

# HEALTH & Wellness

## Building a Healthier Mind

3 ways people can boost their mental health every day

## Eating to Your Advantage

Healthy eating pointers

## Better Rest

The link between sleep and health



## Fitness & Fresh Air

Exercise Guidelines  
For Adults

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*Jonathan Glass, MD, Board Certified in Dermatology, Assistant Professor of Dermatology, Geisel School of Medicine, Dartmouth College*



*Jennifer Kasselmann, DNP, FNP-BC, Dermatology*

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# HEALTH & Wellness

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## Exercise Guidelines For Adults

A physically active lifestyle has been linked to a host of health benefits, including a reduced risk for various chronic diseases and a longer, healthier life. The U.S. Department of Health and Human Services notes that moving more and sitting less benefits people regardless of their age, sex, race, ethnicity, or even current fitness levels. Whether they're adapting to a more physically active lifestyle, already physically active or somewhere in between, individuals can benefit from recognizing the latest physical activity guidelines from the DHHS.

### Adults

The DHHS notes that substantial health benefits can be gained when adults do between 150 and 300 minutes of moderate-intensity aerobic activity each week or between 75 and 150 minutes of vigorous aerobic activity each week. The DHHS notes that aerobic activity, which can include walking, running, cycling, and hiking, among other activities, should be spread out over the course of the week. In addition to aerobic activity, the DHHS urges adults to do muscle-strengthening activities of moderate or greater intensity on two or more days per week.



### Older adults

The DHHS recommends older adults adhere to the same guidelines as younger adults but take some additional steps as well. Older adults are urged to incorporate multicomponent physical activity that includes balance training into their fitness regimens. The DHHS also advises older adults to determine their level of effort for physical activity relative to their fitness level. It's also recommended that older adults with chronic conditions discuss their ability

to engage safely in regular physical activity with their physicians. Vigorous- and even moderate-intensity exercise may not be possible for some older adults with existing conditions.

Routine physical activity can help adults and older adults live longer, healthier lives. Adults of all ages are urged to speak with their physicians about safe ways to become more physically active.



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# Keeping Your Brain Sharp

**C**ognitive decline is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works over time. Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National Institute on Aging. Cognitive decline and dementia are not a certainty of aging. But older adults interested in strengthening their brains may want to consider these strategies.



**Use all your senses**  
Harvard Health says the more senses used in learning something, the more of the brain that is involved in retaining the memory. Studies have shown that images paired with pleasant aromas leads to better recall later on.

**Exercise regularly**  
Staying physically active helps maintain blood flow to the brain, which also helps reduce the risk for hypertension.

**Eat brain-healthy foods**  
According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

**Read and write frequently**  
According to a study in the journal *Neurology*, regular reading and writing in one's older years reduced the rate of memory decline by 32 percent. Joining a book club or simply reading more on one's own can improve cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.

**Drink healthy beverages**  
Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages and limit consumption of alcohol, as neither boasts brain-boosting properties. Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.

# Seniors Can Boost Energy With The Right Foods

**A** nutritious diet is a key component of a healthy lifestyle. And for seniors, the right diet can be a key part of treating any number of health issues. In fact, changing one's diet may be something seniors can consider if they are feeling sluggish. Food can be a helpful ally for seniors dealing with fatigue and low energy. WebMD says eating a balanced diet is one of the ways to improve low energy levels, and that balanced diet should include certain foods that are natural energy boosters.



• **Whole grains:** Switching refined grains for whole grains is a good way to boost energy. These grains are full of complex carbohydrates that help boost metabolism and provide energy. They'll also work longer in the body than the more refined options. Swap out "white" products like breads and rices for whole wheat or brown rice.

• **Lean protein sources:** While protein does not give the same quick boost of energy as a high carbohydrate meal, it will help fuel the body and keep a person feeling full longer. According to *Discovery Senior Living*, protein helps increase concentration levels, produces stronger muscles and helps maintain optimal blood sugar levels. Chicken, tuna and legumes are some notable protein sources.

• **Nuts:** Most nuts are a complete package that provide healthy fats, proteins and amino acids that are good for the body. The fiber and carbohydrates in nuts digest more slowly and help provide a steady supply of energy throughout the day. Replace croutons in salads with nuts, or sprinkle some nuts on oatmeal at breakfast.

