PRIMARY CARE
Evening & Weekend Hours

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Providing Four Generations with Exceptional Care
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LETT ER to the COMMUNITY

At St. Joseph Hospital, delivering high-quality, safe, effective care is our priority. I am pleased to share with you that for the fourth year in a row St. Joseph Hospital has been recognized by The Joint Commission as a Top Performer on Key Quality Measures, which puts us in the top 10% nationwide for quality care. St. Joseph Hospital is the ONLY hospital in New Hampshire and one of 147 hospitals nationwide to have achieved this distinction for four consecutive years. The Top Performer distinction recognizes high-quality, safe care for heart attack, heart failure, pneumonia, and surgical care. This kind of achievement is only possible through the hard work and dedication of our outstanding medical staff, Magnet nursing team and compassionate employees at every level of the organization.

Not only are we committed to providing the highest-quality care to all who walk through our doors, we believe part of our mission is to improve population health in the communities we serve. Our patient-centered medical home model in our primary care practices is designed to help with chronic disease management and achieving a healthier lifestyle. Our physicians work with you in managing your own health and we are proud to offer extended weekday hours and weekend hours. Convenient access to your usual doctors when you need them is a key aspect of the patient-centered medical home, and can help reduce annual medical expenses, according to a study in the September/October 2013 Annals of Family Medicine. Patients who are able to visit their usual physicians rather than an emergency department, urgent care center or retail clinic presumably will receive fewer tests, prescriptions and other services, thus reducing unnecessary costs in the healthcare system. If you or someone in your family is looking for a new primary care provider, please call DoctorLink at 1-800-210-9000.

New Faces

St. Joseph Healthcare is pleased to welcome the following new providers to the medical staff:

Pardeep Aujla, MD, has joined SJ Family Medical Center–Nashua, 460 Amherst Street. Dr. Aujla received her medical degree from Mandal University, Madhepura, India, and completed her residency in family medicine at UAB Selma Family Medicine Center, Selma, AL. Dr. Aujla is board certified in family medicine and her special interests include preventive medicine, obesity, weight management, diabetes, heart failure and COPD. To make an appointment with Dr. Aujla, please call (603) 883.7970.

Ilda M. Betancur Restrepo, MD, has joined Nashua Medical Group, 173 Daniel Webster Highway in Nashua. Dr. Betancur Restrepo received her medical degree at Universidad Pontificia Bolivariana, Medellin, Colombia, and completed her residency in internal medicine at Harrisburg Hospital, Harrisburg, PA. She has a shared interest in spirituality and its impact on patient care as well as overall diabetes care, women’s health, obesity and hypertension. To make an appointment with Dr. Betancur Restrepo, please call (603) 891.4500.

Karina Commeret, MD, has joined OB/GYN Associates of Southern NH, 30 Daniel Webster Highway, Suite 11 in Merrimack. Dr. Commeret received her medical degree at Boston University School of Medicine, Boston, MA, and completed her residency in obstetrics and gynecology at George Washington University in Washington DC and Lehigh Valley Health Network in Allentown, PA. Her special interests include minimally invasive surgery and preventive medicine. She is also proficient in Spanish. To make an appointment with Dr. Commeret, please call (603) 883.3365.

Through a partnership with Lahey Hospital & Medical Center, in Burlington, MA, Valena Wright, MD, provides gynecologic oncology care at St. Joseph Hospital. Dr. Wright received her medical degree from Dalhousie University, Halifax, Canada. She completed her residency in obstetrics and gynecology and her fellowship in gynecologic oncology at Brigham and Women’s Hospital in Boston, MA. She is board certified in obstetrics and gynecology and gynecologic oncology. Her clinical interests include genetic risk of women’s cancer, robotic and minimally invasive surgery, and evaluation and treatment of gynecologic cancers. Dr. Wright welcomes new patients for gynecologic oncology care at St. Joseph Hospital. To make an appointment with Dr. Wright, please call (781) 744.8560.

Aki Shishido, CNM, APRN, has joined Full Circle Midwifery Care, 168 Kinsley Street, Suite 19 in Nashua. She received her Master’s in Science from New York University College of Nursing in New York, NY. Aki’s interests include lactation support and preventive health. To make an appointment with Aki Shishido, CNM, APRN, please call (603) 595.3951.

