

Providing information about healthy choices for you and your family.

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David Ross Named New CEO

Covenant Health Systems and the Board of Directors of St. Joseph Hospital are delighted to announce that David Ross has been named President and Chief Executive Officer of St. Joseph Hospital. David has succeeded Peter B. Davis, FACHE, who announced his retirement last summer.

"It has been my privilege to be a part of St. Joseph Hospital and Covenant Health Systems, working alongside the best physicians, nurses and employees at every level of the organization to carry on the mission of our foundress, Marguerite d'Youville," Peter Davis stated. "It is my pleasure to welcome David to the St. Joseph Hospital family and I know he will be warmly welcomed by this organization and the communities we serve."



Ross is an accomplished healthcare executive who comes to St. Joseph Hospital from Barnes-Jewish St. Peters Hospital (BJSP) in St. Peters, Missouri. As President of BJSP, Ross led the organization to achieve national "Top Hospital" status for outstanding patient satisfaction by the Centers for Medicare and Medicaid (CMS), recognition as a top 15% performer in quality care nationwide, and national top quarterly rankings for employee satisfaction. Ross has a long history of community involvement beyond the hospital walls as evidenced by his board appointments at the United Way and the Make-A-Wish Foundation, and his service as corporate chair for Alzheimer's, arthritis and diabetes walks, to name a few organizations for which he has served.

Ross holds a Bachelor of Arts degree from Yale College, New Haven, Connecticut, and a Master's degree in Health Administration and a Juris Doctorate from Washington University in St. Louis, Missouri. A Massachusetts native and avid Red Sox fan, David is returning to New England with his wife and three children.

We are thrilled to have David join our team, and wish Peter Davis a full, joyful and rewarding retirement!

PREPARE YOURSELF FOR DIAGNOSTIC IMAGING



Do you know what happens during a CT scan or x-ray? Have you wondered if it's safe to have these tests performed while you are pregnant? For many people, it's not uncommon to be nervous prior to receiving these tests—especially if you have never had one before. By visiting www.stjosephhospital.com, you can best prepare yourself for any of the diagnostic imaging exams performed at St. Joseph Hospital.



ST. JOSEPH
HOSPITAL

Exceptional happens here.

For Career Opportunities, please call (603) 598.3309 or visit Career Opportunities at www.stjosephhospital.com



NOTE TO THE community

Over the years, St. Joseph Hospital has worked hard to expand our reach to a growing number of communities within the city, state and beyond. We have been a powerful platform of advanced technologies and compassion for healthcare. We have and continue to encourage physicians, employees, and patients to collaborate with each other in order to combine state-of-the-art technology and nationally-recognized care.

It has been the personal stories that I have heard since my arrival that have really given me insight into who we are: the physical therapist working with a patient to achieve his first steps in over 20 years; the young patient whose physician's collaboration with partner institutions provided her with life-saving surgery; and the physician who travels across the world to receive continuing education and training. Stories such as these share the impact and accomplishments of St. Joseph Hospital over the past 102 years and point us to the future. If you believe, as I do, that the Nashua community's greatest triumphs lie in the future, then the continual collaboration among patients, providers and employees is vital to our success.

I am proud of the technology and contribution St. Joseph Hospital has made to improving the care of the Nashua community, and I am delighted to start working with great leaders in our area. Our highly-skilled, motivated, and experienced healthcare professionals bring their passion and integrity together for a common purpose—implementing new technologies and exceeding the highest levels of quality in order to provide exceptional, compassionate care for our patients. My top priority is to provide excellent service to the greater Nashua community; I intend to use your ideas, thoughts, and visions for how St. Joseph Hospital can be utilized to its fullest potential.

The past successes of St. Joseph Hospital are indicative of our potential, and I'm thrilled to fill the shoes of Peter Davis by redefining possibility.