• **Fruits and vegetables:** Berries, sweet potatoes, dark, leafy greens, and other produce are low-calorie, low-sugar options for snacks and sides that boost health. They're full of fiber and antioxidants that can ward off illness, and they can provide an energy boost as well. Berries and vegetables can be added to smoothies or salads. The right foods can help seniors restore energy levels and promote overall health.

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# 3 Ways People Can Boost Their Mental Health Every Day

Mental health issues have garnered considerable attention in recent years, but the scope of the global mental health crisis may be even greater than people realize. A recent study co-led by researchers at Harvard Medical School and the University of Queensland that was published in *The Lancet Psychiatry* in fall 2023 concluded that one out of every two people in the world will develop a mental health disorder at some point in their lifetime. That makes mental health disorders a more common problem than cancer, heart disease and other physical ailments that tend to garner more attention than mental health issues. Anyone experiencing mental health issues is urged to speak with a medical professional who specializes in such areas. Mental health issues may not manifest with symptoms like broken bones that common sense suggests require the assistance of a licensed medical professional, but that does not mean issues affecting the mind or a person's outlook do not require the help of someone trained to deal with them. Much like people can heal from a broken bone after seeing a medical professional, individuals confronting mental health issues have much to gain from working with a mental health specialist.

A 2021 study from the United Kingdom-based Mental Health Foundation published in the *American Journal of Health Promotion* found 29 strategies people can employ to protect their mental health. The study considered mental health research and the views of mental health experts, but also input from the general public regarding ways they confront mental health issues. It's important that anyone dealing with mental health issues not conflate these strategies with treatment.



Though they can help protect mental health, they should be seen as a supplement to treatment overseen by a licensed mental health professional. A rundown of the 29 strategies can be found at [mentalhealth.org.uk](http://mentalhealth.org.uk), but the following are three recommendations that anyone can apply in their daily lives.

1. Spend more time in nature. The calming effects of nature have been noted for centuries, if not longer. The American Psychological Association notes that spending time in nature benefits both physical and psychological well-being in humans. Perhaps

that's one reason why participants in the MHF study reported walks in nature was their preferred way to cope with stress stemming from the COVID-19 pandemic in 2020. The Japanese practice of forest bathing has been noted for its positive effects on mental health, but even those without ready access to wooded areas should know that simply spending more time outdoors each day can positively affect mental health.

2. Avoid using drugs or alcohol as a coping mechanism. The MHF notes that any relief offered by drugs and alcohol is temporary and can even

exacerbate existing mental health issues. The American Addiction Centers reports that coping mechanisms are compulsions or habits formed over time that serve to help people manage particular situations or issues, including stress. However, the AAC also notes that not all coping mechanisms are beneficial and some, including drug and alcohol use, are maladaptive and destructive. After a particularly stressful day, or during times when people are experiencing anxiety and/or depression, avoid looking at drugs or alcohol as means to coping.

Spending time in nature has been found to be beneficial to psychological well-being.

3. Get enough sleep. The MHF notes that adults need between seven and nine hours of sleep per night. Some may see seven hours or more per night as a luxury, but it's important that such an outlook changes. The Columbia University Department of Psychiatry notes that there is now robust evidence to support a link between sleep and mental health. Insufficient or even poor sleep has been found to increase negative emotional responses to stressors. Perhaps even more noteworthy is that poor or insufficient sleep decreases positive emotions. So it's vital to recognize the important role that adequate, good-quality sleep has on mental health. These are just a handful of approaches individuals can take to boost their mental health each day.



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Scores of people insist that exercising with a partner is a great way to remain committed to a fitness regimen, and now research is beginning to support that assertion. A 2023 study from researchers in Japan published in the Archives of Gerontology and Geriatrics found that exercising both alone and with a partner two or more times a week helped to lower risk of cognitive impairment, but the risk was decreased by a more significant margin among those who exercised with others.

Authors of the study found that the risk of cognitive impairment decreased by more than 29 percent among individuals who worked out with a partner, which was nearly double the percentage reduction (15 percent) among those who exercised alone.



