

In This Issue

- Healthcare Providers in Newington
- Subscribe to this Newsletter

Important Links

NH SBDC

NH Small Business Development Center

State Resources

NH Covid-19 Business Resources

SCORE

Score Small Business Hub

NHDED

NH Division of Economic Development

NHGOFERR

Local Restaurant Infrastructure Investment Program

HEALTHCARE PROVIDERS IN NEWINGTON

An often overlooked sector of retail and professional services offered in Newington are medical and health related services. In the interest of highlighting them, a windshield survey was done in the commercial areas of town with the following results. Being equidistant from two major hospital facilities (HCA Portsmouth Hospital and Wentworth Douglas), Newington is an attractive location to site medical related offices. Although not meant to be an exhaustive investigation, it does demonstrate the strength of this sector in Newington. The providers are not in any particular order, but are grouped by address/location. Descriptions of services provided were obtained from excerpts of the providers websites.

Louis Derochment House, 100 Shattuck Way:

Whole Life Health Care: At Whole Life Health Care, we explore a multitude of healing protocols by blending the best of conventional and complementary medicine. We have created a warm and caring environment where, together, we will support your wellness by coordinating these remedies to your individual needs.

Newington Spine and Joint, LLC: In addition to his extensive experience treating the spine, joints, and muscles of the body, Dr. Ryan Khalsa, PT, DPT, DC has also been board certified in the field of chiropractic neurology (2013-2019) and has used these skills to treat hundreds of patients for common neurological problems such as dizziness, vertigo, migraine, headaches, concussion, whiplash, neuropathy, nerve pain and nerve entrapments, and more.

Natural Health Intuitive: Natural Health Intuition is a steady and safe way to integrate energy medicine as an ancient powerful healing method while respecting the practical every day miracles of traditional health care today.



Newington Business Portal

Find resources and information about the Newington Business Opportunities on our Business Portal

www.townofnewingtonnh.com

Economic Development Committee Members:

Jeff Hiatt, Chairman
Michael Donahue, Vice Chairman
Alicia Busconi
Ken Latchaw
Bob Raymond
Judy Miamis
Brandon Arsenault
Timothy "Ted" Connors, Selectmen's Rep.

Paul R. Deschaine, EDC Project Manager

Naomi B. Rather PhD, LCMHC: I am a licensed clinical mental health counselor in New Hampshire, and I also have a Ph.D. So that means I have a background in both academics and research and clinical work. My work aims to help people who have been through tough experiences move along to higher and better versions of themselves. I use a multi-faceted and collaborative approach, rooted in connection.

The Touch of Sunshine: Peggy K. Zola, MPT, is a physical therapist who specializes in CranioSacral Therapy (CST) through my private practice. CST is a light-touch approach that enhances the function of the fluid and membranes surrounding the brain and spinal cord. CST promotes health by enabling the body to relax and heal itself. CST is a gentle therapy effective for people of all ages. I work across the generations on a variety of ailments. I treat issues in the order they present themselves, often starting with more evident physical injuries which ultimately veil emotional dysfunction.

Trinity Therapeutic Massage, LLC: Any type of massage modality that helps relieve pain, reduce stress, and work on a specific problem-such as Frozen shoulder, Plantar fasciitis and similar musculoskeletal conditions. Hydration after treatment is highly recommended. Swedish massage is based on the Western concepts of anatomy and physiology, compared to the energy-centric style more common in Asian forms of massage. Using lotion or oil, massage therapists typically begin with broad general strokes and then transition to specific strokes to address problem areas. Swedish massage provides full-body muscle relaxation, and it can be especially helpful if you're recovering from an injury. Swedish massage with scented plant oils added to the massage oil. Extracted from flowers and other plant parts, essential oils offer a pleasing scent and are believed to have healing properties. Deep tissue massage is a focused, therapeutic massage that targets muscle knots and specific problem areas in the deeper layers of muscle and connective tissue. The pressure of deep tissue is generally more intense than that of a Swedish massage, it doesn't have to be painful to be effective. If you're experiencing pain, let your massage therapist know right away.

Ranan D. Cohen, M.S., R.D., L.D./LDN: As a clinical nutritionist in private practice for more than 25 years, I've worked with thousands of clients, helping with a host of health concerns. My goal is to provide compassionate, holistic support on the path to wellness. I look forward to working with you!

Great Bay Commons, 101 Shattuck Way:

Dental By Design, Suite #3: At Dental by Design, we are committed to delivering the best general and cosmetic dental care to each and every patient. Aided by the best technological advances including CEREC, we offer an effective experience in a relaxed, stress-free environment.