David Ross
President/CEO

DON'T DELAY *Because* YOU CAN'T PAY

In these challenging economic times, more and more people are finding it difficult to make ends meet financially. As a result, many people are delaying important health screenings, cutting their pills in half, and even forgoing treatment for conditions from which they suffer. As a leading healthcare provider in the region, we want the communities we serve to know that St. Joseph Hospital has many financial programs that can help you afford the care you need. We know that individuals and families are unique in their needs and we are committed to working with you to find affordable options to make seeking the care you need easier. We also know that for many, asking for help is a difficult first step. That is why we are additionally committed to making the process as easy as possible. Our experienced financial counseling staff is ready to help and you can be assured that your privacy is of the utmost importance. Call (800) 927.8172 to speak to one of our financial counselors today to discuss your healthcare needs and how we may be able to help you and your family get the care you need.





LIFELINE: A Push Button Away

As people age, it is important for loved ones to recognize that quality of life is just as important as an extended length of life. It is increasingly

essential to provide seniors with a continuum of care, emergency assistance, peace of mind, and the ability to maintain their dignity through independence. St. Joseph Hospital Lifeline does just that.

This program provides around-the-clock personal response services to seniors in the Greater Nashua area, giving them immediate access to help whenever they need it. By simply pushing a lightweight, waterproof button that can be either worn around the neck or wrist, subscribers are immediately connected to highly-trained and certified monitors who have

instant access to the caller's complete health history, and will quickly link subscribers to the care they need. In addition, the Lifeline with AutoAlert provides an added layer of protection by automatically placing a call for help if a fall is detected and the user can't push the button because he or she is disoriented, immobilized or unconscious.

Lori Dodge, MS, Director of The Roger Dionne, MD, Senior Center states, "The goal is to touch people's lives with kindness by giving them the confidence to continue living independently in their own home, doing things for themselves. It provides early intervention, peace of mind, assurance, and reassurance. Most users never need to call for emergency medical care, but the program provides them with something invaluable every day—the dignity of choosing how and where they will live their lives."

If you would like to learn more about this valuable service, call St. Joseph Hospital Lifeline at (866) 674.9900, ext. 4333.

PHYSICAL THERAPY GAVE DENISE HER LIFE BACK

Denise was experiencing a loss of coordination and balance, but because her doctors weren't able to pinpoint a diagnosis, she had learned to live with the frustrating symptoms. It wasn't until Denise began going to physical therapy for an unrelated reason that her physical therapist figured out what was wrong—Denise was suffering from multiple sclerosis. Denise brought this to the attention of her primary care physician, who agreed with the diagnosis. Although the diagnosis was tough to hear, Denise was glad that she finally had an answer.

Denise continued going to physical therapy, but this time the focus was on helping her control her multiple sclerosis symptoms.

Despite the progress she was making physically, Denise was still experiencing road blocks. She began using a piece of equipment in rehab that was helping her regain control of moving her foot; however, her insurance wouldn't pay for Denise to purchase this vital piece of equipment. Luckily, Denise found a fighter in her rehabilitation therapist Jamie, who helped her through her struggle with her insurance provider. As a result, Denise was eventually able to bring home the piece of equipment she so desperately needed.

In Denise's own words, "St. Joe's rehab is definitely an exceptional place. It's where I've gotten part of my life back. It's where I've regained freedom . . . it's where I've been given hope."

To learn how rehabilitation may benefit you or to hear Denise tell her story, visit www.stjosephhospital.com.



YOU CAN **WIN TICKETS**
TO A **FISHER CATS HOME GAME!**

Learn about our exciting new raffle by visiting
www.stjosephhospital.com/rehabilitation-services!



For more detailed information or to register for any classes or programs listed in this newsletter, please visit www.stjosephhospital.com.



childbirth

If you do not have access to the Internet, or cannot register online, please call Community Health Education at (603) 595.3168.

