

LRH - A bridge to a better you and a healthier community...

January–March 2020

Littleton Regional Healthcare is pleased to provide a regional wellness calendar featuring educational sessions and fitness events focusing on a number of health-related topics offered to our community.

LITTLETON
REGIONAL HEALTHCARE

600 St. Johnsbury Road | Littleton, NH 03561 | 603.444.9000 | littletonhealthcare.org

Join Us!

113th Annual Community Meeting of the Littleton Hospital Association
Reception to follow!

Monday, Jan. 27 | 5pm

Littleton Regional Healthcare Cafeteria and Conference Center
600 St. Johnsbury Rd | Littleton, NH
For information, call 603.444.9588.

BIRTH & PARENTING



Baby's Morning Out

A great opportunity for new moms to gather and talk about their experience as a new parent. Babies are welcome, of course!

Wednesdays, 10–11:30am

Littleton Regional Healthcare Medical Office Building
2nd Floor Conference Room
600 St. Johnsbury Rd | Littleton, NH
To Register: 603.444.9335

Childbirth Classes at LRH

At LRH we offer our expectant moms an interactive, hands-on experience to support women and their families throughout their entire pregnancy and beyond to parenting.

All classes listed below are held at Littleton Regional Healthcare, 600 St. Johnsbury Road, Littleton, NH:

Wednesday Evening Series (4 classes) | 6–8pm

Series 1: Jan. 8, 15, 22, 29

Series 2: Mar. 11, 18, 25, & Apr. 11

1-Day Intensive Childbirth Class:
Saturday, Jan. 11, 9am–3pm
Saturday, Feb. 22, 9am–3pm

Introduction to Breastfeeding: Wednesday, Feb. 5, 6–8pm

Space is limited, call 603.444.9335 early to sign up.

Lactation Support: LRH offers a free lactation consulting service to new moms.
Contact: 603.444.9335 to talk to one of our lactation consultants.

Car Seat Safety: Keeping children safe is a main objective for parents, grandparents, and caretakers. Our trained, certified Child Passenger Safety Technicians can check your car seat size and safety to ensure your little one is safe while driving. In addition to providing safety tips, they can help install the car seat properly.
Contact: 603.444.9567 to schedule your appointment today.

Teddy Bear Clinics

Young patients are often afraid to come to the hospital. These clinics teach them about visiting the hospital to help lessen any fears they might have.



Littleton Regional Healthcare
600 St. Johnsbury Rd | Littleton, NH
Call 603.444.9304 to schedule a visit.

HEALTH & WELLNESS

The Alpine Clinic
Leaders in Orthopaedics

LRH is pleased to offer the highest quality orthopaedic care with the latest in minimally invasive procedures, joint replacements, spine surgery, sports medicine and pain management—in four convenient locations:

Franconia | 603.823.8600

Littleton | 603.259.7700

North Conway | 603.356.1600

Plymouth | 603.536.2270

Alzheimer's Association

Please join LRH and the Alzheimer's Association for a four-part series—from early detection to loving and living with someone with Alzheimer's. Attend one or all four sessions.

Tuesday, March 17, 2020
1–2:30pm

Dementia Conversations

Tuesday, June 16, 2020
1–2:30pm

Healthy Living for Your Brain & Body

Littleton Regional Healthcare Conference Rooms 1 & 2
600 St. Johnsbury Rd | Littleton, NH

Contact: Carrie Amorim Good, Program Coordinator, Alzheimer's Association, MA/NH Chapter | 603.606.6590 x2124
cagood@alz.org.

Cardiopulmonary Rehabilitation Services

LRH offers Phase II Cardiac and Pulmonary Rehabilitation Services. Phase II is a physician-ordered, individualized treatment plan. It includes an evaluation and instruction on physical activity, nutrition, stress management, and other health-related areas. Participation requires a physician referral.

Medicare and most insurance plans will pay for Phase II Cardiopulmonary Rehabilitation. Insurance plans do not pay for Phase III, however, we are happy to discuss other options with our patients at the time of graduation from Phase II to III.

