community.

Keene's Best 2024 Contest

MCH is proud to have been awarded **GOLD for Best Orthopedic Surgeon** and **Best Women's Clinic**, as well as **SILVER for Best Hospital** in the **Keene's Best** contest. These honors highlight our commitment to delivering the highest quality care in specialized services and fostering a trusted hospital environment.



Soliant Health's Most Beautiful Hospitals



MCH was named one of the **Top 20 Most Beautiful Hospitals in the U.S.** by Soliant Health. This recognition celebrates not only the aesthetics of our facility but also our commitment to creating a healing, inclusive and welcoming atmosphere for our patients.

Mobile Integrated Healthcare Program Recognized on "World's Greatest!"

MCH is honored to announce that our **Mobile Integrated Healthcare (MIH) Program** was selected for a national feature on **World's Greatest!** The MIH program, a vital community resource, brings healthcare services directly to patients' homes, addressing critical healthcare needs through innovation and dedication.



These achievements inspire us to continue raising the standard of care for our community. We invite you to join us in celebrating this year of accomplishments and look forward to carrying on our mission of improving the health and well-being of the Monadnock region.

To learn more about our awards and the exceptional care we provide, please [visit our website](#) and experience our award-winning services firsthand.



End-of-Year Giving Reminder: Tax Benefits for IRA Contributions

As we approach the end of the year, it's the perfect time to consider making a charitable gift to support Monadnock Community Hospital's mission of improving community health. **If you're 70½ or older, an IRA Charitable Rollover allows you to make a tax-free gift directly from your IRA, potentially reducing your taxable income while making a meaningful impact.**

Don't miss the December 31st deadline for IRA gifts to qualify for 2024 tax benefits. By giving now, you help provide essential services and resources to our community while enjoying the tax advantages of charitable giving.

For more information on how to make a gift, please contact Laura Gingras, Vice President of Philanthropy & Community Relations at 603-924-4666.

Your support helps us continue providing compassionate care to everyone who needs it. Thank you for considering a gift that will benefit our entire community!



Welcome HCS to the MCH Campus

We're thrilled to announce that Home Healthcare Hospice and Community Service (HCS) will soon be joining us on the MCH campus and will begin seeing patients at the beginning of December.

HCS provides compassionate care and support to individuals of all ages in the comfort of their homes, ensuring high-quality healthcare and hospice services throughout the community. This exciting transition will bring our organizations closer together, fostering enhanced collaboration in delivering essential healthcare and support services to our community.

As we prepare for this move, we look forward to the new opportunities it will bring for strengthening our shared mission of compassionate, community-focused care.

[Learn more about HCS.](#)



Discover "Birds of a Feather" at MCH's Healing Arts Gallery

Celebrate the beauty of art and nature at the "Birds of a Feather: Small Treasures" exhibition, opening at Monadnock Community Hospital's Healing Arts Gallery.

Join us for the reception on Thursday, December 12, from 4:30 PM to 6:00 PM. Meet the talented local artists, enjoy light refreshments, and immerse yourself in stunning works featuring birds and natural themes.

The exhibition will run through **February 6, 2025**, and is open 24/7 for all to enjoy. For more details, contact Katharyn Ernst at (603) 924-4682 or visit MCHHealingArts.com. **Explore the healing power of art with us!**

Brilliance Exhibition Virtual Gallery Video







Health & Wellness Seminars

JAN 9
5:30 PM-6:30 PM

Monadnock Orthopaedic Associates

Innovations in Minimally Invasive Spine Surgery

Dr. Vache Hambarzumyan
Monadnock Orthopaedic Associates

FEB 27
5:30 PM-6:30 PM

Monadnock CARDIOLOGY ASSOCIATES

Women's Guide to Cardiovascular Wellness

Dr. Robert Spencer
Monadnock Cardiology Associates

MAR 27
5:30 PM-6:30 PM

Monadnock GASTROENTEROLOGY ASSOCIATES

Colorectal Cancer: Raising Awareness, Saving Lives

Dr. Michael J. Gilbert
Monadnock Gastroenterology Associates

To register, please visit
Seminars.MonadnockHospital.org
or call (603) 924-4699 x1110

Mark Your Calendars! Health and Wellness Seminars

An opportunity for individuals like you to join MCH healthcare experts for **FREE** educational seminars where they discuss wellness topics and provide preventative techniques, alternative treatments, and more!

