

# Regional Wellness Calendar

## BIRTH & PARENTING



### Childbirth Classes at AVH

The Valley Birthplace at AVH offers a free series of Childbirth Classes for expectant parents. Weekly sessions on Wednesday for four consecutive weeks:

**Series 3: May 8, 15, 22, 29 • 6–8:30pm**  
**Series 4: Jun. 19, 26, Jul. 2 (Tuesday), Jul. 10 • 6–8:30pm**

Androskoggin Valley Hospital  
Mt. Success Meeting Room  
59 Page Hill Road | Berlin, NH  
*Contact: 603.326.5607 to register or for more information.*

### Infant CPR Class at AVH

The Valley Birthplace at AVH offers a free Infant CPR Class for expectant parents.

**Wednesday, Jun. 5 • 6–8pm**

Androskoggin Valley Hospital  
Mt. Success Meeting Room  
59 Page Hill Road | Berlin, NH  
*Contact: 603.326.5607 to register or for more information.*

### Lactation Support at AVH

The Valley Birthplace at AVH offers a free Lactation Support Group for breastfeeding and soon-to-be breastfeeding mothers. *Facilitated by Wendy Beals, RN, Lactation Consultant.*

**Apr. 26, May 24, Jun. 28 • 10–11:30am**

Androskoggin Valley Hospital  
Mt. Adams Meeting Room  
59 Page Hill Road | Berlin, NH  
*Contact: 603.326.5882*

### Sibling Tours at AVH

The Sibling Tour at AVH is for parents and children expecting the arrival of a new baby brother or sister. Join us for this informative tour on:

**Sunday, Apr. 14 • 2–3pm**  
**Sunday, May 19 • 2–3pm**  
**Sunday, Jun. 9 • 2–3pm**

Androskoggin Valley Hospital  
Valley Birthplace at AVH  
59 Page Hill Road | Berlin, NH  
*Contact: 603.326.5607 to register or for more information.*

### 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  
Conference Room, Level 2  
580 St. Johnsbury Rd | Littleton, NH  
*For More Information: 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.

Birth and Parenting classes are offered-

free of charge to families delivering at LRH. Please call 603.444.9335 to register. The following classes will be held at Littleton Regional Healthcare, 600 St. Johnsbury Road, Littleton, NH:

**Wednesday Evening Series (4 Classes)**  
**Series 2: Mar. 20, 27, Apr. 3, 10 | 6–8pm**  
**Series 3: May 22, 29, Jun. 5, 12 | 6–8pm**

**1-Day Intensive Childbirth Class:**  
**Saturday, May 4 • 9am–3pm**  
**Saturday, Jun. 15 • 9am–3pm**

**Introduction to Breastfeeding:**  
**Wednesday, Apr. 17 • 6–8pm**  
**Wednesday, Jun. 19 • 6–8pm**

**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 and grandparents. Our trained and certified Child Passenger Safety Technicians can check your car seat size 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.*

### 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.*

Weeks Medical Center  
173 Middle Street | Lancaster NH  
*Call 603.788.5023 or 603.788.5221 to schedule a visit.*

## HEALTH & WELLNESS

### 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. Take time to visit one of the Blood Glucose/Blood Pressure Clinics provided by North Country Home Health & Hospice Agency.

#### Highland House

**4th Monday every month • 9–10am**  
30 Highland Street | Whitefield, NH  
603.837.2626

#### Linwood Senior Center

**1st Wed. every month • 10:30am–12pm**  
195 Pollard Road | Lincoln, NH  
603.745.4705

#### Littleton Area Senior Center

**2nd Thurs. every month • 11am–12pm**  
77 Riverglen Lane | Littleton, NH  
603.444.6050

#### Littleton Opera House

**3rd Tues. every month • 10:30–11am**  
2 Union Street | Littleton, NH  
603.444.5317

#### Passumpsic Savings Bank

**Every 2nd Friday • 11am–2pm**  
117 Main Street | Lancaster, NH  
603.788.5221

### Cardiac Rehabilitation Services

AVH offers Phase II and Phase III Cardiac Rehabilitation Programs. Phase II is designed to educate coronary disease patients who have had a recent event or procedure, on the importance of physical activity, and lifestyle and nutritional modification. The Phase III Program is a medically supervised education and exercise program for recent graduates of Phase II. Phase III is geared toward helping the patient continue with their recovery by providing ongoing education and support. The goal of both programs is to enhance the quality of the patient's life and improve their heart's working capacity. *Both programs require a physician's referral. Call the AVH Cardiac Rehabilitation Department for more info.*

**Androscoggin Valley Hospital**  
59 Page Hill Road | Berlin, NH

**Contact: Wanda Cloutier**  
603.326.5788

**Upper Connecticut Valley Hospital**  
181 Corliss Lane | Colebrook, NH  
**Contact: 603.388.4330**

### Cardiopulmonary Rehabilitation Services



LRH and WMC offer 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.