Call today to schedule an appointment to see how this program can help.
LRH Contact: 603.444.9387

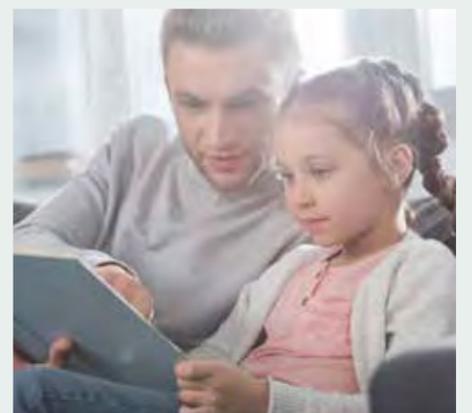
Early Literacy & Health Literacy

Reading to children beginning at birth is very important. Children whose parents read to them before they enter school are more likely to enjoy school and be more successful there. Reading to children is key to their ability to read, write, and learn. Studies show that children who learn to read well by the third grade have a greater chance of success in school and life in general.

Adults lacking literacy skills can be vulnerable to poor health outcomes.

When patients cannot process and understand basic health information, they may not be able to make good health decisions. LRH's Gale Medical Library has many resources available to help people understand their health conditions. Do you need to look something up on the Internet while at LRH? Gale Medical Library has a computer and printer for your use!

The Library is open to the public Tuesday–Thursday, 8am–4:30pm. For more information, contact Anne Conner, Gale Medical Library Director at 603.444.9564.



A complete list of programs, services and classes...

First Balloon Septoplasty Procedure Performed at LRH



Dr. Patrick Fitzpatrick, Board Certified, Otolaryngologist and Facial Plastic Surgeon at LRH

Dr. Patrick Fitzpatrick, Board Certified, Ear, Nose & Throat and Facial Plastic Surgeon at Littleton Regional Healthcare recently performed the first balloon septoplasty north of Connecticut.

Patients with difficulty breathing from their nose, or have sleep apnea and do not get relief from conservative treatment are good candidates for this procedure. This procedure is quick and requires no anesthesia. Recovery time is often speedy given that there are no incisions, and often does not require post procedure narcotics. Patients can usually return to work in a day or two.

We take seriously the commitment patients have for their health—our goal is to always offer the latest technology options allowing patients to receive excellent, local hometown healthcare.

If you suffer from chronic nasal breathing difficulty, consider making an appointment with Dr. Fitzpatrick at Littleton Regional Healthcare. Together we will determine if you are a good candidate for this type of procedure.

To schedule an appointment with Dr. Fitzpatrick, call 603.444.2450.



Diabetes and You

Diabetes is a condition where blood glucose (the body's fuel) is higher than normal. When glucose is high it causes damage to blood vessels over time. Think of blood vessels like tubes that carry all of the materials a body needs to stay well around the body. Imagine what happens when the tubes become narrow or plugged? The body depends on healthy blood vessels to bring fuel to the brain and to keep the heart, lungs and kidneys working well. Healthy blood vessels will lower the chances of getting an infection or having serious problems with the eyes and skin. We all need healthy blood vessels to live a long and healthy life.

A major first step to reducing the chance of diabetes is to eat nutritious, balanced meals and snacks. Nutritious foods are whole fruits, berries, a variety of vegetables; low fat or plant proteins; and foods made from whole grains. Stop drinking liquids high in sugar like soda, sugar-sweetened caffeine drinks, smoothies, and shakes. For dessert pick whole fruit or berries and enjoy small portions of cookies, cakes, candies, and pies on special occasions.

For more information, contact:
Lucy Gordon, BSN, RN, Certified Diabetes Educator at 603.444.9323.

Financial Assistance

LRH offers a financial assistance program for patients unable to pay their bills. Please call **Tara Ashey, Financial Counselor at 603.444.9560** for more information.