Visit us at www.stjosephhospital.com for descriptions, program dates and times for the following classes:

NEW! A Little Bit Pregnant
Basic Childbirth Education
Breastfeeding 101
Breastfeeding 102: Pumping Basics
Child Passenger Safety Education
Childbirth Tour Night
Couples Pregnancy Massage
Infant Massage
Mommy and Me Postnatal Yoga and Yoga for Tots
New Mothers' Support Group
Newborn Basics
Prenatal Yoga
Sibling Class

A Little Bit Pregnant

Monday, July 12, 6:00–8:30 PM

Join pregnant women (up to 24 weeks of pregnancy) and their support persons as we discuss the exciting changes that come with pregnancy. Fee: \$25 per couple

Basic Childbirth Education

For your convenience, we offer four format styles. All courses cover the same material.

Thursdays, July 8–July 29, 6:00–8:00 PM;

Saturday, July 17, 9:00 AM–4:00 PM;

Thursdays, August 5–26, 6:00–8:00 PM;

Friday, August 20, 6:00–8:30 PM and

Saturday, August 21, 10:00 AM–3:00 PM

Fee: \$125 per couple

Breastfeeding 101

Wednesday, July 14 or August 11,
6:00–8:00 PM

Fee: \$35 per couple

Couples Pregnancy Massage

Wednesday, August 25, 6:00–7:30 PM

Together with your birthing partner, you'll learn massage techniques for safely relieving the normal discomforts of pregnancy, labor, and delivery. Fee: \$35 per couple

Newborn Basics

Monday, August 9, 6:00–8:30 PM

Fee: \$25 per couple

Prenatal Yoga

Tuesdays, July 6–August 17 or
August 31–October 5, 6:00–7:15 PM

Experience the joy of yoga with your growing baby. Gentle yoga poses strengthen the uterus and pelvic muscles, improve circulation and digestion, and assist in overall comfort. These relaxation techniques assist in the preparation for labor and childbirth. Fee: \$67



kids corner

Sibling Class

Saturday, August 7, 9:30–10:30 AM

This class is designed to help children (ages 2–6) adjust to having a new baby in the family. Discussions include how to make your child feel included in welcoming a new baby, which toys are safe, what is appropriate with a new sibling, and the importance of being a big brother or sister. Fee: \$10 per family

Super Sitters

Wednesday, July 14 or August 18,
3:30–6:00 PM

A course designed to teach 11–13-year-old children what they need to know to begin babysitting, from first aid to safe play to marketing their services. Fee: \$25





health & wellness

CPR: Family and Friends

Sunday, July 11, 12:00 noon–2:30 PM

This course will teach you basic CPR for infants, children and adults. This class is not for certification, but for personal use only.

Fee: \$35



Introductory Session: FertilityCare Services

Tuesday, July 6 or Thursday, August 5, 7:30 PM

Learn about the Creighton Model FertilityCare System, a new reproductive science that is 99% effective in avoiding pregnancy and, vice versa, highly effective in achieving pregnancy. To register, call Kathy Rivet, VS, CFCE, at (603) 595.3947. **FREE!**

Yoga: Enhancing Life While Going through Cancer Treatment

Mondays, July 12–August 30 (skipping July 5th), 6:00–7:15 PM

This class will provide women in any stage of breast cancer or recovery with tools for enhancing their lives. To register, please call The Breast Care Center at (603) 882.3000, ext. 67161. Fee: \$68 for 8 weeks



exercise

Fit and Young for Life: A Strength and Balance Training Program for Seniors

This program is designed for those 55 and older and will assist in maintaining muscle strength, flexibility and functionality. Class meets for one hour, twice weekly. Summer dates are available at several locations. For more information, call (603) 595.3168.

