

Living Well



NH Hospital

Wellness

The Wellness Team

The NH Hospital Wellness Team consists of five employees from a range of disciplines. The role of the team is unique in that it provides wellness opportunities for staff as well as patients.

Our mission is:

To provide and support an environment that promotes New Hampshire Hospital Community Wellness

Our team:

Jennifer Edgerly, Wellness Coordinator, Certified Fitness Instructor, Co-Editor of the NHH Pulse

Donna Osborne, CTRS/L, Rehabilitation Dept. Supervisor, Certified Fitness Instructor

Cathy Parker, M.Ed, RD, LD, Food & Nutrition Dept. Supervisor, Certified Fitness Instructor

Diane Hill, RN-BC, Nurse Coordinator, Employee Health & Admitting Department

Sheila “Stella” Young, JP, Administrative Assistant to Chief Financial Officer & Social Work Dept. Director, Co-Editor of the NHH Pulse

Throughout the year, this group provides information and educational opportunities on a variety of wellness topics.

Wellness Events



Employee exercise opportunities and fitness classes – cardiovascular and strength training equipment is available for staff use and a number of fitness programs are offered including core training, hi-low aerobics, step aerobics, volleyball, weight training, yoga and Zumba.

Wellness Fairs – are offered twice a year in the spring and fall and provide an array of wellness information on a variety of topics including nutrition, exercise, health screenings, emotional/spiritual wellness, and much more.

Tea at Two – offered once a year during National Nutrition Month to highlight the health benefits of drinking tea.

Cafeteria nutrition – NHH offers nutritional information on its café menus as well as a number of wellness-oriented café specials throughout the year.

Movin' in the Morning – 15 minute class held three times a week for patients and staff that combines low-impact movement, light stretching and great music!

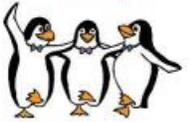
Awareness walks – NHH encourages involvement in a variety of community walks including: The Making Strides Against Breast Cancer Walk, NAMI Annual Walk for Mental Health Awareness, and Walk NH.

Walking Maps – walking maps with a variety of routes around campus (1/4 mile to over 2 miles) are available for NHH staff.



Wellness Activities Fall/Winter 2014



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Movin' in the Morning 8:30 – 8:45 APS Gym</p>  <p>Workout in the APS Gym 11:30 – 12:30</p> <p>Hi/Lo Aerobics (Step Aerobics) 11:45 – 12:20 (1st Monday of month)</p> <p>Zumba 5:30 – 6:30 Howard Rec.</p>	<p>Workout in the APS Gym 11:30 – 12:30</p> <p>Core Training 12:10 – 12:25 APS Gym</p>  <p>Volleyball 4:30 – 6:00 Howard Rec.</p>  <p>Zumba 5:30 – 6:30 Howard Rec.</p>	<p>Movin' in the Morning 8:30 – 8:45 APS Gym</p> <p>Workout in the APS Gym 11:30 – 12:30</p> <p>Strength Training 11:45 – 12:20</p> <p>Zumba 5:30 – 6:30 Howard Rec.</p>	<p>Workout in the APS Gym 11:30 – 12:30</p>  <p>Zumba 5:30 – 6:30 Howard Rec.</p>	<p>Movin' in the Morning 8:30 – 8:45 APS Gym</p> <p>Workout in the APS Gym 11:30 – 12:30</p> <p>Strength Training (Yoga) 11:45 – 12:20 (3rd Friday of month) Conference Room A</p> 

<p><u>Employee Fitness Hours</u> <u>APS Gym</u></p> <p>5:00 – 8:00 a.m. 11:30 a.m. – 12:30 p.m. 4:45 – 5:15 p.m.</p>	<p><u>Gym Equipment</u> Cardiovascular & strength training equipment may be used during employee fitness hours. Locker rooms with showers are available but must be vacated promptly at conclusion of employee fitness hours.</p>	<p>For More Information, call X 5707 Jen Edgerly X5706 Donna Osborne</p> 
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March—In like a lion, out like a lamb, Come to Yoga and stretch all you can.



Friday, March 21, 2014 ~ 11:45 - 12:20 PM
Conf. Rm. A ~ Offered by:
Cathy Sturtevant, Certified Yoga Instructor
Come and enjoy 30 minutes of relaxation.



This yoga pose is
good for your
baaaaaaaaaaack.



Yay!!
Yoga!!



*I'm so relaxed, I
feel like lion
around*

Paws for Wellness

Please Join us

Thursday, Nov. 15, 2012

11:00 AM to
3:15 PM

- Pet & Equine Therapy
- BP Screening & Body Composition
- Delta Dental
- Winter Car Care
- Nutrition
- Chair Massage
- Reiki
- Stress Management
- Kibbles & Tasty Tidbits
- Fun! Games! Prizes!
- And More!!!
- Weigh 2 Wellness Results



Mini-Event for
3rd Shift,
Friday,
Nov. 16, 2012 @
6:45 AM

A Taste of Autumn

Thursday, October 9, 2014 in the APS Cafeteria
Created by Abby Patterson, Keene State College Dietetic Intern

Entrée

- 🍴 Rosemary Garlic Chicken Breast, Marinated With Fresh Rosemary, Lemon & Garlic

Sides

- 🍴 Wild Rice With Cranberries and Toasted Pecans
- 🍴 Roasted Carrots in a Honey, Balsamic Vinegar, and Garlic Sauce

