

## Business / Health

### New Business



Michel Descoteaux, Sr. with daughter in law, Cheryl and son Mike Descoteaux, Jr. showing various stages of birdhouse construction in progress.

## Architectural Birdhouses Marks a Grand Opening Event, November 1

AMHERST – For the past 20 years, Michel Descoteaux, Sr. has been handcrafting beautifully designed birdhouses, birds love to call “home!”

He developed an interest in replicating buildings in miniature from his grandfather at the age of six. Throughout his career as a craftsman in wood, Michel designed and built furniture for Yield House, his own home and furnishings, and HO scale model railroad buildings complete with painted backgrounds and foliage.

Now, Descoteaux is joined by his son and wife, Michel, Jr. and Cheryl Descoteaux in their first retail location at 276 Route 101, Amherst, next to Earth and Tree Dollhouses. A Grand Opening Event will be held this Saturday with a Special Presentation at 10:30 a.m. There will be

crafts for kids, raffles, giveaways and \$10 worth of “Birdie Bucks” given to each customer in attendance.

What’s more the store will be fully stocked with handcrafted birdhouses – many replicating famous landmarks or custom-made miniatures of homes and business places, wild bird feeders, accessories and seed products, educational material about caring for birds wintering over, pure maple syrup, gluten-free refreshments and much more.

You’ll be amazed with the design, detailing and quality construction of homes for birds, , all created right here in our studio. We also carry a unique collection of wild bird feeders and seed products.

For more information please visit: [www.architecturalbirdhouses.com](http://www.architecturalbirdhouses.com), or call 603-554-8869.

## Lahey Health and St. Joseph Healthcare Strengthen Affiliation

NASHUA– Lahey Health and St. Joseph Healthcare announced plans to expand the collaboration between the two health systems. This newly expanded agreement will broaden the current relationship between the two organizations through joint clinical service line development, allowing the physicians of Lahey Hospital & Medical Center and St. Joseph Healthcare in New Hampshire to work in partnership to provide an integrated, comprehensive, and high-quality continuum of care for the southern New Hampshire region.

Lahey Health is a physician-led, community-focused healthcare organization that provides patients with safe, high-quality care through a system of award-winning hospitals, comprehensive senior care and at-home services, extensive behavioral health resources and primary care practices. Its network includes nearly 1,000 community-based, nationally recognized physicians who provide clinical excellence and an

exceptional patient experience. Its flagship hospital, Lahey Hospital & Medical Center, is an academic medical center consistently recognized as one of America’s top hospitals.

St. Joseph Healthcare, a member of Tewksbury-based Covenant Health Systems, is a Magnet designated hospital that delivers high quality health and wellness care to the residents of the southern New Hampshire region. A Joint Commission Top Performer for the last three consecutive years, St. Joseph Healthcare provides leading edge surgical and cardiovascular care.

“Lahey Health is committed to working with respected community providers to enhance the care already being provided so that patients can receive safe, high-quality care and stay close to their families and their homes,” said Howard Grant, JD, MD, president and chief executive officer of Lahey Health.

“This expanded affiliation between St. Joseph Healthcare and

## St. Joseph Healthcare Welcomes Gynecologic Surgeon Valena Wright, MD

NASHUA – St. Joseph Healthcare welcomes board-certified gynecologic oncologist Valena Wright, MD to its medical staff. Through a partnership with Lahey Hospital & Medical Center, in Burlington, MA, Dr. Wright will provide gynecology and oncology care at St. Joseph Hospital.

Dr. Wright received her medical degree from Dalhousie University, Halifax, Canada. She completed her residency in obstetrics and gynecology and her fellowship in gynecologic oncology at Brigham and Women’s Hospital in Boston. She is board-certified in obstetrics and gynecology and gynecologic oncology. Her clinical interests include genetic risk of women’s cancer, robotic and minimally invasive surgery, evaluation and treatment of gynecologic cancers. Additionally, Dr. Wright is fluent in French and Spanish.

Dr. Wright welcomes new patients for gynecologic and oncology care at St. Joseph Hospital beginning October 6. To learn more about Dr. Wright, or to make an appointment, please visit [www.stjosephhospital.com](http://www.stjosephhospital.com) or call (781) 744-8560.



Valena Wright, MD

## St. Joseph Healthcare offers “Human Trafficking: A Community Response”

NASHUA - Human trafficking is one of the world’s fastest-growing crimes. It is not only in far-away places such as Thailand, China, Saudi Arabia, Cambodia, and Russia—the countries where we typically think of trafficking; trafficking is happening in Atlanta, Maine, Boston and New Hampshire. In fact, it is increasing at an alarming rate in all 50 states including small towns and booming cities.

To address this issue in New Hampshire, St. Joseph Healthcare is offering “Human Trafficking: A Community Response” on Friday, October 31 from 7:45 a.m. to 3:30 p.m. at the Crowne Plaza Nashua Hotel.

The morning program will include a presentation by Jasmine Marino, a survivor and advocate, “Why Human Trafficking Should Matter to You”. Evelyn Chumbow, also a survivor and advocate, will share her personal testimony. Erin Albright, JD, the Anti-Traffic Coordinator for the International Institute of New England, will provide

an update on efforts at the state level to address human trafficking.