The Doorway at LRH

The Doorway at LRH is part of a statewide initiative to address the growing opioid crisis. LRH serves as a treatment HUB in northern New Hampshire for individuals who are suffering from opioid addiction.

**The Doorway at LRH
Littleton Regional Healthcare
11 Riverglen Lane | Littleton, NH
Contact: 603.259.1659 or visit <https://littletonhealthcare.org/doorway.php>**



Meds-to-Beds Program at LRH

When you are on your way home from the hospital, we know the last thing you want to do is make an additional stop at the pharmacy. By using the LRH Meds-to-Beds Program, your discharge prescriptions can now be ordered and delivered directly to your hospital bed before you leave. One of our Pharmacists will process your prescriptions and discuss your medications with you prior to your discharge. We can also work with your providers to make sure the prescribed medications are covered by your insurance plan. With your prescriptions in-hand, you can go home without having to stop at a local pharmacy—making your discharge from the hospital more convenient for you and your family.

If you are an in-patient at Littleton Regional Healthcare, just mention to your nurse that you are interested in receiving your prescriptions before you are discharged—we will take care of the rest for you.

**North Country Pharmacy, Suite 13
580 St. Johnsbury Rd | Littleton, NH
Contact: 603.444.9024
Mon-Fri, 8am-6pm**

North Country Pharmacy

LRH North Country Pharmacy is now open. Community members can fill their prescriptions at LRH, and LRH patients can fill their prescriptions before leaving the hospital.

**Located in Suite 13 of the Medical Office Building at LRH.
Open Mon.-Fri., 8am-6pm.**

To fill a prescription, or for more information please call 603.444.9024.

WINTER SPECIALS*

- Hager Sugar Free Xylitol gum various flavors. 30ct - \$3.50
- Cough and Cold
- Theraflu® Power Pods - \$13.95
- Theraflu® Packets and Liquid various sizes - \$7.75
- Cetirizine (compare to Zyrtec®) 10mg, 90 tablets - \$8.18
- Moisturizers
- Bag Balm® 8oz tin - \$8.99
- Bag Balm® Soap 3.9oz - \$3.99
- Gramp Lyford's Country Salve™ 100g - \$7.99
- Gramp Lyford's Country Salve™ 400g Jar - \$18.99

*valid through March 2020. Limits may apply.

RED CROSS Blood Drives

**Friday, February 14 | 11am-5pm
Conference Rooms 1, 2, and 3**

**Friday, March 13 | 11am-5pm
Conference Rooms 1, 2, and 3**

You'll need the following LRH Sponsor Code: LITTLETONREGIONAL.

To make an appt., call 1-800-RED CROSS or visit www.redcrossblood.org.



Save the Date!

2nd Annual Spring Into Action Wellness Fair

FREE Health Screenings, healthy snacks, and more. Over 40 community vendors will be on hand to answer your health related questions.

**Thursday, Apr. 9 | 4-6pm
Littleton Regional Healthcare Medical Office Building
580 St. Johnsbury Rd | Littleton, NH
Contact: Gail Clark 603.444.9304**



Mark Your Calendars for...

LRH's 29th Annual North Country Women's Health Conference

Monday, May 4 | 7:30am-4pm

at the beautiful OMNI Mount Washington Resort & Spa
Route 302 | Bretton Woods, NH

Reserve your seat today by calling: 603.444.9304

Now Offering! Improved Treatment for Cervical Disc Disease

Successful Surgery with Mobi-C Cervical Disc at Two-levels Allows Patient to Maintain Neck Motion.



Dr. Anthony Salerni, Spine Surgeon at Littleton Regional Healthcare is now performing a two-level cervical disc replacement procedure utilizing an innovative medical device. Mobi-C® Cervical Disc replaces diseased discs in the neck and is designed to maintain motion.

Traditionally, the same patient would have received a fusion. Fusion surgery, while also replacing diseased discs in the neck, is designed to stop movement at the operated levels.

