

# Health & Wellness Calendar

## 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!

**Wednesday mornings, 10–11:30am**

Littleton Regional Healthcare  
Medical Office Building Conf. Room, Level 2  
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 below are at Littleton Regional Healthcare, 600 St. Johnsbury Road, Littleton, NH:

**Wednesday Evenings | 6–8pm**  
**Series 4: July 24, 31, Aug. 7, 14**  
**Series 5: Sept. 25, Oct. 2, 9, 16**

**1-Day Intensive Childbirth Class:**  
**Saturday, July 27, 9am–3pm**  
**Saturday, Sept. 7, 9am–3pm**

**Introduction to Breastfeeding:**  
**Wednesday, Aug. 21, 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 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

### Alpine Pain Management Center

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 Rd | Plymouth, NH

### Alzheimer's Association

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

**Tuesday, Sept. 17, 2019 | 4:30–6pm**  
Know the 10 Signs: Early Detection Matters

**Monday, Nov. 4, 2019 | 12:30–2pm**  
Effective Communication Strategies

**Tuesday, Mar. 17, 2020 | 1–2:30pm**  
Dementia Conversations

**Tuesday, June 16, 2020 | 1–2:30pm**  
Healthy Living for Your Brain and 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.*



### 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.

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

## 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**



## 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. Classes are subject to change.*

**Tuesday, Sept. 10 | 5:30-8pm**  
Intro to Diabetes & Healthy Eating

**Wednesday, Oct. 2 | 5:30-8pm**  
Being Active & Healthy Coping

**Wednesday, Oct. 16 | 5:30-8pm**  
Taking Medication & Monitoring

**Tuesday, Oct. 29 | 5:30-8pm**  
Problem Solving & Reducing Risks for Complications

**Littleton Regional Healthcare  
Conference Room 3  
600 St. Johnsbury Rd | Littleton, NH**  
*For program details or to reserve a seat today, please call Lucy Gordon, RN, BSN, CDE at 603.444.9323.*

## The Doorway at LRH

The Doorway at LRH is part of a statewide initiative to address the growing opioid crisis. LRH will serve 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**

## Financial Assistance

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

## 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.

**Littleton Area Senior Center  
2nd and 4th Tuesday, 10am-1:00pm**  
77 Riverglen Lane | Littleton, NH  
*Please call Anne Marie Donlon at 603.444.6050 x12 to schedule an appointment.*



## Household Products Database

*Provided by: The Gale Medical Library's  
Anna Connors Patient & Family  
Resource Center*

Summer is a time when there is a lot of action both indoors and outdoors, when children are on school vacation and we are out and about more often. It's a carefree time to enjoy the fresh air and beauty of our surroundings. The last thing on our minds is the potential health effects of things we use at these times, such as bug spray, lawn care fertilizers, and pet flea and tick control products. Some of these can be dangerous if not used the right way. To learn more about these everyday products, visit <https://hpd.nlm.nih.gov>.

## Nutrition Education & Counseling

Littleton Regional Healthcare's Registered Dietitian, Ashley Wentworth, MS, RD, LD, provides services for inpatients and outpatients. 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.

Ashley also provides a community wellness blog where you can find nutrition and wellness news, learn new cooking skills, and experiment with delicious recipes to keep you healthy, or get on the right track.

**Contact: Ashley Wentworth, MS, RD, LD  
603.444.9545 | [awentworth@lrhcares.org](mailto:awentworth@lrhcares.org)  
Blog: <http://lrhblogs.org/nutrition>**

## 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-5:30pm.*

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

## SPRING SAVINGS\*

- Sunscreens - Various Manufacturers and sizes: Badger®, Leader®, Blue Lizard®, Cerave®, Coppertone®, Banana Boat®, Fruit of the Earth®, Neutrogena® and more. \$5.98-\$16.15
- Leader® Aloe Vera Gel 16 oz - \$4.99
- Leader® Aloe After Sun Lotion 16 oz - \$4.99
- BioFreeze® 3oz gel, 2.5 oz roll-on, or 89 mL spray - \$12.99
- Ben's® 30% Deet Tick and Insect Repellent 6 oz - \$6.26
- Badger® Anti-Bug Shake and Spray 4 oz - \$10.20
- Loratadine 10mg, 90 tablets - \$7.99
- Cetirizine 10mg, 90 tablets - \$8.18

*\*valid until Sept. 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  
603.356.1600 | [thealpineclinic.com](http://thealpineclinic.com)



## Red Cross Blood Drives at LRH

*It feels great to donate!* You will be someone's hero by helping to ensure that blood is on the shelf when needed. Plus, you get free juice and cookies! It only takes about one hour of your time to help save a life. To be able to donate blood, you must be in good general health, be at least 17 years old, and weigh at least 110 lbs. For more general information about giving blood, visit their website.

