

Health Beat

WINTER | 2019

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Stay Active in 2019!

Local Opportunities to Stay Fit

Are you hoping to be more active in 2019? There are many opportunities in Central New Hampshire to connect with others and keep active year-round. You may be surprised at what hidden opportunities are awaiting you, just down the road. To get you started, we begin with this short list. Join your peers in the quest to live a healthier, more active life!

AllWell Striders

An opportunity for everyone to enjoy walking or running on ALLWell North (George Davis Track), a 200-meter indoor state-of-the-art track, for free.

- www.campus.plymouth.edu/center-for-healthy-communities/projects/community-programs-and-registration/
- Monday – Friday: 6:00am - 8:00am & 11:30am - 1:00pm
- (603) 535-2578

Appalachian Mountain Club

Get outdoors. Learn new skills. Meet new people. Have fun. When you join the country's oldest outdoor club, you can do all this - while helping to protect the mountains, forests, waters, and trails of the Northeast.

- www.amc-nh.org/calendar/activities_socials/

D Acres of New Hampshire

Most of the 180 acres is forest land and a wonderful place to explore. Offering a trail system with over 6 miles of trails for year-round recreational activities, such as hiking, biking, skiing, and snowshoeing. Open to all, so please come and enjoy!!

- www.dacres.org/events/events.html

Holderness Free Library

Free Chair Yoga

- Mondays 9:05-10:05am
- www.holdernessfreelibrary.org/
- (603) 968-7066

Holderness Recreation

Offering basketball, volleyball, yoga, badminton, swing dancing, tai chi, and exercise classes.

- 603-968-3700
- www.holderness-nh.gov/public_documents/holdernessnh_recreation/

Lin-Wood Senior Center

Located in the heart of New Hampshire's majestic White Mountains in Lincoln, classes are free and donations welcome. RSVP for Bone Builders every Mon & Wed 10:30am - 11:30am.

- 603-745-4705
- www.gcsc.org/linwood.html

Lincoln-Woodstock Recreation Department

Many activities for kids and adults. Visit the Lincoln-Woodstock Recreation Department Facebook page for updates.

- 603-745-8958
- www.lincolnnh.org/recreation

Meredith Whole Living Center

The studio offers a variety of yoga, movement, and barre classes plus periodic workshops and events. Mats, water, and equipment are always included, so you can drop in any time.

- 603-279-0007
- www.meredithwholeliving.com/

Newfound Lake Region Association

Programs include guided hikes and paddle tours.

- www.newfoundlake.org/events/

Newfound Regional Senior Center

Located in the beautiful Lakes Region in Bristol, all are welcome for a variety of activities.

- RSVP: BONE BUILDERS (Tuesday and Friday at 9:30am)
- 603-744-8395
- www.gcsc.org/newfound.html

Over the Hill Hikers

The 2019 Ski and Snowshoe schedule includes outings that are designed for all levels. They are typically easy/flat and shorter in distance. Following the outing, the host offers lunch.

- www.overthehillhikers.blogspot.com

Pemi-Baker Valley Pickleball

Come play a fun sport that combines many elements of tennis, badminton, and ping-pong. Free paddles are available for use.

- (603) 536-2629

Plymouth Regional Senior Center

Located in the historic B&M train station, the Center plays an integral role in Plymouth and its surrounding communities. Stop by or call to learn more about daily activities, including Bone Builders, Tai Chi & Dao Yi, Gentle Yoga Classes, Chair Yoga, and Country Line Dance Lessons.

- www.gcsc.org/plymouth.html
- (603) 536-1204

Plymouth State University Community Swim

- athletics.plymouth.edu/information/Athletic_Facilities/Descriptions/PECenter
- (603) 535-2770

Plymouth State University Ice Arena

General Public Special Sessions and Other Services (times and prices vary, check online schedule).

- www.campus.plymouth.edu/arena/live-schedule/
- (603) 535-2758

Squam Lakes Association

Full calendar of guided hikes.

- www.squamlakes.org/events
- (603) 968-7336

Tapply-Thompson Community Center

Offering fitness programs from youth to adult including badminton, basketball, karate, kickboxing, pickleball, Shape Up Newfound exercise classes, and volleyball.

- 603-744-2713
- www.tccrec.org/p/adult-programs/

Waterville Valley Athletic and Improvement Association

Waterville Valley is home to the oldest network of trails in the northeast. Activities include hikes, snow shoeing, Nordic skiing, trail work and croquet. There is no fee for members to participate in most activities, and for the few exceptions, members receive a discounted fee.

