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Welcome Spring

Dear Friends,

As we enter the spring season, there is a sense of renewal and excitement at MCH. The longer, warmer days energize and fill us with optimism for what this new season holds.

This past year brought exceptional growth, including the addition of three new specialty service lines, including Monadnock Rheumatology Associates. Led by Dr. Jonathan Krant, this important specialty has been bringing quality rheumatological care to our community. We are certain that 2025 will be another incredible year of growth and continued commitment to our mission of delivering high quality specialized care for our community.

We're also excited to continue offering educational sessions as part of our Health and Wellness seminar series to support our community in living healthier lives. Be sure to save the date for National Night Out, a fun and collaborative event for connecting with one another and strengthening our ties as a community. We have much to celebrate this time of year, with many recognition weeks. These special celebrations remind us of the incredible dedication and compassion our staff and volunteers bring to MCH every day. These observances are a great time for reflection and gratitude for this community we are lucky to call home. As we look towards brighter days, MCH remains filled with gratitude for all the support we receive from our

community, and we are excited for the opportunities that lie ahead this year. Together, we will continue to thrive and make a lasting impact. Thank you for being a part of our story.

Cynthia K. McGuire, FACHE
President and CEO
Monadnock Community Hospital



From Wheelchair-Bound to Walking Again – Bruce's Incredible Journey

For Bruce Barsalou, every breath was a struggle. Living with severe COPD, he was wheelchair-bound, dependent on oxygen, and unsure of what the future held.

But with determination and the support of Monadnock Community Hospital's Pulmonary Fitness Program, Bruce built the strength to qualify for a life-saving lung transplant.

Today, he's not just surviving—he's thriving. [Read Bruce's inspiring journey and see how compassionate care changes lives.](#)

A New Era of Specialized Care

Since opening in 2024, Monadnock Rheumatology Associates (MRA) has been providing expert care for patients of all ages with chronic and complex rheumatic conditions.

Located within MCH's Oncology and Infusion Therapy Center, and led by Dr. Jonathan Krant, MRA offers specialized treatment for arthritis, lupus, gout, osteoporosis, and autoimmune disorders that affect the joints, muscles, and connective tissues.

Patients benefit from advanced diagnostic tools and comprehensive treatment plans that can include medication management, infusion therapies, and guidance to help reduce pain, improve mobility, and enhance quality of life. With a patient-centered approach, and mindful of their whole health, MRA works closely with other medical specialists at MCH to ensure coordinated, effective care.

For those struggling with joint pain, stiffness, or unexplained inflammation, relief is closer than ever. [Learn more at MonadnockRheumatology.org.](#)

Measles Cases on the Rise Nationally: What to Know and How to Protect Yourself & Your Community

The spread of measles is currently increasing in several regions in the United States. Measles is a highly contagious viral disease that can cause serious health complications, especially in young children and adults without immunity. It is important to know the signs and keep yourself protected.

Key Symptoms to Watch For:

- High fever

- Cough, runny nose, and sore throat
- Red, watery eyes
- Koplik spots (small white spots inside the mouth)
- A red, blotchy rash that typically begins on the face and spreads downward

How to Stay Protected:

- Ensure you and your family are up to date on measles vaccinations (MMR shot).
- If you suspect you or your child has measles, avoid contact with others and seek medical care immediately.
- Practice good hygiene: wash hands frequently and cover your mouth when coughing or sneezing.

“Immunization is one of the most effective ways to protect not only yourself but also your community from the spread of measles. Vaccines prevent severe illness, complications, and even death, helping us maintain herd immunity and safeguarding those who cannot be vaccinated due to medical reasons. It’s a simple, yet powerful tool to stop the spread of contagious diseases.” - Brian Earnshaw, RN, BSN, Infection Preventionist

Stay safe and protect yourself and your community by getting vaccinated!
For more information, consult your healthcare provider. Learn more by visiting the [CDC's about Measles page](#).

A Time for Celebration

Spring is an exciting time to celebrate the individuals who make our community vibrant and healthy. This year, we are pleased to acknowledge the annual celebrations that highlight excellence, community spirit and compassion within the walls of MCH.

NATIONAL VOLUNTEER WEEK, APRIL 20th-26th shines a light on the volunteers who make a difference at MCH and beyond. We could not be prouder of these selfless individuals who give back in such an impactful way to enhance our services.

NURSES WEEK, MAY 6th-12th recognizes the compassion and commitment of our nursing team.

NATIONAL HOSPITAL WEEK, MAY 11th -17th is a special time to celebrate the dedicated MCH employees who provide exceptional care every day.

Together, these annual observances remind us all of the amazing people who bring their passion and care to everything they do, making high-quality healthcare possible for all of

us.