Appointments to participate in the blood drive can be made by calling 1-800-RED CROSS or by visiting [www.redcrossblood.org](http://www.redcrossblood.org). The LRH Sponsor code is LITTLETONREGIONAL. You will need this code in order to schedule an appointment.

*Reduce the time you spend at the blood drive by up to 15 minutes! Visit [www.redcrossblood.org/RapidPass](http://www.redcrossblood.org/RapidPass) for more information.*

**Wednesday, July 3 | 9am-2pm**  
**Friday, August 16 | 11am-5pm**  
**Tuesday, September 24 | 11am-5pm**  
**Friday, October 18 | 11am-5pm**  
**Friday, December 20 | 11am-5pm**

## Save the Date! Health Rocks Fall Wellness Fair

**Wednesday, Oct. 23 | 4-7pm**

A FREE family event featuring Flu Shots and Health Screenings.

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

## 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

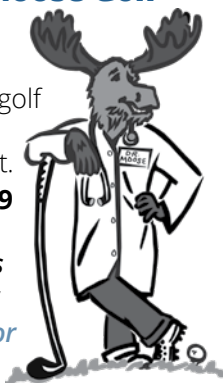
## 24th Annual Dr. Moose Golf Tournament

Join LRH for a round of golf on NH's finest golf course—at the OMNI Mt. Washington Resort.

**Friday, Aug. 23, 2019**  
**Tee off times:**

*9am - 18-hole teams  
Noon - 9-hole teams*

Call Gail Clark, Director  
of Marketing &  
Community Relations  
at 603.444.9304 to register!



## LRH is looking for new volunteers!

Are you interested in becoming a Volunteer? LRH currently has a large and vibrant group of volunteers, but there are always areas in need. Volunteers improve the patient and family experience through outstanding customer service skills and understanding.

Volunteering at LRH offers you the opportunity to make new friends while helping patients and their families navigate throughout the hospital and medical office building.

*For an application packet, or more information, please contact Bibbit Haney at 603.444.9207 or e-mail her at [ehaney@lrhcares.org](mailto:ehaney@lrhcares.org).*

## YoFlow Yoga

A yoga class for all fitness levels.

**Mondays | 5:30-6:30pm**  
**July 1, 8, 15, 22, 29 & August 5**

Littleton Regional Healthcare  
Medical Office Building

Contact Carrie at 603.991.7302 for  
more information.

## Yoga

**Mondays | 1:00pm**

Littleton Area Senior Center  
77 Riverglen Lane | Littleton, NH

Contact: Anne Marie Donlon  
603.444.6050 x12.

## LRH AUXILIARY CORNER

### Showing of *Almost, Maine*

Join the LRH Auxiliary for an evening out at Jean's Playhouse!

**Friday, Sept. 13th**

*Almost, Maine* is a show featuring a series of loosely connected tales about love, each with a compelling couple (and a touch of sorcery) at its center, all happening in the small town of Almost, Maine. The LRH Auxiliary will host a raffle on the night of the event with 50+ themed baskets. Proceeds from this event benefit Littleton Regional Healthcare.

Jean's Playhouse  
34 Paper Mill Dr | Lincoln, NH  
Reserve your tickets to see *Almost, Maine* now by calling Gail Clark at 603.444.9304.

## WAYS TO GIVE

Now you can support Littleton Regional Healthcare just by shopping on *Amazon.com* using AmazonSmile!

### What is 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. Please call Gail Clark, Director of Development, Marketing and Community Relations to learn more at 603.444.9304.*

## NEW HEALTHCARE PROVIDERS

### LRH is pleased to announce the appointments of:

**Dr. Francis Lee, MD, MBBS, ABSM, ABIM (Pulmonary & Internal Medicine) FAASM, FCCP** to the LRH Medical Staff.

Dr. Lee specializes in Pulmonary and Sleep Medicine. He will serve as the hospital's Medical Director for Pulmonary Medicine, and co-direct Sleep Medicine with Dr. Irving Smith. His practice is located on campus at the North Country Pulmonology and Sleep Medicine Clinic, and is presently accepting new consults in both specialties.

*For an appointment, call 603.259.7780.*

**Dr. Eric W. Emig, Radiologist**, to LRH's Diagnostic Imaging Center. Dr. Emig joins Dr. Harlan G. Herr, Radiologist. Dr. Emig brings over 22 years of experience in diagnostic imaging and radiology.

