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Pictured above are Monadnock Community Hospital Volunteers

Thank You, Volunteers: The Heart of Our Hospital

Monadnock Community Hospital Volunteers are the heart of our community!

April's recognition of National Volunteer Week was the perfect way to celebrate the incredible volunteers who make our hospital a place of hope, compassion, and care. From assisting patients and visitors to providing support to hospital staff, our generous volunteers bring warmth that brightens every corner of our facility.

MCH is so grateful for all that you do and is honored to have you as part of our hospital family.

[Learn how you can become an MCH volunteer.](#)



The MCH Engineering Team takes a moment to explore the giant inflatable colon.

Celebrating the People Who Make MCH Exceptional: Nurses & Staff Appreciation Week

Every smile, every extra step, every comforting word—our nurses and staff are the driving force behind Monadnock Community Hospital. During Nurses & Staff Appreciation Week, we celebrate the incredible people who make compassionate, high-quality care possible every day. Thank you for your dedication, teamwork, and the kindness you bring to our patients and community.

Let's honor the people behind our healing mission. Take a moment to thank a team member who made a difference in your care!



May is Women's Health Month

May is Women's Health Month, a time to celebrate women's health, raise awareness about health issues affecting women, and encourage women of all ages to take charge of their well-being.

From breast cancer and cervical screenings, to heart health and mental wellness, early detection is key to a healthier life. Plus, a balanced diet, staying active, and stress management are powerful ways to keep your body and mind in peak condition.

Don't wait—now is the time to prioritize YOU! Learn more about the essential screenings every woman should have and simple ways to live your healthiest life.

Let's take action together this Women's Health Month!



Act F.A.S.T. During Stroke Awareness Month

When it comes to stroke, every second truly counts. Stroke is a leading cause of death and long-term disability in the U.S.—but rapid response can dramatically reduce the damage and improve outcomes.

That's why May is Stroke Awareness Month, a time to learn the warning signs and prevention strategies that can save lives. At Monadnock Community Hospital, we're committed to spreading the word about how to Act F.A.S.T.:

- **Face Drooping:** Does one side of the face droop or feel numb? Ask the person to smile.
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one drift downward?
- **Speech Difficulty:** Is speech slurred or hard to understand?
- **Time to Call 911:** If someone shows any of these signs, call 911 immediately—even if the symptoms go away.

You can explore these symptoms for yourself through the American Stroke Association's F.A.S.T. Experience, an interactive tool that simulates the signs of stroke using your phone, tablet, or computer. Visit [Stroke.org/FAST](https://stroke.org/FAST) to learn more.

Up to 80% of clot-related strokes may be preventable. Managing blood pressure, cholesterol, and diabetes, making healthy lifestyle choices, and taking medications as prescribed can

significantly reduce your risk.

If you or someone you love has already experienced a stroke, it's especially important to create a plan for preventing another. One in four survivors of ischemic stroke will go on to have another—but with education and action, you can change that story.

This Stroke Awareness Month, take a moment to learn the signs, know your risk, and share this life-saving message with someone you love.



Clean Hands, Healthy Lives

Celebrating Hand Hygiene Day

Hand Hygiene Day is a great reminder of the incredible power of a simple action: hand washing. As we celebrate World Hand Hygiene Day, let's take a moment to reflect on how washing our hands properly can significantly reduce the spread of illness, protect our communities, and save lives.

Why Hand Hygiene Matters

Every year, millions of people fall ill due to preventable infections. Keeping our hands clean is one of the most effective ways to stop the spread of harmful germs, including bacteria and viruses. Proper hand hygiene can reduce the risk of respiratory and gastrointestinal diseases, which is beneficial to everyone. ***Hand hygiene is the simplest, most effective way to prevent the spread of infection. It's not just about keeping ourselves safe — it's about protecting those around us, too.***

Brain Earnshaw, RN, BSN, Infection Preventionist

Key Steps to Effective Hand Hygiene

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub for at least 20 seconds — the time it takes to sing “Happy Birthday” twice!
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Together, We Can Make a Difference

On this World Hand Hygiene Day, let's commit to making hand hygiene a habit. Whether you're at home, work, school, or in public spaces, clean hands are your first line of defense against illness. ***Remember: Hand hygiene is simple, quick, and effective — and it's in your hands!*** Join us in the movement to create a healthier world by spreading the word, washing your hands frequently, and encouraging others to do the same. ***Let's celebrate clean hands today and every day!***



Honoring the Physicians Who Make a Difference: NH Magazine's Top Docs

Castle Connolly Top Doctors represent the top 7% of physicians nationwide, selected through a rigorous process that is based on peer nominations, professional achievements, and excellence in patient care.

