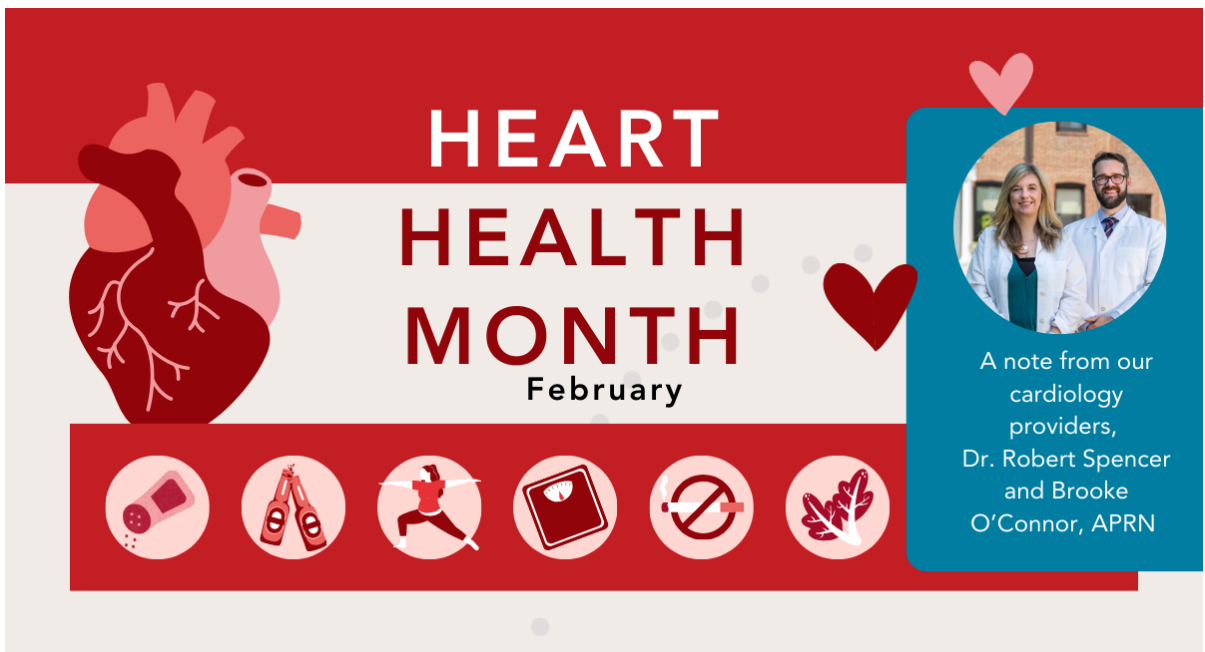




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Heart Health Month: Caring for Your Heart, Caring for You

Your heart works hard for you every moment. This February, discover how small lifestyle changes can lead to a healthier, stronger heart. From heart-smart nutrition to the importance of regular check-ups, explore practical tips to prioritize your heart health. [Find more Heart Health Tips.](#)



Take Charge of Your Heart Health: Women's Guide to Cardiovascular Wellness

Join us for an empowering seminar with **Dr. Robert Spencer**, focusing on women's unique cardiovascular risks, early warning signs, and the latest prevention strategies. Learn how to lead a heart-healthy life with expert insights on February 27 at 5:30 PM at the Bond Wellness Center. Reserve your free spot today!

Space is very limited - [Register now!](#)

[Register now](#)

Where Comfort Meets Care: Discover the Birthing Suite You've Been Searching For!



New Year New Baby

Are you expecting a little one? We know how important it is to find the perfect place to bring your baby into the world. **Our state-of-the-art Birthing Suite** combines comfort, warmth, and expert care in a serene environment designed just for you and your baby.

Take a virtual tour and see why so many parents choose us for the most important day of their lives. Your journey to parenthood starts here! **Learn more about the Birthing Suite at MCH.**



Community Spotlight: Caring for Our Community - Home Healthcare, Hospice & Community Services

Home Healthcare, Hospice & Community Services (HCS) has been a pillar of support in southwestern New Hampshire for over a century. From providing personalized home care to offering compassionate hospice services, HCS empowers individuals and families to live with dignity and independence. This month, we're sharing inspiring stories of resilience, hope, and connection—stories that highlight the transformative impact HCS has on our community. Learn how their innovative programs and dedicated team are making a real difference in the lives of your neighbors. [Learn how HCS is transforming lives.](#)

OPEN HOUSE

We invite you to celebrate the opening of our new HCS Peterborough office in the Medical Arts Building at Monadnock Community Hospital!

**Tuesday,
February 11
3-5 p.m.**

**452 Old Street Road
Peterborough
Conference Rooms
1 & 2**



Monadnock Gastroenterology Associates (MGA) Celebrates 2,000th Procedure



Pictured above is the Monadnock Gastroenterology Associates team, led by Dr. Michael Gilbert and the MCH Surgical Nursing team.

