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## Happy New Year from Your Community Hospital

To our community,

The end of a year always brings thoughtful reflection and gratitude for all that we have accomplished together. From welcoming three new specialty practices and new providers to our campus, to supporting educational initiatives, and earning recognition locally and nationally- 2024 has truly been one for the books!

MCH is an incredibly special place, made even more remarkable by its people. It is thanks to the support of individuals like you that we are able to fulfill our mission of elevating the health and well-being of our community every day. We look

forward to all that we will accomplish together in 2025! Wishing you and your family a festive holiday season and a happy, healthy new year!



## Celebrating Progress, Partnerships, and Possibilities at Monadnock Community Hospital

As 2024 comes to a close, we're reflecting on a year filled with milestones and gratitude. From innovative healthcare services to community recognition, our commitment to improving the health and well-being of the Monadnock Region has never been stronger. **Discover the highlights and our vision for the future.**



# Rheumatology Spotlight



A note from our  
Rheumatologist,  
Jonathan D. Krant,  
MD, FACP

## Spotlight on Rheumatology Care: Expert Insights from Dr. Krant

Did you know? Rheumatology is about more than arthritis—it encompasses conditions like fibromyalgia and lupus that can impact multiple parts of the body and are often challenging to diagnose early.

This month, **Dr. Jonathan Krant**, MCH Rheumatologist, highlights why early detection matters, how personalized treatment plans are created, and the vital teamwork between healthcare providers to enhance patient outcomes. Discover how rheumatologists help manage chronic pain, safeguard your joints, and provide tailored care to improve quality of life. **Explore this valuable guide to better understand rheumatology and take proactive steps for your health.**

Learn about this important new service at [MonadnockRheumatology.org](https://MonadnockRheumatology.org)



## Innovations in Minimally Invasive Spine Surgery: Precision and Better Care

Discover the latest advancements in spine care at our upcoming seminar, "Innovations in Minimally Invasive Spine Surgery: Precision and Better Care." Join **Dr. Vache Hambarzumyan** as he explores how cutting-edge techniques are revolutionizing recovery and outcomes in spine surgery. The seminar takes place on January 9, 2025, at 5:30 PM in the Bond Wellness Center.

Reserve your spot today and take a step toward understanding groundbreaking care options for better spine health. *Space is limited.* [Learn more and register.](#)

Register now



## Build Your Future with Us: Explore Fulfilling Careers at MCH

**As we ring in the New Year, it's the perfect time for a fresh start. If you're looking to make a meaningful career change, consider joining our community hospital family!**

Here at MCH, we are proud to offer a variety of roles that support both personal growth and a fulfilling work-life balance. From nursing jobs that provide direct patient care, to administrative positions that ensure smooth operations, there is truly something for everyone!

We value our team members and offer generous benefits including comprehensive health coverage, retirement plans, lifestyle spending account, tuition and fitness reimbursement, opportunities for professional development and more!

Whether you're looking to make an impact in healthcare or take the next step in your career, our hospital provides a supportive environment to help you thrive.

Start your journey with us today! Visit [MonadnockCareers.org](https://www.monadnockcareers.org) for a list of current openings.



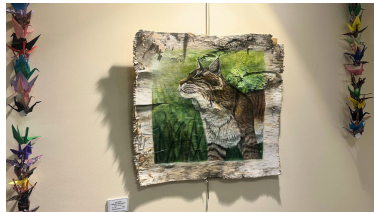
## Heartfelt Stories: Celebrating Care and Community at MCH

Explore the inspiring journeys of our patients at Monadnock Community Hospital, where compassionate care meets resilience and hope. From overcoming chronic conditions to life-changing surgeries, these heartfelt stories highlight the transformative power of personalized healthcare and a dedicated community. [See how our patients have reclaimed their independence, mobility, and vision, and how your hospital continues to make a difference in every step of their journey.](#)



## Birds of a Feather: On Exhibition

Experience the captivating beauty of nature through the "Birds of a Feather: Small Treasures" art exhibition at Monadnock Community Hospital. This unique showcase features stunning works from local artists, celebrating the charm of birds and the natural world. The exhibition is open daily at the Healing Arts Gallery until February 6, 2025. Join us for this inspiring display and support the healing power of art. [Explore the exhibition.](#)



[MOA Blog](#)

## SKIING STRENGTHENING: GET YOUR BODY READY FOR A SAFE AND ENJOYABLE SKI SEASON

Build strength and flexibility to protect  
your joints and avoid injury this ski  
season.

MonadnockOrtho.org



### Skiing Strengthening: Get Your Body Ready for a Safe and Enjoyable Ski Season

## SAFE USE OF OPIOIDS FOR PAIN MANAGEMENT

UNDERSTAND THE SAFE  
USE OF OPIOIDS FOR  
MANAGING PAIN AND  
ALTERNATIVE  
TREATMENTS



### Safe Use of Opioids for Pain Management





# MONADNOCK ORTHOPEDIC ASSOCIATES

Blog



## MCH Blog - Your MCH Connection

- [Safe Use of Opioids for Pain Management](#)
- [Comprehensive Adult Health Services at Monadnock Community Hospital](#)
- [Children's Health Services at Monadnock Community Hospital](#)
- [Skiing Strengthening: Get Your Body Ready for a Safe and Enjoyable Ski Season](#)
- [Welcome Home Healthcare Hospice and Community Services \(HCS\) to the MCH Campus](#)
- [Join us for the Minimally Invasive Spine Surgery Seminar with Dr Vache](#)
- [Your Hospital: December 2024](#)
- [Discover the "Birds of a Feather" Art Exhibition at Monadnock Community Hospital](#)
- [Osteoporosis: Understanding Risk Factors and Prevention Strategies](#)



# MCH

Blog

## Get the Latest Updates

Please join us on our other platforms



## 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.](#)



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