The Phase III program is a continuation of Phase II—allowing patients to build confidence in a supervised atmosphere. Like Phase II, Phase III 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**  
**WMC Contact: 603.788.5009**



### Community CPR and First Aid Classes at UCVH

**American Red Cross Babysitter Classes**

**Contact: Laurie Daley, RN, CCRN, CPHQ**  
at 603.388.4243 or email her at [ldaley@ucvh.org](mailto:ldaley@ucvh.org) for more details.

### Diabetes Wellness Workshops

Learn the basics of managing your care and meet other people with diabetes.

Our program meets the AADE standards for diabetes education and is presented by a Certified Diabetes Educator. *You must register to attend. Space is limited so call early. Attendance requires a provider referral.*

#### Tuesday, May 7

Intro to Diabetes & Healthy Eating

#### Tuesday, May 21

Being Active & Healthy Coping

#### Tuesday, June 11

Taking Medication & Monitoring

#### Tuesday, June 18

Problem Solving & Reducing Risks for Complications

**Littleton Regional Healthcare**  
Medical Office Building

2<sup>nd</sup> Floor Conference Room Board Room  
580 St. Johnsbury Rd | Littleton, NH  
*Program details available from Lucy Gordon, RN, BSN, CDE at 603.444.9323 or visit [littletonhealthcare.org](http://littletonhealthcare.org).*

### UCVH Diabetes Self-Management Education

Upper Connecticut Valley Hospital provides education for individuals with new or existing diabetes to assist in effective management. This service is covered by most insurances. Participants can enjoy 10-hour initial education and/or two hours of yearly follow-up meetings. *Physician referral required to attend.*

**Upper Connecticut Valley Hospital**  
181 Corliss Lane | Colebrook, NH  
**Contact: 603.388.4305 for more info.**

### The Doorway at AVH & LRH

The Doorway at AVH and The Doorway at LRH are part of a statewide initiative to address the growing opioid crisis. Both Androscoggin Valley Hospital and Littleton Regional Healthcare will serve as treatment HUBs in northern New Hampshire for individuals who are suffering from opioid addiction.

Patients can be seen at the following locations:



The Doorway at AVH  
Androscoggin Valley Hospital  
AVH Professional Center  
7 Page Hill Road | Berlin, NH  
*Contact: James Patry, 603.326.5606*

The Doorway at LRH  
Littleton Regional Healthcare  
11 Riverglen Lane | Littleton, NH  
*Contact: 603.259.1659*

### Financial Assistance

AVH, LRH, UCVH, and WMC each offer financial assistance programs for patients unable to pay their bills. Financial Counselors at each location are available to help. Please call one of the Financial Counselors listed below for more information:

AVH: Terrill Platt, *603.326.5653*  
LRH: Tara Ashley, *603.444.9560*  
UCVH: Chelsea Nugent, *603.388.4234*  
WMC: Rebecca St. Cyr, *603.788.5354*

### Foot Clinic Schedule

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. This is why NCHHHA offers foot clinics in various locations, so that everyone can take care of their feet.

*Offered by North Country Home Health & Hospice Agency. By appointment only.*

**AVH Professional Center (back entrance)**  
*Fridays, Apr.–Jun., 8:30am–4:30pm*  
7 Page Hill Road | Berlin, NH  
*Call 800.371.5317 for appointment.*

**Ice Pond**  
*1st Wednesday of every month*  
13 Ice Pond Road | Lancaster, NH  
*Call for appointment.*

**Littleton Area Senior Center**  
*2nd and 4th Tuesday, 9-11:00am*  
77 Riverglen Lane | Littleton, NH  
*Call 603.444.5317 for appointment.*

**McIntyre Apartments**  
*Last Wednesday of the month*  
16 Highland Street | Whitefield, NH  
*Call for appointment.*

**McKee Inn**  
*1st Wednesday of every month*  
186 Main Street | Lancaster, NH  
*Call for appointment.*

**North Country Recreational Center**  
*Call 603.444.5317 for appointment.*

### GCSCC Directive Event

*Do you know what an Advance Healthcare Directive (also called a living will) is?* These important documents allow you to clearly and formally communicate your end-of-life wishes to your loved ones and friends.

