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### Hello and Welcome,

We've recently combined a few of our mailing lists to keep the community better connected with everything happening at Monadnock Community Hospital. Through our e-newsletter, you'll receive helpful health tips, updates on upcoming events, and community news.

***If you're happy to stay connected, there's nothing you need to do***—we're thrilled to keep sharing with you. If you'd prefer not to receive these updates, you can unsubscribe at any time by clicking on the link at the bottom of this email.

Thank you for being part of our community!

Warmly,  
The Monadnock Community Hospital Team



## A Letter from Cyndee

Dear Friends,

As we welcome the winter season and the warmth of the holidays, I want to personally thank you for being such a vital part of our MCH family. This is a time for celebration and reflection, and I'm thrilled to share some new developments with you.

I am pleased to announce the expansion of our specialty services offerings with the addition of a new department, Monadnock Cardiology Associates. We welcomed two experienced cardiology clinicians, Dr. Robert Spencer and Nurse Practitioner Brooke O'Connor who began seeing patients in October. They are excited to offer this much-needed service to our community. This year we also opened Monadnock Gastroenterology Associates and Monadnock Rheumatology Associates, further enhancing the specialized care options being offered to our patients, close to home.

In our ongoing commitment to support and connect our community, we launched support groups for both Diabetes and Parkinson's Disease and are continuing our popular Health and Wellness Seminar Series. Our mission to improve the health and well-being of our community is reflected in these educational initiatives that are designed to foster a sense of community and provide valuable resources for those seeking support and knowledge.

As the year draws to a close, we would like to thank our generous donors. Your contributions play a crucial role in advancing our mission and enhancing our services, and we are so grateful for your financial contributions.





From all of us here, we wish you a joyous holiday season surrounded by loved ones. Thank you for your continued support and for being such an integral part of our community.

Cynthia McGuire, FACHE  
President and CEO  
Monadnock Community Hospital



## Prioritizing Maternal Health for a Healthy Pregnancy

During Prematurity Awareness Month, we're here to support you every step of your journey to a healthy pregnancy. Our prenatal services focus on empowering you with knowledge, from essential nutrition tips to stress management techniques. **Discover how you can promote a full-term pregnancy with personalized care from our expert team—because every healthy beginning matters.**

**Diabetes  
Awareness  
Month**



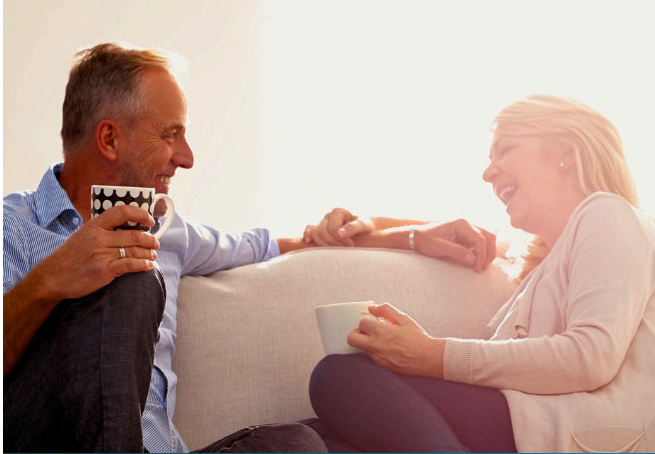


A note from our  
Outpatient  
Registered Dietitian,  
Whitney Hightower,  
MS, RDN, LD

**November is Diabetes Awareness Month – Let's  
Prioritize Our Health!**

November is Diabetes Awareness Month—a perfect time to take simple steps toward a healthier future. Whether managing diabetes or reducing your risk, learn practical ways to support your health and empower your loved ones. [Explore expert-backed strategies on diabetes prevention, management, and lifestyle tips that make a difference.](#)

Monadnock Community Hospital  
**SUPPORT GROUPS**



## Diabetes Support Group

Third Thursday  
5:00pm - 6:00pm  
Bond Wellness Center  
Conference Room



Health &  
Wellness  
Seminars



## Health and Wellness Seminars



## Empowering Maternal Wellness: Nutrition for Expecting Moms

Join us November 14 for our seminar, Nutrition Nurtures: Empowering Maternal Wellness, where Registered Dietician Whitney Hightower will provide insights on creating a balanced diet to support your health and your baby's development. Learn how to nourish your body during pregnancy and beyond with practical tips for everyday nutrition.