- www.wvaia.org/activities/





Winter Ski Tips

Prevent Injuries this Season

This is ski country and many of us learned to ski not long after we learned to walk. But even the most skilled skier can be out for an entire season without the proper preparation or by making one wrong move.

Skiing is a vigorous sport that requires a lot of energy and concentration. Few of us realize just how demanding it is on our bodies. The complex combination of muscle, joint, and ligament movements required in skiing means that even recreational skiers need to be adequately prepared.

To keep skiers strong, RehabFit at Speare is currently offering a Strength Interval Training class for all fitness levels that can get you where you need to be before you hit the slopes.

“A majority of ski injuries can easily be prevented if you condition your muscles,” says Rebecca Chase, MS CSCS RCEP, exercise specialist at RehabFit.

Other factors that lead to ski injuries include improper ski length, boot and binding fit, and incorrect technique and positioning. Above all, it is important to maintain balance and control.

Prevent Injuries by Keeping:

- Hands & body weight forward
- Legs parallel
- Hips above knees
- Arms forward
- Hips, knees & ankles flexed equally

Common Injuries & Prevention:

Knee sprain is the most common injury on the slopes, and medial collateral ligament (MCL) and anterior cruciate ligament (ACL) tears top the list. These occur when you strain the knee, bending it in the opposite direction from normal, and tearing or stretching the ligament around the joint too far. Wearing a brace designed to protect the knee can prevent this injury from happening and can help you recover if an injury does occur.

MCL tears can happen when you fall down the hill with your ski tips pointed toward one another in a snowplow position, which is the common slow or stop position. These injuries can be prevented by making sure that your weight is balanced when you are in the snowplow position.

ACL tears often occur when landing from an off-balance jump. The boot drives your lower leg forward, pushing on your calf and rupturing the ACL. This can be prevented by landing with your weight forward. ACL injuries also occur in “phantom foot” accidents. These occur when you try to prevent a fall by standing, and all your weight goes on the outside of one ski while your arms and body twist away from that leg. Avoid this by not trying to stand and instead accept and go with the momentum of the fall.

Shoulder dislocation can happen when you attempt to break a fall by outstretching your hand or by falling directly on your shoulder with the right amount of force. Using detachable ski poles is the best way to prevent such injuries. Wearing shoulder supports can also prevent shoulder fractures.

Thumb injury, especially a tear to the ulnar collateral ligament (UCL), is very common. Called skier’s thumb, it occurs when you fall on your ski pole while holding it with your outstretched hand. The force of the pole into your palm tears the ligament. Releasing your ski pole while falling is the best way to prevent this injury.

There is an art to falling:

- Don’t jump unless you know where & how to land
- Keep arms up & forward, feet together, and hands over skis
- Keep knees flexed, don’t fully straighten
- Don’t land on your hand
- When you’re down - stay down
- Get up once you’ve fully stopped

“A majority of ski injuries can easily be prevented if you condition your muscles.”

–Rebecca Chase,
MS CSCS RCEP

Keep in mind that many injuries happen at the end of the day, when people overexert themselves. You need to recognize when your muscles and ligaments are tired and when it is time to rehydrate. Don’t ski alone, remember that snowboarders have a blind side, follow the speed of those around you, and ski at your own level.

Physically prepare your body for skiing and enjoy a safe ski season on the slopes of Central New Hampshire!

Strength Interval Training Tuesday/Thursday 6-7PM

FREE for Members!

\$5 for Non-Members

RehabFit | (603) 238-2225

Weight Loss Surgery

It's time. Medical science has determined that weight loss surgery saves lives. Maybe it can save yours or the life of someone you know.

After much anticipation, Plymouth General Surgery has opened its Weight Loss Surgery Center at Speare. Offering two of the most successful and widely performed procedures—gastric bypass and sleeve gastrectomy—patients are now being accepted into the program.

Have you been unsuccessful losing weight for the long-term, even after dieting, exercising, or using medications? Are you highly motivated to become a healthier and fitter person? Do you have a body mass index (BMI) above 40—which means about 100 pounds overweight for men and about 80 pounds for women? Then you may be a candidate for weight loss surgery. Surgery may also be an option if you suffer from life-threatening cardiopulmonary problems like severe sleep apnea, obesity-related heart disease or diabetes, and have a BMI between 35 and 40.