Following lunch, Sandra Morgan, PhD, the Director of Global Center for Women and Justice, Vanguard University of SC, will present to attendees from the general community, “Beyond Anti Human Trafficking Awareness: A Strategy for Community Engagement and Partnership. Simultaneously, Cathy Miller, RN, PhDc, Baylor University Louise Herrington School of Nursing, will present to healthcare providers, “Sex Trafficking in the Health Care Setting: Recommendations for Practice”. The day will conclude with a panel discussion, “Local Initiatives and Responses to Human Trafficking”.

Pre-registration is required. Registration is \$59. Registration includes continental breakfast and lunch. For more information or to register, visit [www.stjosephhospital.com](http://www.stjosephhospital.com) and click Community Health Classes or call Community Health Education at (603) 59-3168.

## Obituary

### James M. O’Mara, Sr.

O’Mara, James M. Sr. formerly of Dedham, MA age 75.

James, “Jim” O’Mara born April 7, 1939 in Boston, Mass. passed away quietly after a long illness on October 16, 2014. He was 75 years old. Beloved husband of the late Barbara (O’Brien) O’Mara and loving spouse of 21 years of Sharon O’Mara of St. Cloud, Florida. Former employee of the Dedham Water Company. Jim is survived by his four children, sons, James O’Mara, Jr. and his wife Patti of Amherst, NH; Steven O’Mara and his wife Joli of Hanover, MA; John O’Mara and his wife Clair of Las Vegas, NV; and a daughter, Leisa O’Mara of Walpole, MA. James is also survived by ten grandchildren: Alyssa O’Mara of Nashua, NH; Michael, Patrick and



Shannon O’Mara of Amherst, NH; Kevin O’Mara of South Boston, MA; Tim and Danny O’Mara of Hanover, MA; Ashley and McKenzie O’Mara of Las Vegas, NV; and Meaghan O’Mara of Providence, RI.

Jim was one of three siblings born and raised in Boston, MA. His brother, Robert and his wife Lorraine, live in Readville, MA. He is predeceased by his sister, Mary Hart.

Jim was very involved in his church, the Christian Life Church of Kissimmee, Florida. He enjoyed playing Poker, Cribbage and spending time with his family. A memorial service will be held at a later date at The Christian Life Church in Kissimmee, FL. Online condolences can be given at [fiskfh.com](http://fiskfh.com).

### Parkhurst Place

11 Veterans Rd.  
[parkhurst-place@comcast.net](mailto:parkhurst-place@comcast.net)  
Programs for Seniors at Parkhurst Place  
Call: 249-1600

**Strength Training Classes (on-going)**  
(Join class at any time: fee will be pro-rated)  
Two classes per week:  
Tuesdays & Fridays, 10:30 – 11:15 am OR  
Tuesdays & Fridays, 11:30 am – 12:15 pm  
Instructors: Joanne Leedy, Trilogy Fitness - Amherst  
Sue Greaney, Hampshire Hills - Milford  
Cost: \$30 for 6 weeks (for 2 classes per week)  
Please call Lorraine at 249-1600 to sign-up (please leave a message).

**Gentle Yoga Classes\* (on-going)**  
(Join class at any time, fee will be pro-rated)  
One class per week: Mondays OR Thursdays  
Mondays, 8:15 – 9:15 am OR  
Thursdays, 10:00 – 11:00 am  
Instructor: Laurie Daley, Certified

Kripalu Yoga Teacher,  
Cost: \$ 30 for 6-week session  
Call Lorraine to register: 249-1600 (please leave a message)

**Tai Chi Easy Classes (on-going)**  
Wednesdays (Class time to change - call 249-1600 for more information)  
9:00 – 10:00 am  
Instructor: Susan Flanagan  
Bean Community Room  
Cost: \$5 per class or \$30 for 6-week session (Join any time)

**Blood Pressure Clinic**  
Wednesday, October 29th, 2014  
10:30 - 11:30 am  
Provided by Silvertouch Home Healthcare of Merrimack.  
Advance Directives Presentation  
Monday, November 10th, 2014  
10:30 am  
Patricia Greene, RN  
Director of Patient and Family Services  
Southern NH Medical Center

## Assisted Living & Memory Care



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Call Paula Whittier to schedule a visit:  
603.672.5037 | [Paula@ledgewoodbay.com](mailto:Paula@ledgewoodbay.com)

**Ledgewood Bay**  
at Milford

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[www.ledgewoodbay.com](http://www.ledgewoodbay.com)



## CATS ARE AMAZING!

- Cats’ large eyes see images that are invisible to humans
- Cats have incredible hearing ... they can hear sounds humans cannot
- Cats’ brains are wired for emotion, similar to human brains
- Cats purr to communicate and show affection

**WE LOVE CATS**

Cats can live up to 18 to 20 years with good care, but can develop health problems such as high blood pressure, kidney disease, hyperthyroidism, heart disease, and diabetes. Many of these diseases can be avoided with proper nutrition and preventative care. Call us to schedule a wellness check-up and discuss any concerns you may have for your feline companion.

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