NEW FACES

St. Joseph Hospital
172 Kinsley Street, Nashua, NH

Come meet the newest artists and their featured art in the St. Joseph Hospital Art Reach Project. Artists will donate 15% of their sales from the event to the St. Joseph Hospital Cancer Center. For additional information, please visit stjosephhospital.com/Art-Reach.
So we can better meet the needs of our patients, extended evening and weekend hours are now available to all patients within the St. Joseph Healthcare Primary Care Network.

Evening and weekend availability allows our patients and their families access to medical care on their terms—when it’s convenient for them. Whether it’s a fever that pops up unexpectedly or scheduling a simple routine physical to accommodate a challenging work schedule, the goal is to help new and returning patients gain improved access to medical attention without having to seek care in an unfamiliar setting such as urgent care centers or retail clinics.

“We’re not just another urgent care center,” stated Dr. Thomas Astolfi, of SJ Family Medical Center in Nashua. “Being available during non-traditional office hours, we are able to see patients who couldn’t ordinarily find time to schedule their physicals, immunizations and health screenings due to work conflicts and other limitations. We can treat patients’ ongoing problems as well as address their urgent needs.”

One advantage of extended hours is that our offices are staffed by the same primary care physicians and care teams that are part of our comprehensive patient-centered medical home, offering more comprehensive and well-rounded medical attention to our patients than traditional emergency or urgent care centers. Rather than explaining medical history and information to an unfamiliar provider, patients can be seen by a familiar care team who knows them, has their electronic medical record and knows their health history.

“We’re available when you need us,” said Dr. Astolfi. “This is an extension of our regular comprehensive care practices, and it’s just another way that we’re striving to meet our patients’ needs.” These more convenient hours are part of our mission to offer the very best access to convenient, high-quality primary care medicine to both new and existing patients in the southern New Hampshire region.

Extended evening, Saturday and Sunday hours for all SJ Family Medical Centers, SJ Internal Medicine and Nashua Medical Group patients are available at the 460 Amherst Street, Nashua location. Extended hours are until 8:00 pm on weekdays, and from 9:00 am to 4:00 pm on Saturdays and from 9:00 am to 2:00 pm on Sundays. All practices are currently accepting new patients.

For information, please call DoctorLink at 1-800-210-9000, or visit www.stjosephhospital.com/Find-Physicians.
At SJ Family Medical Center in Milford, Dr. Robert Quirbach and his colleagues regularly care for entire families, from their infancy into their golden years. Dr. Quirbach says it’s not uncommon for him to care for multiple generations within the same family, and doing so makes him feel connected to his community.

“My youngest patient is two weeks old,” stated Dr. Quirbach, “and my oldest patient is almost 104. I’ve known many of my patients since they were babies, and now I’m caring for their babies.”

One patient who has benefitted from this multi-generational family practice is Brenda-Lee Levesque, who after being so impressed by his bedside manner, patience and kindness, recommended Dr. Quirbach to her parents, daughter and now her new grandson.

Because Dr. Quirbach knows Brenda-Lee’s family medical history so well, she credits him with saving her life on more than one occasion. “He followed his instincts and kept searching for answers even when a specialist told me I was fine,” she said.

“My life was in his hands. I wouldn’t trust my family’s health to anyone else.”

“He’s the type of doctor that everybody wishes they had,” Brenda-Lee continued. “Sometimes just hearing his voice makes me feel better. He cares for each member of my family as an individual and knows the importance of confidentiality, even among family members.”

“Really knowing a family and understanding their individual medical histories is invaluable,” stated Dr. Quirbach. “It’s very rewarding, as a physician, to be able to become a part of my patients’ lives in this manner. I want to be the person who they lean on for help, at every stage of their life.”

SJ Family Medical Center–Milford is currently accepting new patients. Milford Medical Center is open during normal business hours through all phases of the construction project. The new building is scheduled to open in June 2015. Call (603) 673.3014 for more information.