After a rigorous Food and Drug Administration (FDA) clinical trial, Mobi-C® received approval in 2013, making it the first cervical disc approved for use at both one and two-levels. In 2018, the FDA approved the 7-year clinical results, confirming Mobi-C® at two-levels demonstrated SUPERIORITY over fusion based on overall study success. Results at seven years found Mobi-C® at one-level to be statistically non-inferior or equivalent to fusion in terms of overall study success. Those patients who received two-level cervical disc replacement during the trial returned to work on average approximately three weeks earlier as compared to the fusion patients. At seven years, the Mobi-C® patients also had lower rates of subsequent surgeries and reduced rates of ongoing degeneration at spinal segments adjacent to the surgery compared to fusion.

Dr. Anthony Salerni specializes in Minimally Invasive Neurosurgery in the diagnosis and treatment of spinal disorders, spinal fractures, and spinal stenosis. He performs minimally invasive surgical procedures to treat these conditions. Dr. Salerni works with the team at LRH and The Alpine Clinic to expand the orthopaedic and pain management services provided to the communities we serve.

To learn more about the services that Dr. Salerni provides, please call: **The Alpine Clinic - Spine Center at 603.575.6305.**

Wound and Ostomy Care

Call Meg Amadon, RN, BSN, CWON, Wound and Ostomy Care Coordinator at 603.444.9285 for an appointment. Littleton Regional Healthcare 600 St. Johnsbury Rd | Littleton, NH

FITNESS & FUN MATTERS



Bone Builders

An Osteoporosis prevention and reversal program; an effective combination of stretching, balance, and weight exercises. *FREE to everyone. Requires written permission from a physician. Toll Free: 1.877.711.7787*

Tues. & Thurs. | 9-10am & 10:30-11:30am

Littleton Regional Healthcare Medical Office Building Lower Level Conference Room 580 St. Johnsbury Rd | Littleton, NH *Contact: Gail Clark 603.444.9304*

Mon.-Thurs. | 8:30-9:30am Mon. & Wed. | 9:45-10:45am

Littleton Area Senior Center 77 Riverglen Lane | Littleton, NH *Contact: Anne Marie Donlon 603.444.6050 x12*

Super Shoes Uniform, Clothing, and Shoe Sale

Thursday, March 26 | 7am-5pm Littleton Regional Healthcare Conference Center 600 St. Johnsbury Rd | Littleton, NH *Contact: 603.444.9355*



Volunteers Needed! Join our Family Support Team

Interested in becoming a Volunteer? The Family Support Team at Littleton Regional Healthcare is in need of people willing to commit their time by volunteering. Our mission is to offer supportive care to families and loved ones of patients experiencing unexpected illness, critical traumatic injury or sudden unexpected death.

Littleton Regional Healthcare 600 St. Johnsbury Rd | Littleton, NH *Contact: 603.444.9207*

General Volunteering: For more info or an application packet, contact Bibbit Haney at 603.444.9207 or e-mail her at ehaney@lrhcares.org.

Join Us!

LRH Auxiliary Board Meetings

**Wednesday, Jan. 8 | 5pm
Wednesday, Feb. 5 | 5pm
Wednesday, Mar. 4 | 5pm**

Littleton Regional Healthcare Conference Center 600 St. Johnsbury Rd | Littleton, NH

Yoga

Mondays | 1:00pm Littleton Area Senior Center 77 Riverglen Lane | Littleton, NH *Contact: Anne Marie Donlon 603.444.6050 x12.*

YoFlow Yoga with Carrie Myers

Join us for one class, or the entire eight week session! *Begins January 6.* **Mondays | 5-6 pm** \$72 prepaid for 8 weeks \$10/class for drop-ins

Littleton Regional Healthcare Medical Office Building 2nd Floor Conference Room 600 St. Johnsbury Rd | Littleton, NH *For more information, contact Carrie Myers 603.991.7302.*

WAYS TO GIVE

What is AmazonSmile?

Support LRH just by shopping on Amazon.com using AmazonSmile!

AmazonSmile is a simple, automatic way for you to support Littleton Regional Healthcare every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Littleton Regional Healthcare.

