

# 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 1:**

**Jan. 16, 23, 30, Feb. 6 • 6–8:30pm**

**Series 2:**

**Mar. 13, 20, 27, Apr. 3 • 6–8:30pm**

Androscoggin 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, Feb. 13 • 6–8pm**

Androscoggin 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.

**Friday, Jan. 25 • 10–11:30am**

**Friday, Feb. 22 • 10–11:30am**

**Friday, Mar. 22 • 10–11:30am**

Androscoggin Valley Hospital  
59 Page Hill Road | Berlin, NH  
*Contact: (603) 326-5882 for more information.*

### Sibling Tours at AVH

The Sibling Tours at Valley Birthplace at AVH are for parents and children expecting the arrival of a new baby brother or sister.

**Sunday, Jan. 20 • 2–3pm**

**Sunday, Feb. 10 • 2–3pm**

**Sunday, Mar. 17 • 2–3pm**

Androscoggin 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 1: Jan. 16, 23, 30, Feb. 6 | 6–8pm**

**Series 2: Mar. 20, 27, Apr. 3, 10 | 6–8pm**

### 1-Day Intensive Childbirth Class:

**Saturday, Feb. 9 • 9am–3pm**

**Saturday, Mar. 23 • 9am–3pm**

### Introduction to Breastfeeding:

**Wednesday, Feb. 13 • 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.

*Visits available by appointment only.*

**Highland House**  
4th Monday every month • 9-10am  
30 Highland Street | Whitefield, NH  
(603) 834-2626

**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 Education at LRH

If you or someone you know has diabetes, please call for information about Diabetes Self-Management and Education training.

**Office hours: Monday-Thursday, 8am-4:30pm.**

Our program is accredited by American Association of Diabetes Educators.

**Littleton Regional Healthcare**  
600 St. Johnsbury Rd | Littleton, NH  
Contact: Lucy Gordon, RN, Certified Diabetes Educator at (603) 444-9323.

## Diabetes, Prediabetes, and Prevention - Discussion

**Thursday, Mar. 21 • 9am**

**North Country Community Recreational Center**  
33 Rec Center Rd | Colebrook, NHH  
Contact: (603) 237-4019

## 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 2 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

**Opening in January!** 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 in early January:



**The Doorway at AVH**  
Androscoggin Valley Hospital  
AVH Professional Center  
7 Page Hill Road | Berlin, NH  
*For initial information, please call James Patry at (603) 326-5606.*



**The Doorway at LRH**  
Littleton Regional Healthcare  
11 Riverglen Lane | Littleton, NH  
*For initial information, please call Gail Clark at (603) 444-9304.*



## 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 NCHHA 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, Jan.–Mar., 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.*

## Medicare Counseling

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

**Jan. 9, Feb. 13, Mar. 13 • 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.*

## All Of Me – A Documentary on Eating Disorders

Kingdom County Productions is proud to launch its new documentary film **All of Me** by award-winning filmmaker Bess O'Brien. **All of Me** focuses on the lives of men and women who are caught in the downward spiral of eating disorders and their struggle to regain a sense of self-compassion and healing. The film also focuses on parents who struggle with their children around this devastating disease.

**Wednesday, Feb. 20 • 6–8pm**

**Littleton Regional Healthcare**  
**Physicians' Conference Center**  
**Conference Rooms 1, 2, 3**  
580 St. Johnsbury Rd | Littleton, NH  
*Contact: Ashley Wentworth, MS, RD, LD, at (603) 444-9545 for more info.*

## NEW Healthcare Providers

AVH Surgical Associates welcomes back **Jay SoloRio, MD**, Orthopaedic Surgeon. Dr. SoloRio joins the orthopaedic and sports medicine team of Christopher FitzMorris, DO, MPA; Richard Lorenz, PA-C; and Jessica Lorenz-Armstrong, PA-C. Services include the diagnosis and medical/surgical treatment of arthritis; bursitis/tendinitis; carpal tunnel syndrome; hip, knee, and foot problems; industrial injuries; osteoporosis; rotator cuff injuries and tears; shoulder arthroscopies; sports injuries, including ACL tears; and sprains/strains. *To schedule an appointment, call the AVH Professional Center: (603) 752-2300.*