Secure your spot and explore ways to maintain a healthy pregnancy!

To register, please visit [MCH.EventBrite.com](https://mch.eventbrite.com) or click the "Register Now" button below.

**Register Now**



Health and Wellness Seminars

  
Your life. Your health. *Your Hospital.*



  
Corryn Nelson

**Pelvic Perspectives: Understanding Your Body's Foundation**  
October 24, 2024  
Corryn Nelson, PT, DPT  
[www.MonadnockHospital.org](http://www.MonadnockHospital.org)

# MCH Shines Bright in 2024 Keene's Best Voting



**GOLD:** Best Orthopedic Surgeon

**GOLD:** Best Women's Clinic

**SILVER:** Best Hospital

  
Monadnock  
Orthopaedic  
Associates

  
Monadnock  
— OB / GYN —

  
Monadnock  
COMMUNITY HOSPITAL

**MCH Named Winner in Keene's Best Voting**

MCH is delighted to announce that the hospital has been voted by the Monadnock Region in the annual **Keene's Best voting**, earning MCH a gold nomination for Best Orthopedic Surgeon, Gold for Best Women's Clinic and Silver for Best Hospital. We could not be prouder of the incredible work that happens every day within the walls of this organization. It is the commitment and high-quality care provided by our clinicians and staff that make our community shine! [Learn more about this year's Keene's Best awards.](#)

Learn more about our Orthopedic team at: [MonadnockOrtho.org](https://monadnockortho.org)  
Learn more about our OB/GYN practice at: [MonadnockOBGYN.com](https://monadnockobgyn.com)



## Transforming Healthcare: EMS Student MIH Experience

Monadnock Community Hospital's Mobile Integrated Healthcare (MIH) program is changing the landscape of community healthcare. Led by our nationally recognized team, the MIH program brings healthcare directly into patients' homes, focusing on preventative care, chronic disease management, and post-hospitalization follow-up. This innovative approach not only supports patient well-being but also provides paramedic students with hands-on experience in a model of care that's transforming the EMS profession. [Discover how our MIH program is bridging healthcare gaps and inspiring the next generation of EMS professionals.](#)



## Experience Brilliance: A Virtual Journey Through Healing Art

Uncover the healing power of art with the Brilliance Virtual Gallery, our latest exhibition featuring captivating works from talented local artists. Dive into a vibrant collection that blends creativity with tranquility, offering an inspiring journey from the comfort of your home. [Explore the full gallery and see how art uplifts and connects our community here.](#)



**Comprehensive  
Care,  
Close to Home:**

- Primary Care,
- Specialized Treatments,
- and Advanced Diagnostics
- All Under One Roof

[www.MonadnockHospital.org](http://www.MonadnockHospital.org)

## Comprehensive Care Close to Home: Explore Our Wide Range of Services



We're proud to offer a wide array of healthcare services right here in our community. From primary care to specialized treatments, you and your family can access top-notch medical care close to home. Our offerings include:

- **Cardiac Rehabilitation**
- **Chronic Disease Management**
- **Diagnostic Imaging**
- **Emergency Services**
- **Gastroenterology**
- **Health Education**
- **Maternity Services**
- **Men's Health**
- **Mental Health Support**
- **Occupational Therapy**
- **Oncology**
- **Orthopedics**
- **Pediatric Care**
- **Physical Therapy**
- **Primary Care**
- **Pulmonary Fitness**
- **Rehabilitation Services**
- **Rheumatology**
- **Senior Health Services**
- **Speech and Language Pathology**
- **Specialized Care**
- **Surgical Services**
- **Women's Health**