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# The Link Between Sleep And Mental Health

Sufficient sleep is often an unsung hero of overall health. When people get enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

The American Academy of Sleep Medicine and the Sleep Research Society jointly recommend that adults get at least seven hours of sleep per night. A good night's sleep is often discussed in terms of how it can affect physical health, but adequate rest also can have a profound impact on mental health. Sleep and mental health are intertwined, and the link between the two may be even more significant than was once believed.

• Sleep and depression: The Sleep Foundation notes that sleeping issues have historically been seen as a byproduct of depression. Indeed, the National Center for Biotechnology Information indicates that roughly three in four individuals with depression exhibit symptoms of insomnia. However, the Sleep Foundation reports that growing evidence now indicates poor sleep may induce depression.

• Sleep and anxiety disorders: Data from the National Institutes of Health indicates that one in five adults are affected by an anxiety disorder. The Mayo Clinic reports that feelings of nervousness and fear are hallmarks of anxiety disorders, and such feelings can make it hard to fall asleep. However, a 2013 study published in the journal *Neuroscience* found that poor sleep can activate anxiety. In addition, the Sleep Foundation reports that chronic insomnia may be a predisposing trait among individuals who eventually develop anxiety

disorders.

• Sleep and bipolar disorder: A 2015 study published in the journal *Sleep Medicine Clinics* found a strong association between sleep disturbances and symptom worsening in bipolar disorder. The study highlighted evidence that suggests sleeping problems worsen or induce the manic and depressive episodes that are a hallmark of bipolar disorder. Researchers believe that successful treatment for insomnia, which would produce fewer sleep disturbances, can reduce the impact of bipolar disorder.

• Sleep and ADHD: The Sleep Foundation notes that sleeping problems are common in people with ADHD. Difficulty sleeping is commonly and correctly seen as a side effect of ADHD. However, the Sleep Foundation indicates sleep problems also may aggravate issues affecting attention and behavior that characterize ADHD. The link between sleep and mental health is noteworthy. Sleep issues were once believed to be a byproduct of mental health issues. Though that remains true, there's growing evidence that sleeping problems also can exacerbate or even trigger mental health problems. More information is available at [sleepfoundation.org](http://sleepfoundation.org).

Each new day brings the potential for change, even amid the routine of the daily grind. When people start the day with positive thoughts, it can affect how they behave and see themselves throughout the day, and may even benefit their overall health. The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism

can affect many areas of a person's health and well-being. Positive thinking that is pronounced in optimistic people is associated with effective stress management, which translates into many different health benefits.

Some people abide by the "Law of Attraction," which states that what a person gives attention to and thinks about throughout the day is what will be predominant in their life. Whether this is true or not, many aspire to have more positive thoughts and be in a generally optimistic mindset. The following tips can put people on a positive path at the start of each day.

## BEGIN THE DAY IN A POSITIVE FRAME OF MIND

Begin the night before  
Certain mental health experts suggest clearing the mind in the evening to reduce stressful thinking and create the mental capacity to wind down and relax. Keep a notepad handy and jot down any invasive thoughts or concerns. Removing these thoughts from the mind and putting them on paper can help you rest more readily. Being well-rested can improve mood.

## Know your weaknesses

Recognize where you may need some help as you strive to be more optimistic. Map out the behaviors you want to change, and then be intentional about how you want your day to go and which actions will get you there. The Mayo Clinic suggests figuring out what you usually think negatively about (i.e., work, commuting, life changes) and then approach each aspect in a more positive way.

## Take a technology pause

Do not check email or text messages right after opening your eyes. Similarly, avoid reading the news or watching news programs on television too early. Negative or scandalous stories often get the most clicks or views, and coming across upsetting information at the outset of the day can adversely affect your mood. Rather, spend time meditating, praying, reading, or just being in the moment until you are awake.

## Recognize the good people are doing

When you open your eyes and focus on the positives, you'll see all the good that other people are doing around you. Offering compliments or acknowledging others' actions, whether large or small, puts positivity out there.