Thank a caregiver today by visiting our [Thank-a-Caregiver Program](#).

MCH Employees Set New Giving Record in 2025

This year's Employee Giving Campaign was nothing short of extraordinary. With 65% participation and over \$26,000 raised, MCH employees showed just how deeply they care—not only about their work, but about one another. From emergency assistance to scholarships and wellness programs, their generosity is making a difference across campus. [Find out how this record-breaking campaign is shaping the future of care at MCH.](#)

Now's the Time: Charitable Gift Annuity Rates Are Rising

With Charitable Gift Annuity rates at their highest level in 16 years, now is an ideal time to consider the gift that pays you back.

Your gift of cash or securities can help shape the future of Monadnock Community Hospital and secure fixed income for you and/or another beneficiary for life.

A **Charitable Gift Annuity (CGA)** also provides an immediate tax deduction and the potential for other tax savings. If you are 70 1/2 or older, you may be able to use your IRA account to fund a CGA. Certain limits apply.

Please consider a Charitable Gift Annuity to help MCH and help yourself! Monadnock Community Hospital is a not-for-profit 501(C)(3) organization. Learn more at [MCHGiving.org](#).

For more information, please contact Laura Gingras, Vice President of Philanthropy & Community Relations at Laura.Gingras@MCHMail.org or call 603-924-4666.

Slam the Scam: Protect Yourself from Fraud

Scammers are impersonating hospitals, Medicare, and insurance providers, tricking patients into sharing personal information or making fake payments. If you receive an unexpected call, hang up and verify with your provider. [Learn how to spot scams, protect yourself, and report fraud.](#)

Save the Date! National Night Out

Join us for a fun-filled evening of building connections, strengthening community ties, and supporting police, fire, and EMS community partnerships.

There will be activities for families, entertainment, and opportunities to meet local law enforcement and first responders. We can't wait to see you there! Please stay tuned for more information coming soon!

Date: Tuesday, August 5th Location: Monadnock Community Hospital Campus
[Learn more about National Night out by visiting National Night Out.](#)

Health and Wellness Seminars

Understanding and Managing Lymphedema Seminar

Take Control of Your Health: Free Lymphedema Seminar at MCH!

Lymphedema can be challenging, but with the right knowledge and care, it can be managed effectively. Join our expert-led seminar to learn about the causes, symptoms, and best treatment strategies—including compression therapy, targeted exercises, and self-care tips.

Date: Thursday, April 24, 2025

Time: 5:30 PM

Location: Bond Wellness Center, Monadnock Community Hospital

Presented by Kim Taylor, OT/L, CHT, ICLM, COMT, Jamie Hummel, MS, OTR/L, CLT, and Kate Treshinsky, PTA, CLT, this seminar is ideal for patients, caregivers, and healthcare professionals.

Seats are limited—[reserve your spot today!](#)

Reserve Your Spot

Wellness Wednesday

Stay motivated on your health journey with **Wellness Wednesday**, where we share expert tips on nutrition, fitness, mental well-being, and self-care.

Balanced Nutrition for a Healthier Life

Good nutrition fuels your body, boosts energy, strengthens your immune system, and supports long-term health. But with so much information out there, how do you know what's best for your well-being?

In this month's Wellness Wednesday series, we'll share simple, science-backed ways to build a balanced plate, choose nutrient-dense foods, and make small, sustainable changes that lead to lasting benefits.

Healthy eating doesn't have to be complicated—small steps can lead to big improvements in how you feel every day. [Discover practical nutrition tips here.](#)

*Pictured above is Kaitlyn McCarthy RDN, LD, CDCES, Clinical Nutrition Manager and Whitney Hightower, MS, RDN, LD, Outpatient Registered Dietitian of the MCH **Nutrition Services Department.***

Blog - Your MCH Connection

Your Hospital: March 2025

**Welcome Erin Jablonski, APRN, to Monadnock Gastroenterology Associates
Colorectal Cancer Awareness and Prevention Seminar with Dr Gilbert**

Nutrition for Seniors – Expert Tips for Healthy Aging
Video: Every Breath a Victory: One Man’s Fight to Reclaim His Life
Where Comfort Meets Care: Monadnock’s Award-Winning Birthing Suite
MCH Employees Set New Giving Record in 2025
Welcome New Medical Staff 2025
Slam the Scam: How to Spot & Avoid Fraudulent Calls
Video: Women’s Guide to Cardiovascular Wellness Seminar
Colorectal Cancer Awareness Month: Free Seminar & Interactive Exhibit
In the News: Monadnock Community Hospital launches ‘Slam the Scam’ anti-fraud effort

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