Please join us in congratulating **Dr. Michael Gilbert** along with the Monadnock Gastroenterology Associates (MGA) and Surgical teams for completing 2,000 procedures since the practice opening in March of 2024.

MGA has been serving patients of the Monadnock region for just 10 months and in that time has been delivering exceptional GI care including colonoscopies, endoscopies and so much more!

Learn more about MCH's comprehensive Gastroenterological care at [MonadnockGastro.org](https://www.monadnockgastro.org)





Health and Wellness Seminars


Monadnock
 COMMUNITY HOSPITAL
 Your life. Your health. *Your Hospital.*


Dr. Vache Hambardzumyan

Innovations in Minimally Invasive Spine Surgery
 January 9, 2025
 Vache Hambardzumyan, MD, PhD, FEBS
www.MonadnockHospital.org

Say Goodbye to Back Pain with Expert Care- Spine Seminar Video

Are you or someone you love struggling with persistent back pain? Discover how the latest advancements in minimally invasive spine surgery are providing new hope. In this exclusive seminar video, **Dr. Vache Hambardzumyan** from **Monadnock Orthopaedic Associates** shares how cutting-edge techniques are reducing recovery times, lowering complication rates, and enhancing quality of life for patients of all ages.

Whether you're dealing with chronic discomfort or considering surgery, this seminar offers valuable insights into the future of spine care and the options available to you. **Learn about these life-changing innovations.**



Discover the “Birds of a Feather” Art Exhibition at

Monadnock Community Hospital



Above is MCH Community Relations Assistant and Healing Arts Gallery Committee Member, Caroline Gomez pictured with the winter gallery exhibition, "Birds of a Feather: Small Treasures."

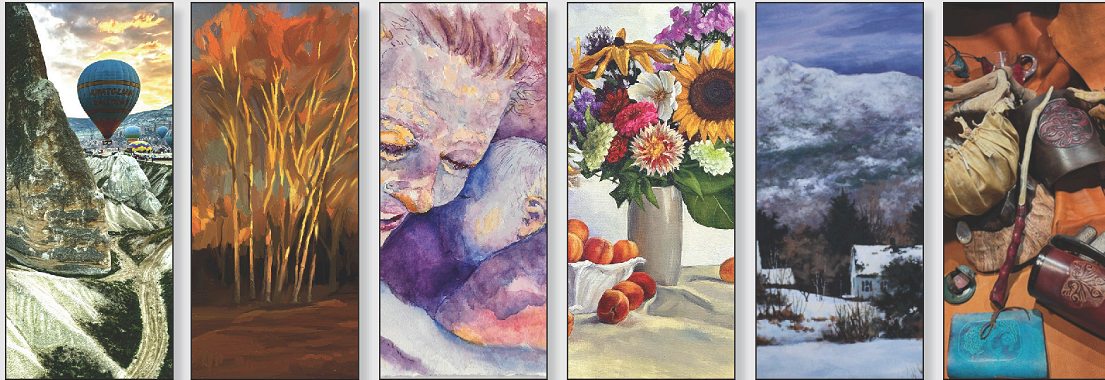
Celebrate the charm and beauty of nature at the Healing Arts Gallery's latest exhibition, **"Birds of a Feather: Small Treasures."** This captivating collection, on display to February 6, 2025, showcases the talent of local artists through works inspired by birds and the natural world.

Learn more about this exhibition and how MCH connects the world of healing and art at [MCHHealingArts.com](https://www.mchhealingarts.com).

Save the Date: Healing Arts Gallery Opening Reception - Amore

Amoré

Healing Arts Gallery at Monadnock Community Hospital



OPENING RECEPTION: THURSDAY, FEBRUARY 13, 4:30 TO 6:00PM. ON DISPLAY THROUGH MAY 6, 2025.

FEATURED ARTISTS: MIRIAM DUNN ❖ GARY SHEPARD ❖ SUE ANN HUM ❖ OLHA NECHEPORENKO
RUSSELL BRANDWEIN ❖ DONLIN FOREMAN ❖ JAYA LORD

When: Thursday, February 13, 2025

Time: 4:30 PM to 6:00 PM

Where: MCH Healing Arts Gallery (adjacent to the Sarah Hogate Bacon Emergency Department)

- Join us to celebrate the opening of Amoré, a special exhibit featuring works by:
- Miriam Dunn
- Gary Shepard
- Sue Ann Hum
- Olha Necheporenko
- Russell Brandwein
- Donlin Foreman
- Jaya Lord

Highlights of the Event:

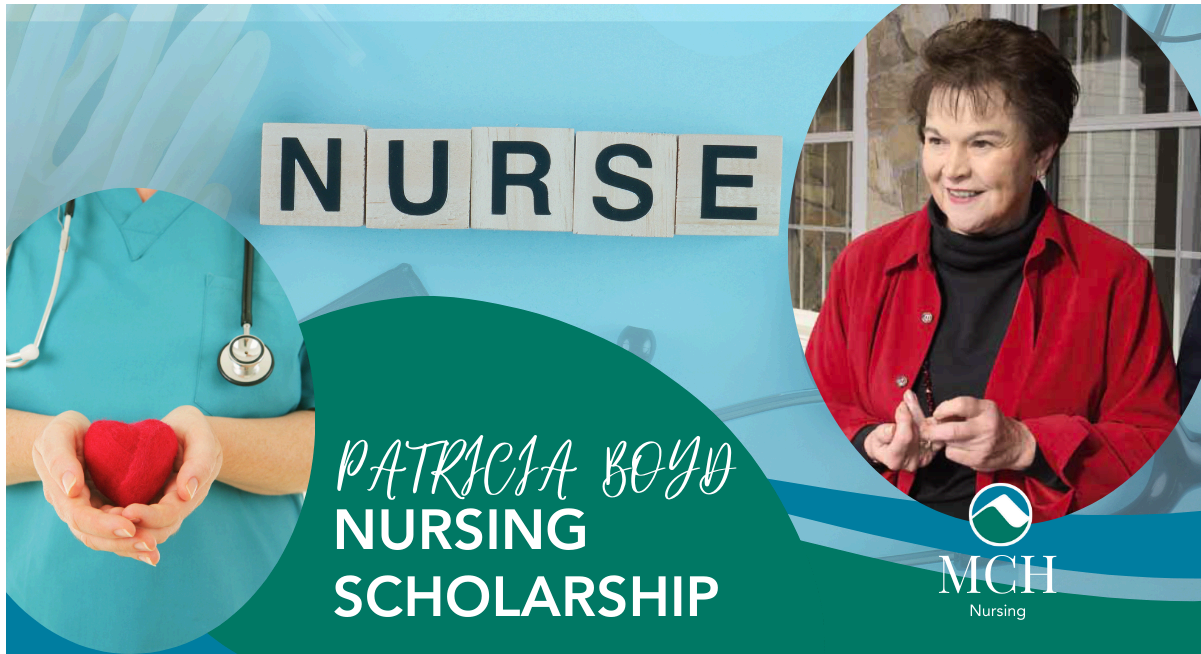
Live music by Larry Ahern

Light refreshments

Mark your calendars and celebrate the healing power of art!

For more information, contact Katharyn Ernst at (603) 924-4682 or Katharyn.Ernst@MCHMail.org.





Introducing the Patricia Boyd Nursing Scholarship: Honoring Legacy, Empowering Nurses

Monadnock Community Hospital is proud to announce the Patricia Boyd Nursing Scholarship, established in memory of Patricia Boyd, a dedicated MCH employee and community leader. This new scholarship supports MCH employees in advancing their nursing education, honoring Patricia's legacy of compassion and service while shaping the future of healthcare in our community.

This scholarship is helping employees pursue their LPN, RN, and APRN certifications and degrees, thanks to the generosity of an anonymous donor. In 2024, the program awarded \$52,500 to 13 deserving recipients, empowering them to advance their careers and enhance patient care. **Discover how this life-changing support is shaping the future of healthcare.**





Reflecting on a Year of Care: Stories of Compassion and Community

Join us for a heartwarming journey through a year of healing and hope at Monadnock Community Hospital. Through patient stories and caregiver dedication, witness how compassionate healthcare transforms lives. [Read more to experience the difference that trusted, community-focused care makes.](#)

Monadnock Orthopaedic Associates Blog

PROVIDER SPOTLIGHT:

**DR. VACHE
HAMBARDZUMYAN**

Expert Orthopedic Surgery,
Compassionate Care, and a
Commitment to Giving Back



Monadnock
Orthopaedic
Associates

Provider Spotlight: From Armenia to New Hampshire: Dr Vache's Journey of Healing and Hope



MONADNOCK ORTHOPEDIC
ASSOCIATES

Blog



MCH Blog - Your MCH Connection

- [What is Rheumatology? From Diagnosis to Treatment Options, Collaborative Care and More: A Note from Dr. Krant](#)
- [Empower Your Health: Free Spring Wellness Seminars at MCH](#)
- [Your Hospital: January 2025](#)
- [Join us for the Women's Guide to Cardiovascular Wellness Seminar with Dr Spencer](#)
- [Reflecting on a Year of Care: Stories of Compassion and Community](#)
- [Community Spotlight: Stories of Connection and Impact](#)
- [Community Spotlight: HCS – Transforming Lives Through Care, Compassion, and Connection](#)
- [Empowering Tomorrow's Nurses: The Patricia Boyd Nursing Scholarship](#)
- [Announcing the 2024 Patricia Boyd Nursing Scholarship Recipients](#)
- [Video: Explore the Future of Spine Care: Minimally Invasive Spine Surgery Seminar](#)



MCH

Blog

Get the Latest Updates

Please join us on our other platforms:



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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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