## Focus on gratitude

Take a few moments at the start of each day to mentally list all the things you are grateful for. This may be that you have a cozy home or that you are healthy. Even stressful situations or people can be means for gratitude. Boisterous toddlers may be a handful, but you can be grateful for the ability to have had children when so many are not able. Starting the day with a positive mindset is easier than one might think. It may take a little practice, but also can begin to pay positive dividends sooner than later.

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# Fill Up On Healthy Eating Pointers

**D**iet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being — helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

- Eat colorful, varied, nutritionally dense foods. Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

- Choose fiber-rich foods. Fresh fruits and vegetables, whole grains, nuts, and



legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

- Note how you feel after eating. Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

- Explore the Mediterranean diet. While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and “good” fats like olive oil.

- Control portion sizes. Sometimes it’s not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you’re consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise. Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

Did You  
**KNOW?**



**T**here’s no one-size-fits-all strategy when it comes to calorie consumption, and that can contribute to some confusion as adults try to achieve and maintain a healthy weight. Dietary guidelines established by the United States Department of Health and Human Services promote nutrient-dense foods and beverages, but many people prefer to know how many calories they should consume each day. Though that’s understandable, the quality of the calories consumed goes a long way toward determining how nutritious a diet is. The Cleveland Clinic notes that the DHHS guidelines have historically recommended adults 21 and over consume between 1,600 and 3,000 calories per day. However, staying within those parameters does not necessarily mean a person’s diet is healthy. Though individuals should keep total calorie consumption in

mind when planning their diets, it’s equally important to recognize what else the DHHS has to say about diet, particularly foods to avoid. The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium. Limiting consumption of alcoholic beverages is another way to ensure your diet is working for you and not against you.



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# Self-Care Strategies To Protect Long-Term Mental Health

Mental health has always been important, but the need for people to prioritize their emotional, psychological and social well-being gained greater attention during the COVID-19 pandemic. Social distancing restrictions designed to reduce cases of COVID-19 contributed to feelings of isolation, depression and anxiety in millions of individuals across the globe, sparking a heightened sense of curiosity about what people can do to safeguard their mental health in the short-term but also over the course of their lives. Pandemic-related restrictions have long since been lifted throughout much of the world. But the need to prioritize mental health remains. The National Institute of Mental Health notes that self-care can play a vital role

in maintaining mental health. With that in mind, individuals can consider these strategies as they look to safeguard their mental health over the long haul.

- Exercise regularly. Exercise benefits the body in myriad ways, and those benefits extend to mental health. The NIMH reports that a 30-minute daily walk can boost mood. In addition, the United Kingdom-based Mental Health Foundation reports that regular physical activity positively affects self-esteem and can even lead to a reduction in stress and anxiety. That's important to note, as the online medical resource Healthline reports that chronic anxiety can adversely affect the body's nervous, cardiovascular, digestive, immune, and respiratory systems.



- Maintain social connections. The NIMH also touts the benefits of maintaining social connections, including relying on friends and family for emotional support and practical help. The Centers for Disease Control and Prevention notes that people who are socially connected and maintain stable and supportive relationships are more likely to have better mental health outcomes than those who don't.

- Eat a nutritious, balanced diet. The American Society for Nutrition notes that diet can be an important ally for people looking to improve and preserve their mental health. Numerous studies have examined the relationship between diet and mental health, and the ASN notes a growing body of research suggests a strong connection between a healthy diet and mental health. A 2019 review published in *The American Journal of Clinical Nutrition* found that increased consumption of

fruits and vegetables positively affects psychological health. That same review also indicated daily vegetable consumption provides a therapeutic effect that can help to reduce symptoms among people with clinical depression.

- Resolve to read more. Much like exercise, reading has been linked to a host of positive health outcomes, including mental health benefits. A 2009 study from researchers at the University of Sussex found that reading can reduce stress by as much as 68 percent. Escapism is another

potentially potent benefit of reading, as a recent report in *Psychology Today* noted that researchers believe narrative absorption, which refers to the experience of being immersed or engaged while reading a story, provides an escape or opportunity for mental reflection. Self-care can go a long way toward promoting long-term mental health. Various strategies and activities fall under the umbrella of self-care, and each can have a profound and lasting effect on mental health.