Grafton County Senior Citizens Council and Littleton Regional Healthcare will offer an informative presentation on Advance Healthcare Directives and Living Wills:

**Thursday, April 18 • 4pm**

This is just one of the many community outreach sessions that Grafton County Senior Citizens Center plans to offer this year. The educational session on Advanced Directives and Living Wills is open to the public at no cost. NH Notaries will be available at the event should you choose to prepare your Advance Healthcare Directives on-site. *Light refreshments will be served.*

**Littleton Area Senior Center**  
77 Riverglen Lane | Littleton, NH  
*RSVP by calling 603.444.6050 or e-mail adonlon@gcsc.org.*

### Heartsaver Education

LRH has American Heart Association (AHA) certified Instructors who offer ongoing Emergency Cardiac Care classes at the Northwoods Center for Continuing Education in Whitefield, NH. The following classes are available to the public:

- *BLS In-Person Skills Session and accelerated renewal (2015 AHA Guidelines)*
- *PALS Provider (Initial Certification and Renewal) (2015 AHA Guidelines)*
- *ACLS Provider (Initial Certification and Renewal) (2015 AHA Guidelines)*

We also offer the LPN IV Certification course and Skill Lab.

Register at <https://trainingcenter.technologies.com/NorthwoodsCenter> or scan this QR Code with your mobile device:

*Contact:*  
*603.788.5326 or*  
*NCCE@weeks*  
*medical.org.*



### Hospice Volunteer Trainings

This free training is open to community members who are interested in being involved in the Hospice Program, or who would like to learn more about end-of-life care and issues of death and dying, for personal and/or professional reasons.

Two sessions, at two different locations:

**Four consecutive Mondays:**  
**April 1, 8, 15, 22 • 1-5pm**

**Upper Connecticut Valley Hospital**  
181 Corliss Lane | Colebrook, NH

**Four consecutive Tuesdays:**  
**April 9, 16, 23, 30 • 1-5pm**

**North Country Home Health & Hospice Agency**  
536 Cottage Street | Littleton, NH

The range of topics presented and contemplated in the group include: the history and philosophy of hospice, perspectives on death and dying, self-care, communication and listening skills, signs of impending death and comfort care, grief and loss, and care of spirit.

*To register, or for more info, please contact Tiffany Haynes-Hicks, MSN, RN, CHPN, Director of Hospice at 603.444.5317 or thaynes@nchhha.org. Pre-registration is required.*

### Medicare Counseling

A ServiceLink representative will be available to offer free, confidential Medicare Counseling to beneficiaries. *No appointment needed to attend.*

**Apr. 10, May 8, Jun. 12 • 10am-12pm**

**Androscoggin Valley Hospital**  
Mt. Adams Meeting Room  
59 Page Hill Road | Berlin, NH  
*Contact: AVH Customer Service at 603.326.5628 OR Paul Robitaille, ServiceLink, at 603.752.6407.*

**Every Third Monday • 10am-2pm**  
**Upper Connecticut Valley Hospital**  
Pearson Board Room  
181 Corliss Lane | Colebrook, NH

**Every Second Tuesday • 10am-2pm**  
**Weeks Medical Center**  
Lancaster Physician's Office  
173 Middle Street | Lancaster, NH  
*Contact: Paul Robitaille, ServiceLink, at 603.752.6407.*



## NEW Healthcare Providers

### Lindsey Foss, PA-C - Family Practice

Providing services at Weeks Medical Center Groveton Physician's Office on Mon. and Thurs. Lindsey will also be providing services for North County Home Health Hospice Agency.

**For appointments, call 603.788.5095. Please call 603.444.5317 for NCHHA.**

### Greg Lamm, LICSW - Behavioral Health

Providing services at multiple locations: Weeks Medical Center, Lancaster Physician Office on Mon. and Thurs.; Weeks Whitefield Physician Office on Tues.; Weeks Groveton Physician Office on Fri.; Weeks North Stratford Physician Office on Wed.

**For appointments, call 603.788.5095.**

### Jessica Lamontagne, APRN, FNP - Family Practice

Providing services at Weeks Medical Center Whitefield Physician Office on Mon., Wed., and Fri. and Weeks North Stratford Physician Office on Tues. and Thurs. **For appointments, call 603.788.5095.**

### Lydia McKenzie, PMHNP - Behavioral Health

Providing services at Weeks Medical Center Lancaster Physician Office Mon., Wed., and Fri. afternoons. **For appointments, call 603.788.5095.**

Lydia will partner with AVH on Tues. and Thurs. as well as LRH on Fri. mornings to see patients at the Doorway at LRH, 11 Riverglen Lane, Littleton, NH.