MCH is pleased to recognize Dr. Michael Gilbert of Monadnock Gastroenterology Associates, Dr. Heather Bartels of the Medical Eye Center and Dr. Robert Spencer of Monadnock Cardiology Associates as a 2025 Castle Connolly Top Doc.

The clinicians at Monadnock Community Hospital deliver exceptional healthcare with unwavering dedication, compassion, and expertise that profoundly impact the well-being of every patient they serve.





Save the Date: “Evolve” Art Exhibition Opens May 22nd

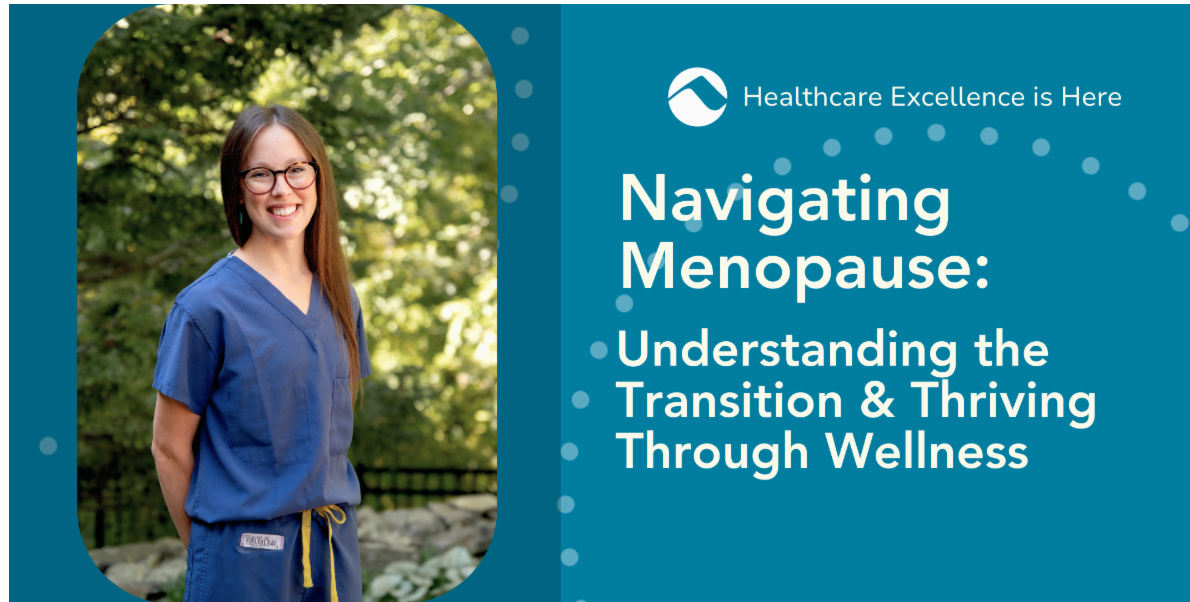
The Healing Arts Gallery at Monadnock Community Hospital invites you to experience *Evolve*, our summer art exhibition celebrating the beauty of change and creative growth.

Opening Reception: **Thursday, May 22, 2025 | 4:30–6:00 PM**

Healing Arts Gallery | Open 24/7/365 | Free to All

Let art inspire healing and connection—mark your calendar today!





Navigating Menopause Seminar: Expert Insights for a Healthier Transition

Menopause is a natural stage of life, but the changes it causes impact daily well-being. Whether you're currently experiencing menopause, preparing for it, or supporting a loved one, our free seminar on May 15 at 5:30 PM at the Bond Wellness Center will provide expert strategies for managing symptoms, exploring treatment options, and improving overall wellness.