## Did You KNOW?

Exercise is just as beneficial for older adults as it is for children and young adults. According to the Centers for Disease Control and Prevention, engaging in regular physical activity is among the most important steps older adults can take as they seek to safeguard their overall health. Such activity can prevent or delay many age-related health problems and strengthen muscles while improving balance, which can reduce risk for falls and injuries such as broken bones. The CDC notes that certain physical activities can be characterized as multicomponent activities, which means they combine aerobic activity, muscle strengthening and balance training. Examples of such activities include dancing, yoga, tai chi, gardening, and even sports participation.

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[www.findingwellnessdo.com](http://www.findingwellnessdo.com)  
603-968-1023

## NORTHEAST KINGDOM Council on Aging



Do you have a passion for positive aging and a desire to help others to discover their own paths to wellness?

## Become a Wellness Leader!

Free training is provided for the following classes:

✓ Arthritis Foundation Exercise Program (AFEP)

✓ Fall Prevention Tai Chi

✓ Line Dancing

✓ Chair Yoga

Mileage is reimbursed.



Background Check Required

Come and join our dynamic wellness team!

Call Emily Sanderson, AmeriCorps Program Coordinator at 802-751-0431 or email [esanderson@nekouncil.org](mailto:esanderson@nekouncil.org)

## LRH PROGRAMS &amp; PROVIDERS

LITTLETON   
REGIONAL HEALTHCARE**ADDICTION MEDICINE****The Doorway at LRH**Andrea Berry, DO  
Oleg Gerasimov, APRN  
Debra Towle, LADC

603-259-1659

**ALLERGY MEDICINE**Patrick Fitzpatrick, DO  
Danny Ballentine, PA-C

603-444-2450

**ANESTHESIA**Sharon Bolton, CRNA  
Beth Guckin, CRNA  
Michele Hannon, CRNA  
Hilary Seymour, CRNA  
Christopher Toves, CRNA  
Barry Townsend, CRNA**AUDIOLOGY**

Michael Lazarczyk, Au. D.

603-259-7692

**CARDIOLOGY***in partnership with*  
Anil Mukerjee, MD

603-444-9605

*in partnership with Dartmouth-Health Cardiology*Mary Katherine Dowd, MD  
Rajbir Sangha, MD (Electrophysiology)  
Daniel Storms, MD  
Susan D'Anna, APRN

603-444-9390

**DERMATOLOGY***in partnership with Dartmouth-Health Dermatology*  
Charles Hammer, MD

603-259-7706

**DIABETES EDUCATION**

Emily DuPont, RN

603-444-9323

**EMERGENCY MEDICINE**André Beaubouf, MD  
Ashley Fox, MD  
David Hirsch, MD  
Jonathan Klingler, DO  
Philip Lawson, MD  
Richard Levitan, MD  
Andrew Borghese, PA-C  
Cori Elliott, APRN  
Mallory Walsh, APRN - **New!****FACIAL PLASTIC SURGERY**

Patrick Fitzpatrick, DO

603-444-2450

**GASTROENTEROLOGY**Jonathan Lamphier, MD  
Peggy Piette, APRN

603-259-7798

**GENERAL SURGERY**

Daniel Underbakke, MD

603-444-0997

**HOSPITAL MEDICINE**Stephen Goldberg, MD  
Michael Rhodes, MD  
Linda Barton, APRN  
Frederick Colon, APRN  
Lori Kast, APRN**NEUROLOGY**Sergio Ramirez-Salazar, MD  
Gopalan Umashankar, MD  
Jamie Wagner, APRN - **New!**

603-444-9609

**NEUROSURGERY**Anthony Salerni, MD  
Ji-Suk Kristen Yoo, DO - **New!**  
Jodi Tracy, APRN

603-575-6300

**NUTRITION COUNSELING**

Alicia Couture, RD

603-575-6010

**OBSTETRICS & GYNECOLOGY**Scott Brody, MD  
Nicholas Marks, MD  
Eric Siegel, MD  
Emily Kelly, APRN  
Sonya Morse, APRN