Grill

- 🍴 Pepper Steak and Cheddar Sandwich Served With a Horseradish Bistro Sauce
- 🍴 Oven Baked Sweet Potato Fries

Deli

- 🍴 Autumn Salad With Pears, Beets and Walnuts Over a Bed of Spinach, Tossed in a Maple Dijon Vinaigrette Served With Pumpkin Cornbread

Soup

- 🍴 Harvest Vegetable Soup With Pesto: A Medley of Vegetables Simmered in a Pesto Infused Tomato Vegetable Broth

Dessert

- 🍴 Apple Crisp



Other Offerings

Annual & Special One-time Events

- ❖ Movin' in the Morning Anniversary Celebration
- ❖ Beat the Winter Blues:
 - Zentangle
 - PoundFit
 - Laughter Yoga
 - Rock Wall Climbing
 - Group Drum Circle
- ❖ Employee Chair Massage
- ❖ Zumba
- ❖ Financial Security
- ❖ Weekend Warrior
- ❖ Biggest Loser Challenge
- ❖ Weigh to Wellness
- ❖ Unit Luncheons for National Nutrition Month





Get in Line to Celebrate 10 years of Movin' in the Morning!

**January 27, 29, 31, 2014
at 8:30 – 8:45 AM in the APS Gym**



**Philbrook will be at
9:00 – 9:15 AM in the Gym**

**Start your day on the right foot with healthy fun,
dancing, raffles and more!!**

**Benefits of Movin' in the Morning:
More energy ~ Relieve tension ~ Burn
Calories ~ Increase fitness level ~
Feel better about yourself**



**WE GOT IN LINE & CELEBRATED 10 YEARS OF
"MOVIN' IN THE MORNING!" ON JANUARY 27, 29, 31, 2014**



Pictured above: Kophia Corbett, Cathy Parker, Donna Osborne, Rose Ekdahl. (aka the New Village People)

During the last week of January activities were held to recognize a whole DECADE of MOVIN' in the MORNING! Patients and Staff started their days learning a line dance (Yes... Even the Macarena...) There were raffles and wellness information provided.

Cabin fever have you climbing the walls?

...come climb
ours instead!!

Indoor Rock
Climbing for
Staff
Wednesday,
March 27th
11:30 - 1:00 PM
In the Gym



You do not need to have
any rock climbing
experience... but you do
need to wear sneakers.







Looking for a Creative & Fun Way to Relax? Try



ZEN TRANCLE



WHEN: February 12, 2014
WHERE: Rehab Rec Room
WHO: APS Staff
TIME: 11:45 AM - 12:30 PM





FEBRUARY IS NATIONAL HEART MONTH

Staff gathered on February 7th for a group photo to show support for National Heart Month and National Wear Red Day.



Front Row: Sharon O'Neill, Kophia Corbett, Donna Osborne, Becca Taylor, Donna Ferland, Heidi Reinhold, Malissa Hillis, Donna Wurtz.
Middle Row: Peter Burgess, Debbie Adams-Brennan, Amanda Dennehy, Lori Boelig, Carolyn Mullins, Cynthia Place, Ray Caouette, Stacey Calabro.
Back Row: Patricia Trumble, Chrissy Powers, Jennifer Edgerly, Jamie Blake, Rita Carignan-Carson.



Year End Report of Wellness Activities

Wellness Coordinator: NHH Hospital Wellness Team/Jennifer Edgerly

Calendar Year: 2013

Name of Wellness Event	Date(s)	Location	Presenter(s)	State Agency/Community Organization/Vendor	Number of participants
Movin' in the Morning 9yr Anniversary – Hop to the Hits	1/23/13 1/25/13	APS Gym	Wellness Team	NHH	80
Employee – lunch time fitness classes (floor aerobics, step aerobics, weight & core trng)	M, T,W, F on-going	APS Gym	Wellness Team	NHH	Avg. 35 – 45 per week
Employee fitness - Yoga	Once a month	Conf. Room A	Cathy Sturtevant, certified yoga instructor	NHH	6 –15 per session
Movin' in the Morning	M, W, F on-going	APS Gym	Wellness Team	NHH	Avg. 60 per wk.
Tea @ Two	3/14	APS Café	Wellness Team and Food and Nutrition services	NHH	200
Laughter Yoga	3/15	APS Rec Room	Marcia	NE Center of Laughter	30
Unit Lunches for Nat'l Nutrition Month	March 2013	All units at NHH	Wellness Team and Food and Nutrition services	NHH	Not avail.
Indoor Rock Climbing For Employees	3/27	APS Gym	Wellness Team and Rehabilitation Staff	NHH	12
Community Drum Circle	4/10	APS Rec Room	Lynn Reimer MT-BC, Krisi Geary MT-BC, Jennifer Edgerly	NHH	45
Spice It Up! Spring Wellness Fair	5/16	APS Gym	Wellness Team	NHH	274
Walk NH	6/5	NHH Campus	Wellness Team	NHH	55 ppl 61 miles
Wonderful World of Wellness Fall Wellness Fair	11/21	APS Gym	Wellness Team	NHH	288

Other activities supported include: Rehab week, Making Strides For Breast Cancer, National Wear Red Day, Heart month café specials and educational materials, employee volleyball, wellness topics in monthly hospital newsletter (The Pulse), and the safety and purchasing of gym equipment.

Thanks for coming today!

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**"I'm looking over the agenda for our
Wellness Workshop. You forgot to
schedule cigarette breaks!"**