Obesity is a chronic health condition that is very difficult to treat, but weight loss surgery has proven to be a safe and effective way to cure it. Surgery

improves most obesity-related conditions, saving lives. One study found that blood sugar levels of most obese patients with diabetes returned to normal immediately after surgery. Other findings include: control of diabetes, lowered blood pressure and total cholesterol, relief from sleep apnea, severe acid reflux, and urinary stress incontinence, and eased lower back and osteoarthritis pain. Patients also report enhanced mobility and improved mood and self-esteem. Five years after weight loss surgery, patients have usually lost 50–70% of their excess weight.

Dr. James Koren Jr. and Dr. E. James Hanowell, of Plymouth General Surgery, are highly experienced in minimally invasive surgical techniques to help patients achieve weight loss, primarily by limiting how much food your stomach can hold and changing how your body absorbs calories and nutrients.

If you feel that now is the time for you to end the burden of obesity, reserve your spot at the upcoming Weight Loss Surgery Center Info Session on Thursday, February 21st at 5pm at 103 Boulder Point Drive in Plymouth. Call 603-536-5670 or visit SpeareHospital.com/weightloss.



Now at

SPEARE

Memorial Hospital

A Critical Access Hospital

WEIGHT LOSS SURGERY CENTER

at Plymouth General Surgery

Weight Loss Surgery Info Session

Thursday, February 21st
5:00pm

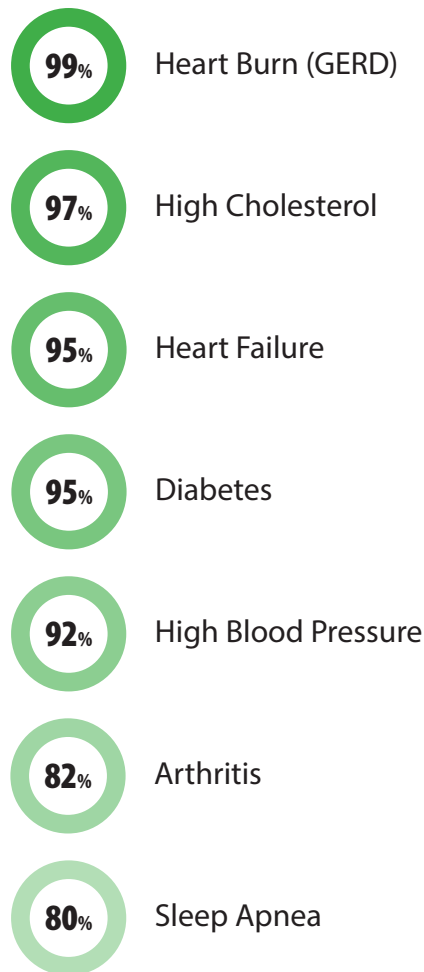
103 Boulder Point Drive
Plymouth, NH

Reserve Your Spot:
(603) 536-5670 or
SpeareHospital.com/weightloss

Did You Know?

Medical conditions associated with obesity are usually cured or significantly improved by weight loss surgery, including the following:

Credit: Wittgrove AC, Clark GW., Obes. Surg. 2000, et al.





Got Lunch!

Speare funds program to relieve hunger

Exhilarating. Worthwhile. Beneficial...*for the children and ourselves.* These are the words that came to mind when women from several local *Got Lunch!* programs in the region were asked to describe the volunteer work they do.

The women gathered when Speare awarded *Got Lunch!* programs in Plymouth, Rumney, Campton/Thornton, and Ashland/Holderness with funding through the hospital's Community Grants Program.

Got Lunch! is a volunteer community organization that provides lunches to school-age children during the summer months, when many children are at nutritional risk because subsidized school lunch programs are not available. Many of the volunteers are retired teachers and social service professionals, who know all-too-well the plight many children face during the summer break.

"I've seen children hungry and looking for food during the school year," says former teacher Margaret Salt of *Got Lunch!* Plymouth, "I have no idea how they would go 10 weeks without anything."

The programs are busy during the winter months collecting and storing nonperishable food with the assistance of area churches, schools, and community partners. On the first Monday after school is out, *Got Lunch!* programs begin delivering five days' worth of food supplies for each child in the homes that have signed up.

"Each program has their own twist, but we all stress healthy foods with lots of fruits and veggies," says Elena Worrall of the Ashland/Holderness program.

The communities are seeking volunteers able to commit two hours on Monday mornings. Schedules are built around volunteer vacation plans. Julie Webster of *Got Lunch!* Campton says the experience is very rewarding and that it's wonderful to see young kids eagerly greet them Monday morning when the deliveries are made.