*For Diagnostic Imaging questions, please call 603.444.9536.*

## LRH Departments

<b>ALLERGY MEDICINE</b> . . . . .	603.444.2450
<b>AUDIOLOGY</b> . . . . .	603.259.7692
LRH Audiology	
<b>CARDIOLOGY</b> . . . . .	603.444.9605
<b>DERMATOLOGY</b> . . . . .	603.259.7706
Dartmouth-Hitchcock Medical Center	
<b>FACIAL PLASTICS &amp; SURGICAL DERMATOLOGY</b> . .	603.444.2450
North Country Otolaryngology	
<b>GASTROENTEROLOGY</b> . . . . .	603.259.7798
LRH Gastroenterology	
<b>GENERAL SURGERY</b> . . . . .	603.444.0997
Surgical Associates	
<b>NEUROLOGY</b> . . . . .	603.444.9609
Neurology Associates	
<b>OBSTETRICS/GYNECOLOGY</b> . . . . .	603.444.9371
North Country Women's Health	
<b>OCCUPATIONAL HEALTH</b> . . . . .	603.444.9294
<b>ONCOLOGY/HEMATOLOGY &amp; INFUSION SERVICES</b>	603.444.9376
Dartmouth-Hitchcock Norris Cotton Cancer Center	
<b>OPHTHALMOLOGY</b> . . . . .	603.444.2484
Eye Associates of Northern New England	
<b>ORAL &amp; MAXILLOFACIAL SURGERY</b> . . . . .	603.444.0003
North Country Oral & Maxillofacial Surgery	
<b>ORTHOPAEDICS</b>	
The Alpine Clinic	
Franconia . . . . .	603.823.8600
Littleton . . . . .	603.259.7700
North Conway . . . . .	603.823.8600
Plymouth . . . . .	603.536.2270
Alpine Pain Management Center . . . . .	603.575.6300
Alpine Spine Center . . . . .	603.575.6300
<b>OTOLARYNGOLOGY (Ear, Nose &amp; Throat)</b> . . . . .	603.444.2450
North Country Otolaryngology	
<b>PHARMACY</b> . . . . .	603.444.9024
North Country Pharmacy	
<b>PODIATRY</b> . . . . .	603.788.5288
Weeks Medical Center Podiatry	
<b>PRIMARY CARE</b>	
North Country Primary Care RHC . . . . .	603.444.7070
Behavioral Health . . . . .	603.444.7070
Family Medicine . . . . .	603.444.7070
Internal Medicine . . . . .	603.444.7070
Pediatrics . . . . .	603.444.7070
Palliative Care . . . . .	603.444.9055
<b>PULMONOLOGY &amp; SLEEP MEDICINE</b> . . . . .	603.444.7780
North Country Pulmonology	
<b>RHEUMATOLOGY</b> . . . . .	603.259.7599
North Country Rheumatology	
<b>UROLOGY</b> . . . . .	603.444.0385
Littleton Urological Associates	

# AREA SUPPORT GROUPS

## **ALCOHOLICS ANONYMOUS** NH Area Assembly (800) 593-3330 | [aa.org](http://aa.org)

### **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 St. | Littleton, NH  
603.444.5567

### **Saturday, 8:30–9:30 AM**

Littleton Regional Healthcare  
Conference Rooms 1 & 2  
600 St. Johnsbury Rd. | Littleton, NH  
603.444.9000

### **Friday, 7–8 PM**

**Sunday, 9–10 AM**  
The Friendship House  
2957 Main St. | Bethlehem, NH  
603.869.2210

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

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

### **Tuesday, 6–7 PM**

First Congregational Church  
189 Main St. | Littleton, NH  
603.444.3376

### **Sunday, 6–7 PM**

Trinity United Methodist Church  
18 Lancaster Rd. | Whitefield, NH  
603.837.9525

## **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

## **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/](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

## **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](http://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](http://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](mailto: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](mailto:gclark@lrhcares.org) or 603.444.9304.



The convenience of urgent care.  
The backing of an entire healthcare organization.

## OPENING SOON LITTLETON URGENT CARE

at Littleton Regional Healthcare

COMPETITIVE, AFFORDABLE RATES | CONVENIENT HOSPITAL LOCATION

SEVEN DAYS A WEEK, 9 A.M. - 8 P.M.

NO APPOINTMENT NECESSARY

Experience expert-level urgent care at a competitive cost for non-emergency health conditions ranging from x-ray and lab services to minor sprains, injuries and illnesses.

LITTLETON   
REGIONAL HEALTHCARE

600 St. Johnsbury Road  
Littleton, NH 03561

# LRH Health & Wellness Calendar

July–Sept. 2019



LITTLETON   
REGIONAL HEALTHCARE

600 St. Johnsbury Road  
Littleton, NH 03561  
603.444.9000  
[littletonhealthcare.org](http://littletonhealthcare.org)

*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.*