The Diagnostic Imaging Department at St. Joseph Hospital now offers a new wide-bore MRI (Magnetic Resonance Imaging) unit used to help diagnose possible illness and injury. Our new MAGNETOM Aera MRI uses the latest technology to provide you with a faster and more comfortable MRI exam—without that “closed-in” feeling. Its powerful magnet also provides high-quality images so we can provide you with the highest quality care.

- 70 cm wide bore vs. 40 cm traditional bore
- Experienced and caring staff
- Board-certified radiologists
- Appointments 7 days a week
- Flexible scheduling
- 24-hour turnaround
CLASSES

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

• Basic Childbirth Education
• Breastfeeding 101
• Child Passenger Safety Seat Education
• Childbirth Tour Night
• New Mothers’ Support Group
• Newborn Basics

HypnoBirthing® NEW!
Tuesdays, January 27, February 3, 10, 17, and 24, 6:00 to 8:30 pm
Join Holly Kuzdzal, certified HypnoBirthing Instructor, as she teaches expectant parents techniques for achieving a satisfying, relaxing and stress-free method of birthing, which uses guided imagery, visualization and special breathing. HypnoBirthing teaches you, along with your birthing companion, the art and joy of experiencing birth in a more comfortable manner. Class includes 5 weeks of instruction, a booklet, CD and other materials. Fee: $275

HEALTH & WELLNESS

AARP Smart Driver™ Course
Monday/Wednesday, March 2 and 4, or Tuesday/Thursday, April 21 and 23, 9:00 AM to 12:00 PM
The AARP Smart Driver™ Course is the nation’s first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today’s roads, allowing them to remain independent for many years to come. Join us for this important class and gain useful information to keep you safe on the road! Fee: $15 for AARP members (please be sure to bring your member card), $20 for non-members.

... And the Beat Goes On
Thursday, February 19, 6:30 to 8:00 pm
We all know that the heart is a vital organ that keeps your body functioning. Unfortunately, many of us don’t realize that our everyday habits can affect the way our heart functions. Join Jodi Boutwell, APRN, as she inspires and educates us on how to take better overall care of our hearts. FREE!

CPR: Family and Friends
Sunday, January 11, March 15, May 17, 12:00 to 2:30 pm
This course will teach you basic CPR for infants, children and adults. This class is not for professional certification, but for personal use only. Fee: $35

Diabetes Self-Management Training
Wednesdays, January 28, February 4, 11, 18 and 25, 1:00 to 3:00 pm; Thursdays, March 26, April 2, 9, 16 and 23, 10:00 AM to 12:00 PM
Our ADA-recognized education program offers comprehensive diabetes self-management classes five times per year at varied times of day for your convenience. The education staff is led by a team of Certified Diabetes Educators. To enroll in classes, please contact the Cardiovascular and Diabetes Center at (603) 595.3971.

Easter Egg-citement
Saturday, March 28, 10:00 AM to 12:00 PM
Hop on down to St. Joseph Hospital! Enjoy fun activities including face painting and arts and crafts. Children will have the opportunity to sit with the Easter Bunny and professional photographs will be available, one photo per family. Light refreshments will be served. FREE!

The Healing Benefits of Probiotics: Myth or Fact?
Thursday, April 16, 6:30 to 8:00 PM
Your gut is teeming with trillions of bacteria that help you digest food as well as thwart intruders. You can give these “friendly” bacteria a boost by adding probiotics to your body, which can help ease irritable bowel syndrome (IBS), prevent and treat minor infections, improve vascular health, battle depression and even ward off disease. Fee: $5, includes taste testing.

Register for all classes online at stjosephhospital.com or call Community Health Education at (603) 595.3168.
ImPACT — Baseline Tests for Concussions
Mondays, January 19, February 9, March 16, April 13, 6:00 to 7:00 PM
You never know when a concussion will happen, but you can prepare to know what the effects will be. Sign up your athlete for Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT). This simple computer test will measure memory, processing speed and reaction time and results are kept on file as a baseline score. If a concussion occurs, a repeat test can assist in making the decisions about readiness to return to play. ImPACT testing is available for athletes ages 11 and up. Call today to book your team; additional dates and times are available. Baseline testing fee: $10

Joint Replacement Education
Thursday, January 22, February 26, March 26, April 23, May 21, 3:15 to 4:15 PM
Patients who are scheduled for a hip or knee replacement surgery at St. Joseph Hospital have the opportunity to meet with a nurse, physical therapist, case manager and anesthesiologist prior to the procedure in a comfortable group format. FREE!