Whether you're looking for preventive care, chronic disease management, or advanced diagnostics, we've got you covered. **Discover how our comprehensive services can support your health and well-being at every stage of life.**

## Monadnock Orthopaedic Associates

### PREVENTING SPORTS INJURIES IN ATHLETES

TIPS AND STRATEGIES FOR  
PREVENTING SPORTS INJURIES  
AMONG ATHLETES



**Preventing Injuries During Exercise: Tips and Strategies for Preventing Sports Injuries**

## COMMON CAUSES OF JOINT PAIN AND HOW TO MANAGE IT EFFECTIVELY

Understand the leading causes of joint pain and explore effective management strategies for relief.

MonadnockOrtho.org



### Common Causes of Joint Pain and How to Manage It Effectively

**Monadnock**  
Orthopaedic  
Associates



**MCH**  
Blog

- **Transformative Learning: Monadnock Community Hospital's Mobile Integrated Healthcare Program for Future Paramedics**
- Video: Pelvic Perspectives: Understanding Your Pelvic Health for a Better Quality of Life
- Maximize Your Impact: Support Local Healthcare with an IRA RMD Contribution
- A Winter Message From Cyndee
- MCH Named in 2024 Keene's Best Contest
- Diabetes Awareness Month: Understanding, Preventing, and Managing Diabetes
- Common Causes of Joint Pain and How to Manage It Effectively
- Nutrition Nurtures: Empowering Maternal Wellness Seminar
- Supporting Maternal Health During Prematurity Awareness Month
- Preventing Injuries During Exercise: Tips and Strategies for Preventing Sports Injuries

**MCH Blog**

[Birthing Suite Blog](#)  
[Orthopedic Blog](#)  
[Pediatric Blog](#)  
[Rehabilitation Blog](#)







### Use Your IRA RMD to Support Community Health

Are you 70-1/2 or older and required to take a distribution from your IRA? Consider making a Qualified Charitable Distribution (QCD) to Monadnock Community Hospital. A QCD allows you to reduce your taxable income while making a difference in our community. Your contribution helps us continue offering critical services and care to those who need it most. [Learn how you can make a positive impact through your IRA today!](#)

### Annual Non-Discrimination Notice

In keeping with our commitment to accessible, inclusive care, we're sharing information about Section 1557 of the Patient Protection and Affordable Care Act. This section emphasizes nondiscrimination in healthcare settings, ensuring all patients receive fair, respectful treatment regardless of race, color, national origin, sex, age, or disability. We invite our community members to learn more about these protections, which support equitable access to our services. **Learn more here: [Nondiscrimination Policies at MCH - Monadnock Community Hospital](#)**



### **DISCRIMINATION IS AGAINST THE LAW**

Nondiscrimination Provision of the Affordable Care Act, Section 1557

**Monadnock Community Hospital ("MCH") complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)) which includes sex characteristics, intersex traits, pregnancy or related conditions, sexual orientation, gender identity, and sex stereotypes. MCH does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.**

- MCH provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (including large print, audio, accessible electronic formats, other formats)
- MCH provides free language assistance services to people whose primary language is not English, which may include:
  - Qualified interpreters
  - Information written in other languages

**If you need reasonable modifications, appropriate auxiliary aids or services, or language assistance services, ask any staff member for assistance or contact MCH's ADA/Interpreter Services Line at 603-924-4691**

If you believe that MCH has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the MCH Compliance Officer:

Attn: Compliance Officer  
 Monadnock Community Hospital  
 452 Old Street Road Peterborough, NH 03458  
 Phone: 603-924-4699 ext. 4733  
 Fax: 603-924-2609

You can file a grievance in-person, by mail, or fax. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
 200 Independence Avenue, SW  
 Room 509F, HHH Building  
 Washington, DC 20201

Phone: 800-368-1019  
 TDD: 800-537-7697

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

This notice is also available at <https://monadnockcommunityhospital.com/>

Updated 10/2/24

## 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.



## Get the Latest Updates

Please join us on our other platforms



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