**Anthony Salerni, MD**, who specializes in cerebrovascular disorders, neurosurgery, spinal disorders, spinal fractures, and spinal stenosis. He performs minimally invasive surgical procedures to treat these conditions. Dr. Salerni will work with the team at the Alpine Clinic to expand the orthopaedic and pain management services provided to the communities we serve. **For appointments, call 603.575.6300.**

**Robert Cimis, Jr., MD - Gastroenterology.** Dr. Cimis provides endoscopic diagnostic and therapeutic procedures to the upper and lower gastrointesti-

nal tract. He treats patients through consultation, evaluation, and long-term follow-up. **For appointments, call 603.575.6200.**

LRH is pleased to welcome back **Irving Smith, DO**, sleep medicine specialist. If you or someone you know is having trouble sleeping—**call today to schedule an appointment at 603.259.7780.**

## Nutrition Education & Counseling

All four hospitals at North Country Healthcare have Registered Dietitians on staff who provide nutrition education and counseling services on an inpatient and outpatient basis. This service is covered by most insurance companies.

Good nutrition is essential to overall health and can prevent or help manage chronic diseases like obesity, high blood pressure, and diabetes.

### Roberta Balon, MS, RD, LD, CDE

Androscoggin Valley Hospital  
Berlin, NH | 603.326.5692  
roberta.balon@avhnh.org

### Ashley Wentworth, MS, RD, LD

Littleton Regional Healthcare  
Littleton, NH | 603.444.9545  
awentworth@lrhcares.org  
Blog: <http://lrhblogs.org/nutrition>

### Kelsey McCullough, RD, LD

Weeks Medical Center  
Lancaster, NH | 603.788.4911 x4157  
kelsey.mccullough@weeksmedical.org

### Tiffany Sweatt, MS, RD, LD

Upper Connecticut Valley Hospital  
Colebrook, NH | 603.388.4305  
tsweatt@ucvh.org

## North Country Comprehensive Pain Center

Now open and accepting new patients. Patients can now find relief from a multitude of complex pain issues. For all locations, please call 603.575.6300.

### Littleton

580 St. Johnsbury Rd | Littleton, NH

### North Conway

2936 White Mountain Highway  
North Conway, NH

### Plymouth

12 Yeaton Road | Plymouth, NH

## AVH Pain Center

Androscoggin Valley Hospital  
Surgical Associates Pain Clinic  
7 Page Hill Road | Berlin, NH  
603.752.2300

**Office Hours: Monday-Friday, 8am-5pm**

### Saco River Medical Group

15 US Rte 302 | Glen, NH  
(corner of Rtes. 16 & 302)  
603.752.2300

**Office Hours: 8am-5pm, Wednesday only**

## North Country Pharmacy

LRH North Country Pharmacy is now open and accepting new patients.

Community members can now 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-5:30pm**

**For more information, or to fill a prescription, please call 603.444.9024.**

## SPRING SAVINGS\*

- Leader Triamcinolone Nasal Spray 24 Hour (compare to Nasacort® Allergy 24 Hours) 0.57 oz - \$13.76
- Leader Fluticasone 24 Hours Nasal Spray (compare to Flonase®) 0.54 oz - \$14.80
- Leader Nasal Saline (compare to Ocean®) 1.5 oz - \$2.11
- Leader Children's Cetirizine Liquid, Bubble Gum, Cherry, or Grape (compare to Children's Zyrtec®) 4oz - \$5.35
- Major Brand Cetirizine (compare to Zyrtec®) 10 mg, 100 tablets - \$8.99
- Major Brand Lorartadine (compare to Claritin®) 10 mg, 90 tablets - \$7.99
- BioFreeze Pain Gel 89 ml - \$12.99
- BioFreeze Pain Spray 3oz - \$12.99

*\*valid until June 2019. Quantity limits may apply.*

## Orthopaedic Specialists The Alpine Clinic at North Conway is now OPEN!



Leading orthopaedic, sports medicine, pain management, and neuro spine providers can now be seen at the Alpine Clinic in North Conway.

2936 White Mountain Highway  
North Conway, NH  
603.823.8600 | [thealpineclinic.com](http://thealpineclinic.com)

## Save the Date! Spring Into Action Wellness Fair

Thursday, Apr. 11 • 4-7pm

- FREE health screenings
- FREE skin cancer screenings by appt. only 603.259.7633
- Bring an old sunscreen and get a FREE Badger® Sunscreen (while supplies last!)
- SALE at North Country Pharmacy: 30% off in-stock, over-the-counter items!
- Looking for a job? Visit the Job Fair table!