LRH welcomes **Anthony Arthur Salerni, MD**, Neurological Spine Surgeon, to The Alpine Clinic—the largest orthopaedic practice in northern New Hampshire. Dr. Salerni joins Andrew L. Chen, MD; Dougald MacArthur, DO; Jeffrey Kauffman, MD; Eric Mullins, MD; Daniel O'Neill, MD, Ed.D, FAAOS; James Glazer, MD, FACS; Jean Langevin, MD; and Pain Management specialists Greg Aprilliano, MSNA, CRNA, and Frank Valenti, MSNA, CRNA. All of the orthopaedic surgeons are board certified, and fellowship trained in orthopaedic specialties of adult and pediatric sports medicine, trauma, total joint replacement of the hip, knee, shoulder, and hand and upper extremities. *To schedule an appointment, call The Alpine Clinic at (603) 823-8600.*



## Celebrate National Doctors Day with us!

National Doctors' Day in the United States was established to recognize physicians, their work, and their contributions to society and the community. National Doctors' Day falls on **March 30** each year.

The first Doctors' Day observance was held March 30, 1933, by the Barrow County Alliance, in Winder, Georgia.

## 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@weeksmc.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.

**Littleton Regional Healthcare Medical Office Building, Suite 22**  
580 St. Johnsbury Rd | Littleton, NH  
(603) 575-6300

*Office hours: Monday-Friday, 9am-3pm*

## 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.*

## WINTER SAVINGS\*

- Nicotine Patches  
21mg, 14mg, 7mg; 14ct - \$22.82
- Nicotine Gum  
2mg and 4mg, 50ct - \$14.17
- Medicated Chest Rub (compare to Vicks® Vapor Rub) 50g - \$2.99
- Childrens Cough DM, orange or grape (compare to Delsym®) 3oz - \$5.99
- Daytime Cold & Flu Relief, Soft Gels (compare to Vicks® Dayquil® Cold & Flu) 24ct - \$4.99
- Nighttime Cold & Flu Relief, Soft Gels (compare to Vicks® Nyquil® Cold & Flu) 24ct - \$4.99
- Badger® Balms 2oz, various: Sore Joint, Muscle, Cooling Muscle, Foot Balm - \$8.50
- Badger® Lip Balms various sizes and flavors - prices may vary

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

## Save the Date! Spring Into Action Wellness Fair

**Thursday, Apr. 11 • 4-7pm**

**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*

## When a Loved One has Cancer - Discussion

**Thursday, Jan. 17 • 9am**

**North Country Community Recreational Center**  
33 Rec Center Rd | Colebrook, NH  
*Contact: (603) 237-4019*

## 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

### 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. • 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](mailto: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. **Please call for more information.**

### Coos County

(603) 752-4103 or [rsvp@tccap.org](mailto:rsvp@tccap.org)

### Weeks Medical Center

173 Middle Street | Lancaster, NH  
Nadine Gilcris PTA (603) 788-5009

## Red Cross Blood Drives

Thursday, Jan. 3 • 10:30am–4:30pm

Thursday, Mar. 7 • 10:30am–4:30pm

St. Rose of Lima Church  
82 High Street | Littleton, NH

Tuesday, Jan. 8 • 11:30am–5pm

Tuesday, March 5 • 11:30am–5pm

Congregational Church  
147 Main Street | Colebrook, NH

Tuesday, Jan. 15 • 11am–4pm

Tuesday, Mar. 12 • 11am–4pm

Androscoggin Valley Hospital  
59 Page Hill Road | Berlin, NH

Friday, Jan. 18 • 11am–4pm

Friday, Mar. 22 • 11am–4pm

New England Wire  
130 North Main Street | Lisbon, NH

Monday, Jan. 21 • 12–5pm

Thursday, Mar. 14 • 12–5pm

Colonel Town Community Center  
16 High Street | Lancaster, NH

Thursday, Jan. 24 • 12–5pm

Thursday, Mar. 28 • 12–5pm

St. Francis Parish Center  
28 State Street | Groveton, NH

Thursday, Feb. 14 • 12–5pm

Berlin VFW

1107 Main Street | Berlin, NH

Friday, Feb. 15 • 11am–5pm

Littleton Regional Healthcare

600 St. Johnsbury Rd | Littleton, NH

1-800-RED-CROSS | [redcrossblood.org](http://redcrossblood.org)