"We couldn't sustain this program without funding such as the Speare Community Health Grant," says Barbara McElroy, of *Got Lunch!* Plymouth. All funds raised, including the grant from Speare, go directly toward purchasing food.

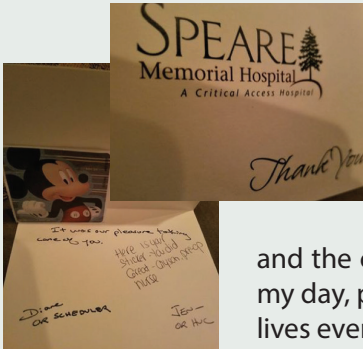
Photo: (top) Julie Webster, Campton; Maggie Brox, Rumney; Carol Perkins, Plymouth; Elena Worrall, Ashland/Holderness; (bottom) Mary Kietzman, Plymouth; Barbara McElroy, Plymouth; Margaret Salt, Plymouth.



Dear Speare...

It was colonoscopy time for me last Thursday, and soon after I arrived and put on the less than fashionable hospital attire, the pre-op nurse, Alyson, came in to attach the monitoring leads to my back. Alyson asked me to lean forward so she could put some "stickers" on my back, and before she had a chance to explain, I asked her "am I getting a sticker because I'm such a good patient?" Alyson laughed and informed me that it was "way too early" to tell if I was a good patient, and then explained the purpose of the stickers.

I laughed out loud when, in the mail today, I got a Thank You card from Speare – complete with a Mickey Mouse sticker from Alyson!



Throughout the entire visit the whole staff went out of their way to make sure that I was comfortable, relaxed, and informed. I want to thank the entire Speare team, who were all equally accommodating and informative in the consultation leading up to my visit.

We are very lucky to have this gem (Speare) serving our greater community and the caring people who make it more than just a hospital. Thank you for making my day, putting a smile on my face, and especially for making a difference in people's lives every day.

–Jay Meegan

Photo: Jay Meegan, outside the Plymouth State University Ice Arena where he is a referee for youth hockey.

Save the Date!

June 6, 2019

21st Annual Speare Memorial Hospital Golf Classic



Owl's Nest Resort & Golf Club

To become a sponsor or to register a team, go
to: spearehospital.com/golf
or call 603-238-2211

The annual Golf Tournament supports Speare's School-Based Dental Health Program. Last year, our sponsors and golfers helped us raise more than **\$36,000!** And, through their generosity, we will provide free or low-cost dental services to more than 1,600 children this school year!



Recipe Ideas

American Irish Stew

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1-1/4 pounds beef, top round, cut into 3/4-inch pieces
- 3 cloves garlic, minced
- salt, to taste
- pepper, to taste
- 1 medium onion, coarsely chopped
- 3 medium carrots, peeled and cut into 3/4-inch pieces
- 2 medium parsnips, cut into large chunks (optional)
- 3 cups low-fat, reduced-sodium beef broth
- 4 medium russet potatoes, peeled and cut into large chunks
- 1 tablespoon chopped fresh rosemary
- 1 leek, coarsely chopped
- 2 tablespoons chopped fresh parsley

Nutritional Information Per Serving

(1 1/4 cups):

- 370 calories
- 8g total fat
- 2g saturated fat
- 43g carbohydrate
- 32g protein
- 6g dietary fiber
- 427mg sodium

Directions:

1. In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper.
2. Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.
3. Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook.
4. Serve hot and garnish with parsley, if desired.

Credit: American Institute for Cancer Research and Diabetic Gourmet.



Free Workshop

Diabetes Self Management

SPEARE PRIMARY CARE

A department of Speare Memorial Hospital

The new Self-Care Workshop from Speare Memorial Hospital is a free, six-week class, for individuals who either have, are at risk for, or are caring for someone with diabetes. This workshop offers fun practical suggestions for eating healthier, setting weekly goals, and becoming physically active. Open to the community!

Mondays, March 4 - April 8
9:30am - 12:00pm

Community Room, 103 Boulder Point Drive,
Plymouth, NH

To register for this workshop, please call or email Rachael L. Brown, LPN:
(603) 238-2194 / rbrown@spearehospital.com



16 Hospital Road
Plymouth, NH 03264

SpeareHospital.com



The 6th Annual

Shamrock Shuffle 5k

SATURDAY, MARCH 16

At Plymouth Regional High School

Registration: 9am | **Race:** 10am

Registration Fee \$10
Children 5 and Under FREE

Register or Become a Sponsor at:

SpeareHospital.com/Shamrock

For more info: (603) 238-2329