Low Impact Aerobics

Mondays and Thursdays, July 19–October 7, 5:00–6:00 PM

Classes are conducted at a slow pace and combine fat-burning aerobics with muscle-building exercises and stretching. Fee: \$55 for 12 weeks

Yoga

Fridays, June 11–July 16, 5:00–6:00 PM

Yoga can help to relieve tension, improve concentration, enhance self-image and also increase vitality. To register, call (603) 595.3168. Fee: \$50



ALZHEIMER'S EDUCATION SERIES

Making Tough Decisions While Still Honoring "The Promise"

Friday, June 18, 10:30 AM–12:00 noon

Have you promised your parents or your spouse that you will never put them in a nursing home? Has the time come when your loved one is no longer safe at home with you, or your own health prevents you from keeping that promise? Join Colleen Wentworth, MA, LCMHC, from the Roger Dionne, MD, Senior Center, as she talks about tough decisions some families must make. **FREE!**

To register, please call Janice at (603) 598.2424. This class takes place at the Parish Nurse Center for Wellness at Milette Manor, 72 Vine Street in Nashua.



SUPPORT SERVICES: Visit www.stjosephhospital.com for more information

- Alzheimer's and Dementia Support Group
- Bereavement Support Group: Life after Loss
- Brain Injury Support Group
- Cancer Support Groups
- Caregivers of Older Adults
- C.L.I.M.B.
- Diabetes Resource and Support Group
- Emotions Anonymous Group
- Headache Support Group
- Just Between Us Support Group: Women Breast Cancer Survivors
- Multiple Sclerosis Support Group
- NAMI-National Alliance of Mental Illness
- New Mothers' Series
- Ostomy Association of Southern NH
- Overeaters Anonymous
- Parenting After Loss Support (PALS)
- Parkinson's Support Group
- Still Remembered Support Group
- Stroke Support Group
- Various 12-Step Recovery Programs

St. Joseph Hospital's **EXPERTISE,** RIGHT IN **MILFORD!**



If you've ever driven from Milford to Nashua, you know that there are 26 traffic lights. That's 26 times you might have to stop in an emergency situation. Luckily, St. Joseph Hospital eliminates that concern for you with the Milford Medical Center. With the state's only free-standing emergency department right in Milford, patients have access to highly trained and dedicated emergency staff and state-of-the-art diagnostic services.

But that's not all! In addition to emergency care, the Milford Medical Center also offers numerous outpatient services such as OB/GYN services, laboratory, mammography, occupational and physical therapy, ultrasound and x-rays. Right next door is Nashua Pediatrics and SJ Family Medical Center, where board-certified physicians can meet the health needs of entire families, from infants to seniors.

To learn more about the services offered at Milford Medical Center, please visit www.stjosephhospital.com.

SAVE THE DATE!

**Saturday,
September 18**
10:00 AM to 2:00 PM



KIDS SAFETY DAY at MILFORD MEDICAL CENTER



Start the school year off right with safety tips, fun activities and healthy food!

Watch for more details!

ST. JOSEPH HOSPITAL
MILFORD MEDICAL CENTER

OCCUPATIONAL HEALTH SERVICES FOR YOUR BUSINESS!



St. Joseph Business & Health is a leading provider in occupational medicine in Southern New Hampshire. They offer businesses immediate access for work-related injuries (workers' compensation) including evaluation, diagnosis and treatment for injured workers.

Services also include:

- New hire physicals
- Respirator physicals
- DOT physicals
- Pulmonary fit testing
- Drug and alcohol testing

Located right in your own community, St. Joseph Business & Health is also the place for businesses that require comprehensive workers' compensation services, worksite evaluations, wellness programs, or medical exams for employees.

St. Joseph Business & Health is located at 17 Riverside Street in Nashua. For more information, please call (603) 595.7371 or visit www.stjosephhospital.com/Business-Health.

This newsletter provides general health information. It is not intended to provide medical advice, which should be obtained directly from your healthcare provider.

Healthy Choices is published four times a year for the communities served by St. Joseph Hospital. To request additional copies or to make comments, please e-mail info@sjnhn.org or write to: St. Joseph Hospital, Marketing and Communications Department, 172 Kinsley Street, Nashua, NH 03061

What is a HOSPITALIST?