## 112th Annual Community Meeting

Monday, Jan. 21 • 5–6pm

Littleton Regional Healthcare  
Cafeteria

600 St. Johnsbury Rd | Littleton, NH  
Call (603) 444-9588 for more information.

## 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

## LRH's North Country Women's Health Conference

Enjoy keynote speaker, Jana Stanfield, a funny, musical motivational speaker!



**Mon., May 13, 2019**

OMNI Mount Washington Resort  
Presidential Conference Center & Spa  
Route 302 | Bretton Woods, NH  
For more information, please call  
(603) 444-9304.

## YoFlow Yoga



A yoga class for all fitness levels.

**Mondays and Thursdays, 5:30–6:30pm**

Contact *Carrie* at (603) 991-7302 for  
more information.

## YOUR HOSPITAL AUXILIARY

### AVH Auxiliary Membership Meetings

**Monday, Feb. 4 • 5pm**

Topic: AVH/NCH Update

Guest Speaker: *Michael Peterson,*  
FACHE, AVH President

**Monday, Mar. 4 • 5pm**

Topic: *How to Respond to an*  
*Active Shooter*

Guest Speaker: *Brian O'Hearn, MBA,*  
*BSN, CEN, AVH Chief Nursing Officer/*  
*VP, Patient Care Services*

Androscoggin Valley Hospital

Mt. Success Meeting Room

59 Page Hill Road | Berlin, NH  
Contact: (603) 326-5676

### LRH Auxiliary Board Meeting

**Wednesdays**

**Jan. 2, Feb. 6, Mar. 3 • 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

### LRH Dining for a Cause

at the 99 Restaurant

Watch for details!

### Super Shoes Uniform and Shoe Sale

**Thursday, Mar. 21 • 7am**

Littleton Regional Healthcare  
Lower Atrium

600 St. Johnsbury Rd | Littleton, NH  
Contact: (603) 444-9304



### UCVH Annual Meeting

**Thursday, January 31, 2019**

The Tillotson Center in Colebrook  
Contact: *Paula Ehly* (603) 388-4299



## WMC Auxiliary Membership Meeting

Thursday, Mar. 14 • 5-6:30pm

Weeks Medical Center  
173 Middle Street | Lancaster, NH  
Contact: Margo Cliché (603) 788-5221

## WMC Books Are Fun Sale

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 Sale

Wednesday, Feb. 6 • 7am

Weeks Medical Center  
(corridor leading to the cafeteria)  
173 Middle Street | Lancaster, NH  
Contact: Margo Cliché (603) 788-5221

## Banana Yogurt Shake

This recipe can also be used as a dip for fruit.  
Makes 2 servings (½ cup fruit per person)

- ¾ cup nonfat milk
- 2 small bananas, peeled
- ½ cup lowfat plain yogurt
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla
- 1/16 teaspoon nutmeg
- ½ cup ice cubes



Whirl all ingredients in blender until smooth. Serve immediately.

Nutrients per serving: 160 calories, 1.5g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 85mg sodium, 32g carbohydrate, 3g dietary fiber, 7g protein. Diabetic Exchanges: 1 fruit, 1 milk. Recipe from <http://www.fruitsandveggiesmatter.gov>

## Berry Blast Smoothie

8 servings (1 cup fruit per person)

- 2 cups blueberries
- 2 cups raspberries
- 2 cups strawberries
- 2 cups blackberries
- 1 cup 100% cran-raspberry juice
- 2 cups ice
- 1 cup lowfat blueberry yogurt



Whirl all ingredients in blender until smooth. Serve immediately.