Littleton Regional Healthcare  
Medical Office Building  
580 St. Johnsbury Rd | Littleton, NH  
Contact: Gail Clark 603.444.9304

## Smoking Cessation Classes

Wednesdays, 1:30-3pm  
Indian Stream Health Center  
141 Corliss Lane | Colebrook, NH  
Contact: Susan 603.388.2463

Call for an Appointment  
Weeks Medical Center  
173 Middle Street | Lancaster, NH  
Contact: Margo Cliché 603.788.5221

## 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

## Wound Care and Hyperbaric Medicine Center

Call Briana LeClerc, MA, at  
603.788.5626 for an appointment.  
Weeks Medical Center  
173 Middle Street | Lancaster, NH

## FITNESS & FUN MATTERS

### AVH Scrapbooking Crop Benefit Event

\$10 donation benefits the Supporting a Cancer Survivor's Journey fund of the Good Shepherd Parish. All ages and skill levels welcome. Bring your photos and scrapbooking supplies. It's a great way to meet other scrapbookers and contribute to a great cause.

Saturday, April 13, 8am-4pm  
Androscoggin Valley Hospital  
Board Room  
59 Page Hill Road | Berlin, NH  
Contact: Debbie Alonzo 603.326.5885

## 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

Tuesdays and Thursdays  
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

Tuesdays and Thursdays  
10-11:00am  
North Country Community  
Recreation Center  
33 Rec Center Rd | Colebrook, NH  
603.237.4019, owlsnccrc@fairpoint.net

## Matter of Balance Program

Balance is so important to living a healthy, productive life. This evidence-based program helps reduce the fear of falling and increases the activity levels of older adults. *Call for info.*

Coos County  
603.752.4103 or rsvp@tccap.org

Weeks Medical Center  
173 Middle Street | Lancaster, NH  
Nadine Gilcris PTA 603.788.5009

## Weight Watchers

Weight Watchers is a program to help with weight loss, exercise, and healthy eating habits.

Mondays, 3:15-4:15pm  
Upper Connecticut Valley Hospital  
Cafeteria  
181 Corliss Lane | Colebrook, NH  
603.237.8652

Thursdays, 4:15-5:15pm  
Littleton Regional Healthcare  
Medical Office Building  
Conference Room  
600 St. Johnsbury Rd | Littleton, NH  
Contact: Carrie Way 603.444.9000

Mark Your Calendars Today for...

## LRH's 28<sup>th</sup> Annual North Country Women's Health Conference

Mon., May 13, 2019  
7:30am-4pm

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



Enjoy keynote speaker **Jana Stanfield**, Multi-Platinum Songwriter, Humorist, and Co-Founder of "Together We Can Change the World".

Learn the ABC's of Optimism, simple skills we can practice daily so that we can enjoy life and "play well with others."

Using heart-warming humor, award-winning music, fun interaction and examples from 10 years of leading global "volun-tour" trips, Jana teaches easy and effective recalibration techniques that you can use at home or on the job to keep your optimism optimized.

A few other topics that will be offered at this year's conference include:

- Learn about herbs for the nervous system!
- Alternative Methods to Manage Chronic Pain: A Patient's Perspective
- Keeping your eyes healthy!
- Core Stability Training
- Eating Disorders
- ...And, many more!

Reserve your seat today by calling:  
603.444.9304



## YoFlow Yoga

A yoga class for all fitness levels.

Mondays and Thursdays, 5:30-6:30pm  
Littleton Regional Healthcare  
Medical Office Building  
Contact Carrie at 603.991.7302 for more information.

## YOUR HOSPITAL AUXILIARY

### AVH Auxiliary Membership Meeting

**Monday, Apr. 1 • 5pm**

*Topic: Gardening*

*Guest Speaker: William O'Brien, Coos County Botanical Garden Club  
New members welcome!*

Androscoggin Valley Hospital  
Mt. Success Meeting Room  
59 Page Hill Road | Berlin, NH  
*Contact: 603.326.5676*

### AVH Auxiliary Uniform Sale

A portion of the proceeds will support the AVH Auxiliary and help to enhance patient care at AVH.

**Wednesday, Apr. 10 • 7am-5pm**  
**Thursday, Apr. 11 • 7am-5pm**

Androscoggin Valley Hospital  
Mt. Success Meeting Room  
59 Page Hill Road | Berlin, NH  
*Contact: 603.326.5676*

### Book and Gift Fair at AVH

A portion of the proceeds will support the AVH Auxiliary and help to enhance patient care at AVH.

**Friday, May 17 • 10am-4pm**

Androscoggin Valley Hospital  
*(First Floor Hallway and Cafeteria)*  
59 Page Hill Road | Berlin, NH  
*Contact: Linda Morris 603.326.5676*

### AVH Auxiliary 31<sup>st</sup> Annual Golf Tournament

Single players, teams, sponsorships, and prize donors welcome! This fun, rain or shine, best ball tournament includes 18 holes of golf, BBQ, golfer gift, goodie bag, contests, team photo, and more!



