



**Merrimack  
Valley  
Hospital**

*A New Day. A New Vision for the Valley.*

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## **Merrimack Valley Hospital and Langley Adams Library Celebrate American Heart Month**

Merrimack Valley Hospital and Langley Adams Library in Groveland have collaborated to hold three February events in celebration of American Heart Month.

On Tuesday, Feb. 16 Cardiologist Kenneth Adams, MD will hold a Meet the Expert seminar at Merrimack Valley Hospital titled *The Real Heartbreak of Psoriasis- the connection between this common skin disorder and heart disease*. This free seminar will be in the hospital's first floor auditorium from 6 to 7 pm, and one free contact hour for nurses will be awarded at the end of the presentation. Light refreshments will be served. To register please call Jean MacDougall-Tattan at 978.420.1168. Merrimack Valley Hospital is located at 140 Lincoln Avenue in Haverhill, MA

On Thursday, Feb. 18 hypnotherapist and wellness coach Addie Kania will help people "put more heart into their lives" through simple techniques to manage everyday stress. Kania will teach the "heart breath" technique and facilitate a "heart-felt" group-guided imagery/hypnosis session for health and wellness. This free event will be from 5:30-6:30 p.m. at Langley Adams Library, 185 Main Street in Groveland, MA.

On Thursday, Feb. 25 Merrimack Valley Hospital will host a community Heart Healthy Food Challenge. Entrants prepare their favorite heart healthy comfort food and bring the dish along with the recipe to the hospital. Judging will be at 3 pm in the hospital cafeteria. The winner will receive a \$100 gift card to Market Basket. The winning recipe will be featured for one week on the menu at Merrimack Valley Hospital. For more information on the Feb. 18 and 25 events, please call Sharon Archambault, adult services and outreach coordinator for Langley Adams Library, at 978.372.1732.

**\*Individual calendar listings below.**

**Feb. 16-The Real Heartbreak of Psoriasis: the connection between this common skin disorder and heart disease.** This Meet the Expert seminar is at Merrimack Valley Hospital with Cardiologist Kenneth Adams, MD, 6-7 pm in the hospital's first-floor auditorium, 140 Lincoln Ave. in Haverhill. Free and open to the public. One free contact hour for nurses. Light

refreshments will be served. Seating is limited. To register please call Jean MacDougall-Tattan at 978.420.1168.

**Feb. 18-Hypnotherapist and wellness coach Addie Kania** will help people “put more heart into their lives” on Feb. 18, 5:30-6:30 pm at Langley Adams Library, 185 Main St., Groveland. Learn simple techniques to manage everyday stress, like the “heart breath,” and enjoy a “heart-felt” group-guided imagery/hypnosis session for health and wellness. For more information on this free presentation call Sharon Archibald, adult services and outreach coordinator at Langley Adams Library, 978.372.1732.

**Feb. 25-Community Heart Healthy Food Challenge at Merrimack Valley Hospital** on Feb. 25. Prepare your favorite heart healthy comfort food and bring the dish along with your recipe to the hospital. Judging will be at 3 pm in the hospital cafeteria. The winner will receive a \$100 Market basket gift card. The winning recipe will be featured for one week on the menu at Merrimack Valley Hospital. For more information please call Sharon Archibald, at Langley Adams Library, 978.372.1732.

#### **About Merrimack Valley Hospital:**

*Merrimack Valley Hospital maintains 107 acute care beds and 17 adult behavioral medicine beds; all are private rooms. The hospital's clinical strengths include a 24-hour emergency department; orthopedic, endoscopic, general, vascular, thoracic, GYN and urologic surgery and outpatient pediatric surgery; wound care with hyperbaric therapy; adult behavioral medicine care with a focus on geriatric issues; a comprehensive Pain Management Center; a Sleep Study Lab; gastroenterology; otolaryngology and hospitalist services. MVH also provides a wide range of outpatient services, such as bone density testing; dysphasia testing; echocardiograms; electroencephalograms (EEG); electromyography (EMG); full-field digital mammography; magnetic resonance imaging (MRI); positron emission tomography (PET-Scan); pulmonary function testing (PFT); nuclear medicine; surgical day care; ultrasound (general & obstetrical), and physical therapy and x-rays, and 64-Slice CT scans.*

*The hospital's awards for excellence include the Excellence Through Insight Award, 2008 (HealthStream Research); Best in Value Hospitals, 2008 (Data Advantage); Top Ranked Community Value Provider Award, 2007 (Cleverley & Associates); National Quality Leader Award for Pneumonia Care, 2006 (CareScience Select Practice); High Reliability Cardiac Care Award, 2006 (MassPRO); and An affiliate of Essent Healthcare, Inc., the hospital serves Merrimack Valley and southern New Hampshire. More information can be found at [www.merrimackvalleyhospital.com](http://www.merrimackvalleyhospital.com). Merrimack Valley Hospital is a licensed and certified mammography facility.*

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