Mondays, January 26, March 23, April 27, May 18, 4:00 to 6:00 PM
Do you have an upcoming surgery? Are you receiving chemotherapy and/or radiation? Do you suffer from anxiety, headaches, migraines, insomnia or pain? If you answered “yes” to any of these questions, you may benefit from our new program “Prepare for Surgery, Heal Faster.” This seminar teaches you how to use mind-body techniques to help with any and all of the above, not just surgery! FREE!

Super Sitters I
Wednesday, January 21, February 18, March 11, April 22 and May 20, 3:30 to 6:00 PM
A course designed to teach 11- to 13-year-old children what they need to know to begin babysitting, from first aid to safe play to marketing their services. Fee: $25

Thriving with Yoga for Those with Cancer
Tuesdays ongoing from January 13 through August 18, 12:00 to 1:00 PM
Thriving with Yoga is a class specially designed by the nonprofit YogaCaps, Inc., for people living with cancer. It can help to relieve tension and anxiety, rebuild strength and restore range of motion. Yoga helps to manage the side effects of treatment and medications as naturally as possible including fatigue, lymphedema, hot flashes, neuropathy, pain, depression and insomnia. A friend or family member is welcome to join you in the class. FREE!

ALZHEIMER’S EDUCATION SERIES
PARISH NURSE CENTER for WELLNESS
The Parish Nurse Center for Wellness offers FREE Alzheimer’s education classes every Friday beginning in January, from 10:00 AM to 12:00 noon. For class topics, speaker information and to register, please call Janice at (603) 598.2424.

Nutrition & Cooking
Blood Pressure & Diet
Monday, March 2, 5:30 to 7:00 PM
The DASH diet can be an effective way to control blood pressure without medication. The diet focuses on a balance of healthy foods and is easy to follow. The effect of lower blood pressure can be seen in as little as two weeks! Participants will also receive a sodium shopping tour at Hannaford supermarket. FREE!

Cardiac Rehabilitation Shopping Tours
Monday, February 2, 5:30 to 7:00 PM
This class will focus on specific heart-healthy diets that are low in saturated fats and high in fiber. In addition, participants will receive information on sources of omega-3s and plant sterols. The class will also take a guided tour of Hannaford supermarket. FREE!

Healthy Blood Sugar Control: A Supermarket Guide to Monitoring Carbohydrates
Monday, January 12 or April 6, 5:30 to 7:00 PM
This class will help you identify sources of foods with carbohydrates and learn how to balance them during your day to have the best effect on your blood sugar levels. A shopping tour will also take place during the class. FREE!

IGT/ Pre Diabetes
Tuesdays, January 27, March 10, April 21, 6:30 to 8:00 PM
This 90-minute class is designed for the individual with elevated blood sugars, which if left untreated can lead to diabetes. This condition may be reversed with diet and exercise. Classes are held at Nashua Medical Group. Fee: $20

The Scoop on Sugar
Tuesday, March 31, 6:30 to 7:30 PM
Do you get cravings for sugary foods? Do you find it difficult to focus and wish you had more energy to make it through the day? What’s your outlook on artificial sweeteners? This class will address those questions and many more. Join Registered Dietitian Pat Hunter as we look at what is being said about sugar, artificial sweeteners, metabolism and cravings. FREE!

SAVE THE DATE: MOM PROM 2015
Saturday, April 11, 7:00 to 11:30 PM
Alpine Grove, Hollis, NH
Fee: $50 per person
Pull out those old dresses and join us for a fun night of dancing, food, cocktails, good company, silent auction and humorous prom traditions! Proceeds benefit the Breast Care Center at St. Joseph Hospital. Visit mompromnashua.org for details. (The event is open to all women, not just moms.)
ARTS CORNER

Eggcellent Zentangle
Tuesday, March 24, 6:30 to 8:30 PM
Zentangle is a fascinating, meditative art form that is fun and relaxing. Join us as we create beautiful images from repetitive patterns for the Easter Holiday. No previous art or drawing experience is needed. Fee: $15, supplies included.