Funds raised will help to enhance patient care at AVH. Please call or email for a tournament information packet.

**Friday, Jun. 7**

**7:30am - Golfer Registration**

Androscoggin Valley Country Club  
2 Main Street | Gorham, NH  
*Contact: 603.326.5607  
donna.godin@avhnh.org*

### LRH Auxiliary Board Meeting

**Wednesdays**

**Apr. 3, May 1, Jun. 5 • 5pm**

New and Non-members are welcome to attend. It's a great way to find out about the LRH Auxiliary.

Littleton Regional Healthcare  
Conference Room 4  
600 St. Johnsbury Rd | Littleton, NH  
*Contact: Gail Clark 603.444.9304*

### Farmway Sale at LRH

**Friday, May 10**

A portion of the proceeds will benefit LRH Nursing Scholarships.

Littleton Regional Healthcare  
Conference Center  
600 St. Johnsbury Rd | Littleton, NH  
*Contact: 603.259.7696*

### Uniformly Yours Uniform Sale

**Wednesday, Jun. 5 • 7am**

Littleton Regional Healthcare  
Conference Center  
600 St. Johnsbury Rd | Littleton, NH  
*Contact: 603.444.9304*

### LRH Auxiliary Scholarship Awards Ceremony

**Wednesday, Jun. 5 • 6pm**

### Collective Goods Book Fair

The LRH Auxiliary will host a book fair.

**June 27 & 28**

Littleton Regional Healthcare  
*(Lower Atrium)*  
600 St. Johnsbury Rd | Littleton, NH  
*Contact: 603.444.9207*

### Collective Goods Book Fair

Weeks Medical Center Auxiliary will sponsor a book fair.

**Thursday, Mar. 7 & Friday, Mar. 8**

Weeks Medical Center  
*(corridor leading to the cafeteria)*  
173 Middle Street | Lancaster, NH  
*Contact: Margo Cliché 603.788.5221*

### WMC Auxiliary Uniform Fair

**Wednesday, May 29 • 7am**

Weeks Medical Center  
*(corridor leading to the cafeteria)*  
173 Middle Street | Lancaster, NH  
*Contact: Margo Cliché 603.788.5221*

### Super Shoes Uniform Sale

**Tuesday, Apr. 23 • 7am**

Weeks Medical Center  
*(corridor leading to the cafeteria)*  
173 Middle Street | Lancaster, NH  
*Contact: Margo Cliché 603.788.5221*

### WMC Auxiliary 30<sup>th</sup> Annual Golf Tournament

**Saturday, June 1, 2019**

Maplewood Golf Course  
2961 Main Street | Bethlehem NH  
*Contact: Margo Cliché 603.788.5221*

### Red Cross Blood Drives

**Wednesday, Apr. 3 • 9am-2pm**  
White Mtns Regional High School  
127 Regional Road | Whitefield, NH

**Thursday, Apr. 11 • 12-5pm**  
**Thursday, Jun. 13 • 12-5pm**  
Berlin VFW  
1107 Main Street | Berlin, NH

**Thursday, Apr. 18 • 1-6pm**  
Daisy Bronson Middle School  
96 School Street | Littleton, NH

**Friday, Apr. 19 • 11am-5pm**  
**Thursday, May 9 • 11am-5pm**  
**Friday, Jun. 21 • 11am-5pm**  
Littleton Regional Healthcare  
600 St. Johnsbury Rd | Littleton, NH

**Wednesday, Apr. 24 • 12-5pm**  
**Wednesday, Jun. 26 • 12-5pm**  
Indian Stream-UCVH  
141 Corliss Lane | Colebrook, NH

**Thursday, May 2 • 10:30am-4:30pm**  
St. Rose of Lima  
82 High Street | Littleton, NH

**Tuesday, May 7 • 11am-4pm**  
Androscoggin Valley Hospital  
59 Page Hill Road | Berlin, NH

**Friday, May 10 • 10am-3pm**  
OMNI Mt. Washington Resort  
310 Mt. Washington Road | Bretton Woods, NH

**Thursday, May 16 • 12-5pm**  
Colonel Town Community Center  
16 High Street | Lancaster, NH

**Thursday, May 23 • 12-5pm**  
St. Francis Parish Center  
28 State Street | Groveton, NH

**Tuesday, May 28 • 11:30am-5pm**  
Congregational Church  
147 Main Street | Colebrook, NH

*1.800.RED.CROSS | redcrossblood.org*

*For questions, or for more information regarding this newsletter, please e-mail: [geninfo@lrhcares.org](mailto:geninfo@lrhcares.org), or call us at 603.444.9304.*