If you or someone you know has recently been admitted to the hospital, chances are they were not seen by their primary care physician during their stay. This is because a specially-trained doctor—a hospitalist—cared for them during their hospital stay.

“Hospitalist” is the term used for doctors who are specialized in the care of patients while they are hospitalized. Hospitalists are physicians who have undergone the same training as internal medicine doctors, including medical school, residency training, and board certification examinations, but also specialize in taking care of patients in hospitals.

There are many advantages to having a hospitalist take care of you if you are hospitalized. One advantage is that hospitalists have more expertise in dealing with the complications of hospitalized patients on a daily basis. They are also available in the hospital, which makes it more convenient to meet with family members, follow up on tests, answer nurses’ questions, and deal with sudden issues that may arise. In many instances, hospitalists may see a patient more than once a day to assure that care is going according to plan, and to explain test results to patients and family members.

Similarly, because hospitalists are in the hospital most of the time, they are able to track test results and promptly order necessary follow-up tests, if needed. This is in contrast to the traditional setting where your primary doctor may come to the hospital the next day to follow up the results and take the next necessary step at that time.

So next time you or your loved one is admitted to the hospital, rest assured that our hospitalists will provide you with exceptional care. If you have any questions about the hospitalist program at St. Joseph Hospital, please visit www.stjosephhospital.com/hospitalists or call (603) 882.3000, ext. 63882.



PlayBall! Softball Clinic

Date: Saturday, June 19

Time: 9:00–11:00 AM

Location: Nashua High School North

Fee: \$5 per family

Meet the infamous St. Joe’s softball team! Go over drills with members of the team, and then have fit tests and assessments with the St. Joseph Outpatient Rehabilitation staff.

All participants will receive a sports ball and playbook. Clinics are recommended for children ages 6–14. Space is limited so you must pre-register online at www.stjosephhospital.com or by phone at (603) 595.3168.

SAVE THE DATE!

FARMER’S MARKET

Date: Saturday, August 28

Time: 10:00 AM–2:00 PM

Location: St. Joseph Hospital

Join us for our farmer’s market featuring healthy foods and free family-friendly activities! In addition to local farmers showcasing their fresh, locally-grown produce, there will be a healthy chef competition where local chefs will battle with secret healthy ingredients to display their recipe creations.



Please visit www.stjosephhospital.com for updated information and a schedule of events.



ST. JOSEPH HOSPITAL

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State-of-the-Art Surgical Care

In order to provide our patients with continued state-of-the-art surgical care, St. Joseph Hospital is currently undergoing renovations in our Surgical Services department. If you are here in the coming months for any kind of surgery, you will see some exciting changes!

- All surgical rooms will get a facelift, including new flooring and lights, along with our newer, state-of-the-art equipment.
- Pre- and post-op areas will be renovated to be even more private for patients and their loved ones.
- The new waiting room will encompass a revised private consult room for physicians to speak with waiting family members, ensuring the highest level of confidentiality.

If you have any questions about the operating room renovations prior to or during your surgical procedure, please call (603) 882.3000, ext. 66261.



Book Your Child's Physical Today!



Have you ever waited until the end of the summer to get your child his or her back-to-school physical? If so, then you have probably noticed how quickly appointments fill up! Our physician practices have offices in Nashua, Hudson, Merrimack and Milford and are now accepting new patients. Why wait until the last minute? Get your child an appointment today. Visit www.stjosephhospital.com to view a complete listing of providers nearest you.

PHOTO HUNT! Submit Today!

Do you have a picture of your family or friends from last year's watermelon eating contest? How about junior playing soccer? We're looking for photos of YOU participating in a healthy activity for our 2011 calendar!

Simply submit your photo to photos@exceptionalhappenshere.com by July 31 and tell us who is in the picture and what the event is. Lucky winners will be chosen to have their picture used in our 2011 calendar and will receive a really cool prize!