Space is limited - register now!

Register Now!

All seminars will take place in the Bond Wellness Center Conference Room*

458 Old Street Road
Peterborough, NH
03458



Upcoming Health and Wellness Seminars

Kickstart your 2025 with exclusive insights into wellness topics, preventative techniques, and alternative treatments! Monadnock Community Hospital invites you to our Health and Wellness Seminar Series, a chance to learn from leading experts on critical health matters that can empower your wellness journey.

Seminar Highlights:

- [Innovations in Minimally Invasive Spine Surgery](#)
 - Date: January 9, 2025

- Speaker: Dr. Vache Hambarzumyan, Monadnock Orthopaedic Associates
- **Women's Guide to Cardiovascular Wellness**
 - Date: February 27, 2025
 - Speaker: Dr. Robert Spencer, Monadnock Cardiology Associates
- **Colorectal Cancer: Raising Awareness, Saving Lives**
 - Date: March 27, 2025
 - Speaker: Dr. Michael J. Gilbert, Monadnock Gastroenterology Associates

Where: Bond Wellness Center Conference Room

Time: 5:30 PM - 6:30 PM

These events are **free** but space is limited! Register today at Seminars.MonadnockHospital.org or call (603) 924-4699 x1110.

Don't miss this opportunity to join our community of health-conscious individuals for empowering discussions on managing and improving your well-being.



MOA Blog

COMMON SPORTS INJURIES TREATED AT MONADNOCK ORTHOPAEDIC ASSOCIATES

Discover expert orthopedic care for athletes to help you recover and return to your favorite activities

MonadnockOrtho.org





[Common Sports Injuries Treated at Monadnock Orthopaedic Associates](#)

OSTEOPOROSIS: UNDERSTANDING RISK FACTORS AND PREVENTION STRATEGIES

Learn the key risk factors for osteoporosis and discover prevention strategies to protect your bone health.

MonadnockOrtho.org



[Osteoporosis: Understanding Risk Factors and Prevention Strategies](#)



MONADNOCK ORTHOPEDIC
ASSOCIATES

Blog

MCH Blog - Your MCH Connection

- [Celebrating 90 Years of Service: Volunteers Make a Difference at MCH](#)
- [Proudly Serving You: Celebrating a Year of Recognition and Dedication at Monadnock Community Hospital](#)
- [Expanding Specialized Care: New Service Lines at Monadnock Community Hospital](#)
- [Announcing the 2024 Patricia Boyd Nursing Scholarship Recipients](#)
- [Celebrating the 2024 Peter L. Gosline Scholarship Winners](#)
- [Empowering Tomorrow's Nurses: The Patricia Boyd Nursing Scholarship](#)
- [The Importance Of Getting Your Flu Shot This Season](#)
- [Join Us for Our Health and Wellness Seminar Series: Knowledge for Better Health](#)
- [Common Sports Injuries Treated at Monadnock Orthopaedic Associates](#)
- [Your Hospital: November 2024](#)
- [Experience Brilliance: Virtual Gallery Exhibition at Monadnock Community Hospital](#)
- [Celebrating Leadership: MCH Recognized Among New Hampshire's Top Women-Led Nonprofits](#)



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Your Donations Make a Difference



Monadnock Community Hospital is a registered nonprofit. Your donations allow us to develop a generous financial assistance program, state-of-the-art equipment, community benefits, improved patient experiences, and new programs and services. [Learn more and donate now.](#)



[Your Hospital](#) is published by Monadnock Community Hospital. Visit [MonadnockHospital.org](https://www.monadnockhospital.org) for more information.

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