# SUPPORT GROUPS

## **ALCOHOLICS ANONYMOUS** NH Area Assembly 800.593.3330 | [aa.org](http://aa.org)

**Thurs. and Sat., 7-8 PM**  
Androscoggin Valley Hospital  
Mt. Adams Room  
59 Page Hill Road | Berlin, NH  
603.752.2200

**Saturday, 10-11 AM**  
Community Justice Center  
576 Railroad Street, Suite 2  
St. Johnsbury, VT  
802.748.2977

**Weekdays, 8-9 AM**  
Elevate Church  
70 Reddington St. | Littleton, NH  
603.444.6517

**Weekdays, 12-1 PM**  
**Wed. and Sat., 7 PM**  
First Congregational Church  
189 Main St. | Littleton, NH  
603.444.3376

**Monday, 5-6 PM**  
**Thursday, 8-9 PM**  
First United Methodist Church  
18 Main Street | Littleton, NH  
603.444.5567

**Friday, 7-8 PM**  
**Sunday, 9:30-10:30 AM**  
The Friendship House  
2957 Main St. | Bethlehem, NH  
603.869.2210

**Monday, 7-8:30 PM**  
Gorham Congregational Church  
143 Main Street | Gorham, NH  
802.266.3071

**Thursday, 7-8 PM**  
Grace Community Church  
300 Gale Street | Canaan, VT  
802.266.3071

**Weekdays, 12-1 PM**  
Hope for NH Recovery-Berlin  
823 Main Street | Berlin, NH  
603.752.9900

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

**Tuesday, 6-7 PM**  
**Friday, 7-8 PM**  
St. Barnabas Church  
2 High Street | Berlin, NH  
603.752.3504

**Monday, 7-8 PM**  
**Friday, 8-9 PM**  
St. Brendan's Church  
28 Pleasant St. | Colebrook, NH  
603.237.4342

**Sunday, 6:15-7:15 PM**  
*Beginner's Meeting*

**Sunday, 7:30-8:30 PM**  
St. Rose of Lima Church  
82 High Street | Littleton, NH  
603.444.2593

**Wednesday, 7 PM**  
**Sunday, 9:30-10:30 AM**  
Weeks Medical Center  
3rd Floor Conference Room  
173 Middle St. | Lancaster, NH  
603.788.4911

**AL-ANON Hotline:**  
800.369.6930

**Tuesday, 6-7 PM**  
First Congregational Church  
189 Main Street, Littleton, NH  
603.444.3376

**Thursday, 7-8 PM**  
Androscoggin Valley Hospital  
Mt. Success Room  
59 Page Hill Road | Berlin, NH  
603.752.2200

## **ALL RECOVERY MEETINGS**

**Mon-Fri, 10 AM** *All Recovery*  
**Mon-Fri, 2 PM** *Coloring Café*  
33 Main Street | Littleton, NH  
603.444.1300

**Mondays, 6-7PM** *All Recovery*  
65 State Street | Groveton, NH

## **PRE- AND POST-WEIGHT LOSS SURGERY SUPPORT GROUP**

**Pre-Weight Loss Support Group:**

**Tuesday, Apr. 9 • 6-7 PM**  
**Tuesday, Jun. 11 • 6-7 PM**  
*(2nd Tuesday, every other month)*  
Mt. Success Meeting Room  
Androscoggin Valley Hospital

**Post-Weight Loss Support Group:**

**Tuesday, Apr. 9 • 5:30-6 PM**  
**Tuesday, Jun. 11 • 5:30-6 PM**  
*(2nd Tuesday, every other month)*  
Mt. Adams Meeting Room  
Androscoggin Valley Hospital

*Host: Catholic Medical Center's  
The New England Weight  
Management Institute at  
Androscoggin Valley Hospital  
59 Page Hill Road | Berlin, NH  
603.326.5982*

## **BEREAVEMENT SUPPORT**

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

## **BREAST CANCER SUPPORT**

**1st Wednesday, 3:30-5 PM**  
Dartmouth-Hitchcock  
Medical Center  
1 Medical Center Drive  
Lebanon, NH  
*Ellen Curri 603.650.5789*

## **SUPPORT GROUP FOR PEOPLE WITH DIABETES**

**3rd Tuesday, 7 PM**  
Weeks Medical Center  
Board Room  
173 Middle St. | Lancaster, NH  
*Kelsey M. McCullough, RD, LD:*  
603.788.4911 x4157