How do I select Littleton Regional Healthcare as my charitable organization?

You may use the link below to access AmazonSmile with Littleton Regional Healthcare pre-selected as the non-profit organization you wish to support: <https://smile.amazon.com/ch/02-0222152>

There are many ways you can support Littleton Regional Healthcare. Call Gail Clark, Director of Development, Marketing and Community Relations to learn more at 603.444.9304.



Donate to LRH Online!

LRH is pleased to announce you can now make donations online through our secure online donation form. There are many ways to support LRH and our patients, including making a gift in support of our Century Fund (a permanent endowment), supporting our nursing scholarship fund, choosing a program area to support, or making a general donation to support the area of greatest need. Your gift at any level matters! You can help make a difference in the lives of our patients and their families.

It is heartwarming to know that our donors share our dedication to improving the health and wellbeing of the North Country region we serve. Please consider making a donation today by visiting: <https://littletonhealthcare.org/donate.php>

No Diet New Year

Did you know—losing weight/dieting is the top New Year's resolution for Americans? It's great that we want to prioritize our health but New Year's resolutions don't usually stick, and making weight goals is actually a good way to end up gaining weight (yes, really!). Weight is not the best measure of health and restricting certain foods or setting rigid exercise goals typically have the opposite effect of what we intended. Focusing on these things and practicing restriction creates negative relationships with our bodies and with food. Instead of making an unrealistic resolution to lose 10 pounds, stop eating sugar, or exercise for an hour every day, try these suggestions instead. You also don't have to make them into a resolution, just include them in your daily routine.



Give yourself permission to eat: Setting rules for foods, or labeling foods as "off-limits" or "bad" makes our mind and bodies want them more and enforces the idea that we can't control our bodies or minds. *There is room for all food.*

Eat Mindfully: Paying closer attention to hunger and fullness cues from your body is a great way to give it what it needs. Eating slowly and paying attention to the taste, smell, and texture of your foods gives your body a more satisfied feeling.

Ditch the Diet Culture: Say no to diets, weight loss programs, and anything else the beauty/weight loss industry may convince you to buy. Diets and the media make us believe that our bodies are out of control and we need something to follow to get them under control. This is simply not true. Our bodies are great at telling us when we are hungry or full, we just need to listen to our body instead of asking someone else, "When and what should I eat?"

Control Media Exposure: The media is constantly influencing us with images of the "perfect" body and trying to make us believe our bodies aren't good enough. Most people also only post their "best life" moments and good things that are happening in their lives, leaving out the bad. This can take a huge toll on our body image and relationship with ourselves. Only seeing the "best" of people can also make us second-guess ourselves and how happy we are. Start limiting your screen time, and stop following people or pages that make you feel negatively about yourself.

Give these suggestions a try and start repairing your relationship with food and your body.

Ashley Wentworth, MS, RD, LD, Registered Dietitian
603.575.6010 | awentworth@lrhcares.org
Blog: <http://lrhblogs.org/nutrition>

LITTLETON REGIONAL HEALTHCARE

Care-a-Van

Transportation Service



FREE scheduled rides: 7:30am-5:30pm, Monday-Friday

If you need transportation to or from LRH or your doctor's office, please call: **(800) 499-0231.**

Our name begins with **Littleton**

And that's not by accident. For us, Littleton, its residents and the surrounding communities come first. But there are a few things you may not know about what we offer - here are three of them.

- **Non-profit critical access healthcare for all regardless of ability to pay**
- **On-site urgent care (that means no ambulance fees)**
- **Same cost, more services than other care centers (now that's convenient)**



littletonregionalhealthcare.org

LITTLETON REGIONAL HEALTHCARE

600 St. Johnsbury Road
Littleton, NH 03561

AREA HEALTH RESOURCES



ALCOHOLICS ANONYMOUS NH Area Assembly (800) 593-3330 | aa.org

Saturday, 8:30-9:30 AM
Littleton Regional Healthcare
Conference Rooms 1 & 2
600 St. Johnsbury Rd. | Littleton, NH
603.444.9000

For additional locations in Littleton and surrounding towns visit aa.org or call 800.593.3330.