Led by Dr. Elizabeth M. Johnsen, this session will cover hormonal changes, symptom relief, nutrition, and self-care techniques. A Q&A session will follow, offering attendees the opportunity to ask questions and receive personalized guidance. Reserve your seat and gain expert insight into navigating menopause with confidence.

Space is limited—reserve your spot today! [MCH.EventBrite.com](https://mch.eventbrite.com)

[Register Now](#)

Seminar Videos

Want to catch up on our past health seminars?

They're all available on the [Monadnock Community Hospital YouTube channel](#)! Watch anytime, anywhere—and don't forget to hit "[subscribe](#)" so you're always up to date with the latest expert advice.



The graphic features a teal header with the text "Health and Wellness Seminars". Below this is the Monadnock Community Hospital logo, which includes a stylized mountain icon and the tagline "Your life. Your health. Your Hospital." To the right of the logo is a video player thumbnail showing two speakers, Dr. Robert Spencer and Brooke O'Connor, with a large white play button overlay. Below the video player, the text reads "Women's Guide to Cardiovascular Wellness Seminar", followed by the date "February 27, 2025", the speakers' names "Robert D. Spencer, MD & Brooke O'Connor, FNP", and the website "www.MonadnockHospital.org".

Health and Wellness Seminars

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

Women's Guide to Cardiovascular Wellness Seminar
February 27, 2025
Robert D. Spencer, MD & Brooke O'Connor, FNP
www.MonadnockHospital.org

Health and Wellness Seminars


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



Colorectal Cancer Awareness and Prevention Seminar
March 27, 2025
Michael J. Gilbert, MD
www.MonadnockHospital.org





New Season, New Career

Spring has sprung and there is no better time to explore a new career! With enhanced benefits and a welcoming environment, now is the time to join the MCH team!

Your passion. Our purpose. Together, we care for our community.

At Monadnock Community Hospital (MCH), we're more than just a workplace – we're a family dedicated to exceptional community care. Here, you'll directly impact the lives of patients and families in your community.

We foster a supportive environment built on teamwork, empowering you to excel. We value work-life balance, offering flexible schedules and comprehensive benefits. MCH is committed to

your professional growth, providing opportunities to develop skills and advance your career in an innovative, learning-focused setting.

[Learn more and apply today at MonadnockCareers.org](https://monadnockcareers.org)



Community Spotlight: Spotlight on Recovery: How One Local Organization is Saving Lives

This month we're highlighting the life-changing work of Reality Check, a nonprofit based right here in the Monadnock region. Founded by a mother in recovery, this grassroots organization offers free support services—from prevention programs in local schools to recovery coaching and outreach for veterans. Their mission is grounded in compassion, connection, and the belief that no one should face addiction alone. [Learn how they're making a difference—and how you can join the effort.](#)



Fall Prevention for Older Adults

Falls are one of the leading causes of injury for older adults, but the good news is that many can be prevented! Simple changes—like improving home safety, staying active, and wearing the right footwear—can help reduce fall risks and keep you independent.



In this issue, we'll share practical tips to make your home safer, exercises to improve balance, and expert insights on maintaining stability. Don't wait until a fall happens—take steps now to stay safe and confident.

[Read more about fall prevention and how to protect your independence.](#)



MCH Blog - Your MCH Connection

- [Your Hospital: April 2025](#)
- [Fall Prevention for Older Adults: Tips to Stay Safe and Independent](#)
- [In the News: Birthing Education Classes Return to Monadnock Community Hospital](#)
- [Video: Colorectal Cancer Awareness & Prevention Seminar](#)
- [Dr. Michael J. Gilbert: Top Gastroenterologist in NH](#)
- [Celebrating Monadnock Community Hospital Volunteers](#)
- [Community Spotlight: Reality Check: Healing Together Through Addiction Recovery in New Hampshire](#)
- [In the News: U.S. Rep. Maggie Goodlander Visits MCH to Discuss Medicaid and Medicare Cuts](#)



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Your Donations Make a Difference



Monadnock Community Hospital is a not-for-profit hospital proudly serving our community since 1923.

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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