**1st Tuesday, Every Other Month**  
**May 7 • 6 PM**

*"Low Carb Diets and Diabetes"*  
Androscoggin Valley Hospital  
Mt. Adams Meeting Room  
59 Page Hill Road | Berlin, NH  
*Roberta Balon 603.326.5692*

## **DOMESTIC VIOLENCE SUPPORT**

Support Center at Burch House  
PO Box 965 | Littleton, NH  
603.444.0624 | <http://www.tccap.org/services/health/domestic-violence/>

## **FAMILY SUPPORT GROUPS**

**Wednesday, 6-7 PM**  
33 Main Street | Littleton, NH  
603.444.1300

**Every 3rd Thursday**  
**11:30 AM-12:30 PM**  
Weeks Medical Center  
Board Room  
173 Middle St. | Lancaster, NH  
*Margo Cliché 603.788.5221*

## **FIBROMYALGIA AND ME/CFS SUPPORT**

**Every 2nd Sunday, 3-5 PM**  
Androscoggin Valley Hospital  
Mt. Success Room  
59 Page Hill Road | Berlin, NH

**(GSIL) GRANITE STATE INDEPENDENT LIVING PEER MENTOR GROUP**  
76 Main Street | Littleton, NH  
*Nicole Rockwell 603.931.0500*  
[nrockwell@gsil.org](mailto:nrockwell@gsil.org)  
*Jennifer Crowell 603.931.0488*  
[jcrowell@gsil.org](mailto:jcrowell@gsil.org) | [gsil.org](http://gsil.org)

## **HEROIN ANONYMOUS**

**Thursdays, 7:30 PM**  
The Friendship House  
2957 Main St. | Bethlehem, NH  
603.869.2210

## **NARCOTICS ANONYMOUS**

**Mondays, 7 PM**  
United Methodist Church  
2057 Main St. | Bethlehem, NH  
603.869.2015 | [na.org](http://na.org)

**Monday, 7 PM & Friday, 10 AM**  
33 Main Street | Littleton, NH  
603.444.1300

**Mon., Wed., Sat., 7 PM**  
Hope for NH Recovery  
823 Main Street | Berlin, NH  
603.752.9900

**Tuesday, 7 PM**  
First United Methodist Church  
18 Main Street | Littleton, NH  
603.444.5567

**Tuesday, 7 PM & Friday, 7 PM**  
New Beginnings  
24 Main Street | Lincoln, NH  
603.348.4009

**Friday, 8-9 PM**  
Congregational Church  
147 Main Street | Colebrook, NH  
603.237.4980

## **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**

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

## **OVEREATERS ANONYMOUS**

**Monday, 5-6 PM**  
Franconia Community Church  
44 Church Street | Franconia, NH  
603.823.5292

## **PARKINSON'S SUPPORT**

**4th Tuesday**  
Eastern Slope Inn  
2760 White Mountain Highway  
North Conway, NH  
*Tim Coombe 603.447.1889*  
[timandchar@roadrunner.com](mailto:timandchar@roadrunner.com)  
*Maureen Chamberlain*  
603.356.2545  
[mmchambo@gmail.com](mailto:mmchambo@gmail.com)

## **RELATIVE CAREGIVER SUPPORT GROUP**

**1st & 3rd Thursday of every month • 5-6:30pm**  
249 Main Street | Littleton, NH  
*Contact: Nathan Morin,*  
[nathan.morin@frc123.org](mailto:nathan.morin@frc123.org) or call  
603.466.5190

## **SUICIDE/LOSS SUPPORT GROUP**

**1st Thursday, 6:30-8 PM**  
Weeks Medical Center  
173 Middle St. | Lancaster, NH  
*Richard Cotter 603.219.8912*  
*Sara Cotter 603.631.5629*



north country healthcare

8 Clover Lane  
Whitefield, NH 03598

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# Regional Wellness Calendar

April-June 2019



north country healthcare

**Androscoggin Valley Hospital**

603.752.2200 | [avnh.org](http://avnh.org)

**Littleton Regional Healthcare**

603.444.9000 | [littletonhealthcare.org](http://littletonhealthcare.org)

**Upper Connecticut Valley Hospital**

603.237.4971 | [ucvh.org](http://ucvh.org)

**Weeks Medical Center**

603.788.4911 | [weeksmedical.org](http://weeksmedical.org)

**North Country Home Health & Hospice**

603.444.5317 | [nchha.org](http://nchha.org)

*North Country Healthcare is pleased to provide a regional wellness calendar featuring educational sessions and fitness events focusing on a number of health-related topics offered by these healthcare organizations.*