ALL RECOVERY MEETINGS **Tuesdays, 6 PM**

North Country Serenity Center
45 Union St. | Littleton, NH
603.444.1300

BEREAVEMENT SUPPORT

1st & 3rd Tuesday, 1 PM
North Country Home Health and Hospice
536 Cottage St. | Littleton, NH
Jolen Aubin, MSW 603.444.5317

BLOOD PRESSURE CLINICS

Taking care of your heart is important throughout your life, and even more important as you age. Hypertension and high blood glucose are two conditions that can lead to serious health-related conditions.

2nd Thursday, 11 AM-12 PM
Littleton Area Senior Center
77 Riverglen Lane | Littleton, NH
603.444.6050

STAGE 4 BREAST CANCER SUPPORT GROUP

1st Wednesday, 2:30-4:30 PM
Dartmouth-Hitchcock
Medical Center
1 Medical Center Dr.
Lebanon, NH
Ellen Curri 603.650.7751

DOMESTIC VIOLENCE SUPPORT

Support Center at Burch House
Littleton, NH
603.444.0624 |
<http://www.tccap.org/services/health/domestic-violence/>

FAMILY SUPPORT GROUPS

1st & 3rd Wednesday, 6-7 PM
North Country Serenity Center
45 Union St. | Littleton, NH
603.444.1300

FOOT CLINICS

Routine foot care is important at any age, but as we age, it becomes even more important. Foot problems can lead to limited mobility and in some cases, more serious health conditions.

**2nd, 3rd, & 4th Tuesday,
9 AM-2 PM**
Littleton Area Senior Center
77 Riverglen Lane | Littleton, NH
Please call Anne Marie Donlon at 603.444.6050 x12 to schedule an appointment.

HEROIN ANONYMOUS

Thursdays, 7:30 PM
The Friendship House
2957 Main St. | Bethlehem, NH
603.444.2210

Saturdays, 12 PM
North Country Serenity Center
45 Union St. | Littleton, NH
603.444.1300

NARCOTICS ANONYMOUS

Mondays, 7 PM
United Methodist Church
2057 Main St. | Bethlehem, NH
603.869.2056 | na.org

Tuesday, 7 PM
First United Methodist Church
18 Main St. | Littleton, NH
603.444.5567

Monday, Wednesday, Friday, 12 PM
Mondays & Fridays, 7 PM
Thursday, 6PM
North Country Serenity Center
45 Union St. | Littleton, NH
603.444.1300

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

3rd Thursday, 6:30-8:30 PM
All Saints Parish House
School St. | Littleton, NH
1st Monday, 6-7:30 PM
Lincoln Public Library
22 Church St. | Lincoln, NH
*Susan Allen-Samuel
603.225.5359 x328 | nami.org*

OVEREATERS ANONYMOUS

Monday, 5-6 PM
Franconia Community Church
44 Church St. | Franconia, NH
603.823.5292

VISUAL IMPAIRMENT/ BLINDNESS

3rd Wednesday, 1-3 PM
Great Northwoods NFB
NH Chapter
Northeast Credit Union
730 Main St. | Berlin, NH
*Linda Vaillancourt, President
603.752.2347
nnhnfbchapter@gmail.com
Paul Favreau, Vice President
603.752.7732*

WOMEN'S GROUP

Saturday, 10 AM
North Country Serenity Center
45 Union St. | Littleton, NH
603.444.1300

WOMEN'S RECOVERY

Friday, 5:30 PM
North Country Serenity Center
45 Union St. | Littleton, NH
603.444.1300

For additional information about support groups in Northern New Hampshire, please call Marketing and Community Relations at LRH at 603.444.9355.

For questions, or for more information regarding this newsletter, contact Gail Clark, Director of Development,
Marketing & Community Relations: gclark@lrhcares.org or 603.444.9304.