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MCHC



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## JOIN US ON FEB 11 FOR "NETWORK PM"

The Child Health Services building at 1245 Elm Street will be the location for the Greater Manchester [Chamber of Commerce's](#) Network PM event on **Thursday, February 11 from 5-7 pm**. The monthly Network PM events are open to Chamber members and the public, and they offer an opportunity for people to network, enjoy some refreshments, and have fun in a relaxed atmosphere.

The Network PM event will be a great chance to visit the 1245 Elm Street facility before work begins on a \$1 million renovation project to improve safety and handicap access. The renovation is funded by an HIIP (Health Investment Infrastructure Program) grant from the U.S. Health Resources and Services Administration (HRSA)

Former staff members and board members of Child Health Services are invited to the February 11 event for a reunion of sorts before the renovation gets underway. Child Health Services was founded in 1980 by Dr. Selma Deitch as a patient-centered medical home for Manchester's children. In November 2014 MCHC celebrated the addition of Child Health Services at MCHC, now the pediatric practice of Manchester Community Health Center. Together they provide health care for a stronger community and serve nearly 16,000 children and adult patients annually.



If you are interested in attending Network PM, please contact the Advancement Office at 603-296-9212 or [mlittlejohn@mchc-nh.org](mailto:mlittlejohn@mchc-nh.org).



*Save the date...*

# MORNING MATTERS 9<sup>TH</sup> Annual Breakfast

Tuesday, May 17, 2016  
7:30am to 9:00am

*to benefit Child Health Services at Manchester Community Health Center*



**Keynote speaker**  
**Emily Feinberg**

## **AT THE RADISSON HOTEL MANCHESTER DOWNTOWN**

Every year, Morning Matters gathers hundreds of business, education, non-profit, government, medical, and community leaders to network, listen to compelling speakers, and generate revenue to help us continue to improve the health and well-being of the children of greater Manchester. This year's keynote speaker [Dr. Emily Feinberg](#) will share her experience improving access to quality health care for vulnerable children and families. Dr. Feinberg is Associate Professor of Pediatrics at Boston University's School of Medicine and School of Public Health.

Morning Matters will help us raise vital funds to provide exceptional medical care for over 6,500 of Manchester's children as well as family support, transportation, interpretation, and other services that have been part of Dr. Selma Deitch's groundbreaking vision at Child Health Services for more than 30 years.

For info call 603-296-9212 or email [mittlejohn@mchc-nh.org](mailto:mittlejohn@mchc-nh.org).

### **Thank you to the lead sponsors who are already committed:**

Keynote Speaker  
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If you are interested in becoming a sponsor of Morning Matters, please email [rswanson@mchc-nh.org](mailto:rswanson@mchc-nh.org) or call 603-668-6629 ext. 144.

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## **KRISTIN MIGLIORI, PEDIATRIC NURSE PRACTITIONER**

When she was studying for her master's degree in nursing at Boston College, Kristin Migliori did one of her clinical rotations at Child Health Services. She was such a good fit that Child Health Services hired her when she graduated in 2013.



**Kristin Migliori, PNP-BC**

Migliori is well suited for her job as a pediatric nurse practitioner. She says, "I love working with kids. I want to be a part of promoting their optimal development and empowering them to make their own safe and healthy decisions."

Migliori appreciates the level of collaboration of services at Child Health Services at MCHC. She says, "I like working with case managers, behavioral health consultants, nutritionists, nurses, care coordinators, the child development team, and other medical providers to provide holistic care. At each visit we provide care for the whole person and the family - mental, physical, social, and emotional aspects - whether it is a well-child visit or a cough or an ear infection."

Her work brings challenges and celebrations. "Our families face a lot of stressors," she says, "so we try to help them as much as we can. And some barriers are hard to address such as school difficulties, housing difficulties, and financial difficulties. Every day we have something to celebrate though - all the smiles, whatever patients say they are proud of or have accomplished, any change small or big."

Migliori enjoys the diversity of Manchester Community Health Center. "It is fascinating to learn about different backgrounds, cultures, customs, and the resiliency of our patients," she says. "And I love watching my patients grow up. Babies who were born when I started here are 2 ½ now."

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## **THE POWER OF A PROVIDER WHO CARES**

Jessica (not her real name) is 28 and grew up in Manchester. When she was 22 a friend at a local bar offered her a pain killer as a recreational drug, and before long she had developed an addiction to prescription drugs and alcohol. She found ways to feed her addiction by seeking and taking something every day. She says, "I never did heroin, but if I didn't get clean, I would have moved on to it, and I might be dead."

Luckily, Jessica got into an intensive outpatient program and was able to get herself off the pain killers. And today she credits a large part of her continued success to her nurse practitioner at Manchester Community Health Center, Kristin Tierney and her assistant Nicole. Jessica says, "When I see Kristin and Nicole, I feel like they care. They make me feel comfortable. They remember things about me. They can relate to me. Having that



Kristin Tierney, APRN

relationship, I can be honest about my addiction and I can hold myself accountable. I don't have any secrets, and that's huge."

Jessica is getting help at Manchester Community Health Center for issues such as anxiety and A.D.D. She is using yoga and exercise to get centered. She attends a twelve-step program, and she often goes to treatment centers and talks about addiction. Her advice to others is, "When you're an addict in the survival mode, you are not honest with yourself. How can you be honest with anybody else? If you don't feel comfortable with your doctor or you can't be honest, find another doctor."

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## THANKS TO THE NASHUA EVEREST LIONS CLUB

Heartfelt thanks to the [Nashua Everest Centennial Lions Club](#), who dropped off many boxes of food for our emergency food pantry as part of the 2016 "Relieving the Hunger" program.



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## THE FINE PRINT

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