Joy of Color
Tuesday, January 20, 6:30 to 8:30 PM
Express your inner creativity as you learn to draw beautiful Zentangle patterns on a watercolor background. Fee: $15, supplies included.

Love to Valentangle
Tuesday, February 3, 6:30 to 8:30 PM
Join us for a night inspired by love and hearts! Bring your creativity and imagination as we “valentangle” the night away! Fee: $15, supplies included.

Renaissance Zentangle
Tuesday, April 21, 6:30 to 8:30 PM
This class is geared for those who have tried a Zentangle class before; learn to use black and brown pens on brown colored tiles, with white pastel accents. Fee: $15, supplies included.

Meet the Ukulele
Saturdays, January 24 through February 28 or March 14 through April 18, 11:00 to 11:45 AM
Learn basic concepts such as holding the instrument, forming simple chords and strumming rhythms. Fee: $15 per class.

Guitar Strummers
Fridays, January 23 through February 27 or March 13 through April 17, 7:00 to 8:15 PM
This workshop is for adults with basic guitar skills who want to play in a group format, with focus being on interaction, fun and balanced playing. Bring a music stand. Fee: $25 per class.

DINNER with the DOCTOR SERIES

You must pre-register by calling Community Health Education at (603) 595.3168 or by signing up online at stjosephhospital.com.

Anterior Hip Replacement
Thursday, January 22, 6:00 to 8:00 PM
Are you suffering from arthritis, hip pain, joint stiffness or limited hip mobility? Learn about the anterior approach for hip replacement surgery, a technique that minimizes pain, has a shorter recovery time and improves mobility of the hip joint with Dr. Lawrence Specht, Orthopedic Surgeon from Lahey Medical Center. Fee $10, includes dinner.

ADD/ADHD in Children: Attention-Deficit/Hyperactivity Disorder
Tuesday, February 17, 6:00 to 8:00 PM
Is your child showing symptoms of inattentive, impulsive or hyperactive behavior that is causing difficulty at home and at school? Join Dr. Susan Strahosky from Elliot Hospital as she explains appropriate diagnoses and strategies for managing your child’s behavior. Fee $10, includes dinner.

Fit and Young for Life: A Strength and Balance Training Program for Seniors
Classes begin the week of January 12 through March 20.
This program is designed for those 55 and older who would like to maintain muscle strength, flexibility and functionality. Call for more information, class locations and times. Fee: $50

Low-Impact Aerobics
Mondays and Thursdays, February 23 to May 21, 5:00 to 6:00 PM
Low-impact aerobics is designed for people just starting an exercise program. Classes are conducted at a slow pace and combine fat-burning aerobics with muscle-building exercises and stretching. Fee: $55

Yoga
Classes begin the week of January 5 through February 13, February 23 through April 3 and April 13 through May 22.
Practice yoga for a strong body, graceful spirit, quiet mind and peaceful heart. Call for more information, class locations and times. Fee: $50

Zumba
Tuesdays, January 6 to February 10 or February 24 to March 31, 6:30 to 7:30 PM
Join us one hour a week for Zumba®, which combines dance and fitness moves to burn calories while having fun. All levels of fitness are welcome to join this party! Fee: $50

HEALTHY CHOICES • WINTER 2015
For the third time, St. Joseph Hospital has received Magnet® recognition by the American Nurses Credentialing Center for the quality of our nursing care. St. Joseph Hospital is one of only 113 hospitals nationwide to have earned this distinction three times. We don’t just promise quality; we demonstrate it daily, and our patients experience it personally.

THE HONOR IS OURS. THE ADVANTAGE, ALL YOURS.

St. Joseph Hospital is the ONLY HOSPITAL IN NEW HAMPSHIRE and one of 147 hospitals nationwide to achieve the Top Performer distinction for four consecutive years.

4 YEARS TOP PERFORMER

HEART ATTACK, HEART FAILURE, PNEUMONIA, SURGICAL CARE

The Joint Commission’s Top Performer on Key Quality Measures® 2013

St. Joseph Hospital
172 Kinsley Street, Nashua, NH

www.stjosephhospital.com