Nutrients per serving: 100 calories, 1g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 25g carbohydrate, 6g dietary fiber, 2g protein. Diabetic Exchanges: 1 fruit. Recipe from <http://www.fruitsandveggiesmatter.gov>

## Happy New Year!



About now, most of us are trying to decide on a New Year's Resolution, and most of us will choose something regarding weight, food, or exercise. It's great that we all want our health to be a priority, but New Year's resolutions don't usually stick, and making weight goals is actually a good way to end up gaining weight (yes, really!). Weight is not the best measure of health, and restricting certain foods or setting rigid exercise goals typically have the opposite effect of what we intended. Focusing on these things and practicing restriction creates negative relationships with our bodies and with food. So, instead of making a resolution to lose 10 pounds, stop eating sugar, or exercise for an hour every day, try these suggestions instead. You don't have to make them into a resolution, just include them in your daily routine instead of setting yourself up for failure when you can't meet your resolution goal.

**Give yourself permission to eat.** Setting rules for foods that are "off-limits" or "good" and "bad" foods makes our mind and bodies want them more and enforces the idea that we can't control our bodies or minds. There is room for all foods. Weight gain does not occur from indulging in one thing you enjoy every few days.

**Eat mindfully.** Paying closer attention to hunger and fullness cues that your body gives is a great way to give the body what it needs. Eating more slowly and paying attention to the taste, smell, and texture of your foods gives your body a more satisfied feeling. Gobbling up a piece of chocolate cake because you think you shouldn't be eating it will only make you want more of it. If you eat that same piece of chocolate cake slowly, actually take the time to enjoy it, you may find that you don't end up eating all of it.

Give these suggestions a try this year and start repairing your relationship with food. Eating is meant to sustain life but also give us enjoyment.

For more articles and information like this, please check out our North Country Nutrition and Wellness Blog by our Registered Dietitian: <http://lrhblogs.org/nutrition/>



# AREA 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. Success 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, 9-10 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**  
Salvation Army  
15 Cole Street | Berlin, NH  
(603) 752-1644

## **ALL RECOVERY MEETINGS**

**Mon-Fri, 10 AM** *All Recovery*  
**Mon-Fri, 2 PM** *Coloring Café*  
33 Main Street | Littleton, NH  
(603) 444-1300

## **PRE- AND POST-OBESITY** **SURGERY SUPPORT GROUP**

**Post-Obesity Support Group:**  
**Tuesday, Feb. 12 • 5:30-6 PM**  
*(2nd Tuesday, every other month)*  
Mt. Adams Meeting Room  
Androscoggin Valley Hospital

**Pre-Obesity Support Group:**  
**Tuesday, Feb. 12 • 6-7 PM**  
*(2nd Tuesday, every other month)*  
Mt. Success Meeting Room  
Androscoggin Valley Hospital  
*Hosted by Catholic Medical Center*  
*at Androscoggin Valley Hospital*  
59 Page Hill Road | Berlin, NH  
(603) 326-5797

## **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*

## **CANCER SUPPORT GROUP**

**2nd & 4th Wednesdays • 1 PM**  
Weeks Medical Center  
Board Room 219  
173 Middle St. | Lancaster, NH  
*Tracy Lang: [etlang2002@yahoo.com](mailto:etlang2002@yahoo.com)*

## **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**  
**January 8 • 6 PM**  
*(2nd Tues. due to holiday)*

"Blood Glucose Targets:  
What's in a Number?"

**March 5 • 6 PM**  
"Take 5 Basic Stretching and  
Moving Activities"

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)*

## **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*

*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.*



north country healthcare

8 Clover Lane  
Whitefield, NH 03598

# Regional Wellness Calendar

Jan.–Mar. 2019



north country healthcare

## **Androscoggin Valley Hospital**

603.752.2200 | [avnhh.org](http://avnhh.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 | [nchhha.org](http://nchhha.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.*