603-444-9371

**OCCUPATIONAL HEALTH****Lincoln Urgent Care - New!**David Dickinson, PA-C - **New!**  
Cori Elliott, APRN

603-607-6040

**Littleton Urgent Care**Katie Leone, APRN - **New!**  
Elaina Pelton, PA-C - **New!**  
Ben Tipton, PA-C

603-444-9294

**ONCOLOGY, HEMATOLOGY, & INFUSION***in partnership with Dartmouth- Health Norris Cotton Cancer Center*Sergey Devitskiy, MD  
Kimberly Burns, APRN

603-444-9376

**ORTHOPAEDICS**Andrew Chen, MD  
James Glazer, MD (Sports Medicine)  
Jeffrey Kauffman, MD  
Jean Langevin, MD  
Glenn Lieberman, MD - **Coming Soon!**  
Dougald MacArthur, DO  
Scott Marr, MD (Sports Medicine) - **New!**  
Eric Mullins, MD  
Daniel O'Neill, MD (Sports Medicine)  
Haley Ireland, APRN  
Holly MacArthur, APRN  
Virginia Mike, PA-C  
Kristen O'Hara, APRN

603-823-8600

**OTOLARYNGOLOGY****(Ear, Nose & Throat)**Patrick Fitzpatrick, DO  
Danny Ballentine, PA-C

603-444-2450

**PAIN MANAGEMENT**

Lauren Del Prato, DO

603-575-6300

**PALLIATIVE MEDICINE**

Philip Lawson, MD

603-444-9055

**PHARMACY****North Country Pharmacy**  
Damian-Anthony Canuto, PharmD  
Neil Clarke, RPh

603-444-9024

**PRIMARY CARE****North Country Primary Care: RHC****Family Medicine**Richard McKenzie, DO  
Gordon Black, APRN - **Coming Soon!**  
Ericka Dekle, APRN - **New!**  
Sarah Maroon, APRN  
Jamie Wagner, APRN - **New!**

603-444-7070

**Pediatrics**Sunit Patel, MD  
Sarah Reynolds, MD**Behavioral Health**Elizabeth Pearson, LICSW - **New!**  
Elizabeth Steward, APRN - **New!****RADIOLOGY**

Eric Emig, MD

603-444-9536

**REHABILITATION****Franconia**Allison Carey, DPT  
Catherine Colby, PT  
Pamela Stewart Cregg, PT  
Michelle Decker, PT  
Kyle Gadapee, DPT  
Anne McKenzie, DPT  
Myles Morneau, DPT  
Melissa Ollerman, PT  
Iris Rhodes, DPT  
Derek Roberts, DPT  
Eric Santos, DPT  
John Scott, PT  
Johanna Falkenham, PTA  
Zachary Knowlton, PTA  
Cathleen Daniels, OT  
Hilary Bradshaw, OT  
Sallie MacLeod, OT  
Lauren Morse, OT

603-823-8600

**Littleton**

603-444-9530

**SLEEP MEDICINE***in partnership with Dartmouth-Health Sleep Disorders Center*

603-259-7692

**URGENT CARE****Lincoln Urgent Care - New!****Littleton Urgent Care**David Dickinson, PA-C - **New!**  
Cori Elliott, APRN  
Katie Leone, APRN - **New!**  
Elaina Pelton, PA-C - **New!**  
Ben Tipton, PA-C

603-607-6040

603-444-9294

**UROLOGY**Jennifer Lucas, MD  
Sonya Morse, APRN

603-444-0385

*\*This directory is subject to  
change without notice.*

EXPLORE CAREERS!



# COTTAGE HOSPITAL

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**YOUR HEALTH. YOUR COMMUNITY. YOUR HOSPITAL.**



*Dr. Russell Sarver, Board Certified Urologist*



*Johna Brown, Social worker - Mariah McHose, APRN*

*For over 120 years, Cottage Hospital has served the Upper Valley and beyond. We are proud to offer a variety of healthcare services close to home that you can trust, including:*

- Orthopedics
- Designated Level IV Trauma Center
- Critical Care
- Inpatient Care
- Diagnostic Imaging
- Laboratory
- Rehabilitative Therapy
- Surgical Services
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### Rowe Health Center

- Primary Care
- Cardiology
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- Mental Health
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- Endocrinology
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