The Economic Development Committee is sending this newsletter periodically to all businesses via email. If you are a new business, or have new contact information and would like to receive this newsletter, please email us at:

pdeschaine@townofnewingtonnh.com

Seacoast Rejuvenation Center, Suite #1: Whether you are searching for expert skin care, Botox injections treatment specialist, laser treatment, dermal fillers, CoolSculpting, spa rejuvenation or just looking to express your natural beauty, you've found your place at Seacoast Rejuvenation Center.

Portsmouth Family Care, Suite #2: Portsmouth Family Care is an independent practice specializing in family medicine and primary care. We strive to remain leaders in Family Medicine and to partner with our patients to provide comprehensive and compassionate care and build healthy families and healthy communities.

Evergreen Dental Care, Suite #5: If you are looking for a highly trained and experienced dentist in Portsmouth, you have come to the right place. At our practice, you will receive the highest quality dental care. Our dental office uses the latest state-of-the-art equipment and cutting edge technology and we uphold the strictest sterilization techniques. We know that many people may feel anxious about coming to the dentist, so it is our goal to make your visit with us as pain and anxiety free as possible. We view it as our mission to educate our patients about all of their oral health care options and to help guide them to choose a treatment plan that is most suitable and appropriate for their needs.

Pain Specialty Group, Suite #6: Pain Specialty Group LLC offers leading-edge pain therapies and comprehensive precision pain medicine for patients in Newington, Portsmouth and the surrounding areas of New Hampshire's Seacoast and Maine. The practice specializes in providing personalized, advanced interventional pain management and regenerative medicine treatments for all types of chronic pain conditions, including sports injuries, arthritis, back pain, sciatica, work injuries, and pain after auto accidents.

Health Care Resource Centers, Newington, 177 Shattuck Way:

Health Care Resource Centers Newington helps patients reclaim their lives from opioid addiction. Our team of addiction specialists provides methadone maintenance and other supportive services in a compassionate setting. We personalize every treatment plan according to the patient's substance use history and recovery path. At HCRC, we believe that all people are capable of change and that they are more than their addiction.

Coastal Surgical Center, 291 Shattuck Way:

Welcome to Coastal Surgical Center, PLLC. This state-of-the-art, outpatient Ophthalmology surgical center is a physician owned and operated ASC. The facility is located in Newington, New Hampshire, convenient and accessible from the Spaulding Turnpike. At our outpatient facility, you can rest assured that you will receive extraordinary patient care from our board certified, experienced physicians.



The Beane Farm, 2299 Woodbury Avenue:



Salmon Falls Family Healthcare: We offer top-quality health care provided by family doctors and nurse practitioners who care deeply about their community and the patients they serve. The recognition we value most comes from our patients, who consistently praise the attention and care they receive from our providers. Family practice is the medical specialty concerned with the total health of the individual and family. It involves the integration of the biological, clinical, social, and behavioral sciences. Our family physicians and practitioners are equipped to handle the vast majority of health care needs that you or your family may require, including preventive care, well-child exams, school physicals, gynecological care, assistance in orthopedic needs, treatment of skin conditions, and management of chronic and acute illnesses. Where specialty care is required, we will coordinate and assist you in receiving these services.

Granite State Pain Associates: All of us at Granite State Pain Associates are truly passionate about easing the suffering of our patients. Our goal is recovery for the whole person and a return to a meaningful and productive life. We understand that pain is more effectively treated when multiple approaches are combined. Our comprehensive pain centers not only offer interventional pain management modalities, such as injections and advanced surgical implants, but also physical therapy, counseling, alternative therapies, and medication management.

Northeast Surgical Care: Northeast Surgical Care is an Ambulatory Surgical Center in Newington, NH. This medical facility offers procedures at prices which are average for the market. Currently, Northeast Surgery Center specializes in Hand Surgery, Orthopedic Surgery, Sports Medicine with a Nurse Practitioner and 2 physicians.

DSH Dermatology & Skin Health: Procedures Offered: General Adult and Pediatric Medical Dermatology, Cosmetics, and Aesthetics

Colene Arnold, MD Gynecology & Associates: We are an outpatient gynecology practice dedicated to caring for women who seek a more personalized experience when it comes to managing their gynecologic needs. Our office provides routine gynecologic care as well as more specialized services such as evaluating and treating women with chronic pelvic pain.

ROAD to a Better Live: ROAD provides therapy and treatment for drug and alcohol addiction in a safe, respectful, and friendly environment that is focused on recovery, relapse prevention, and a return to normalcy.

**Veterinary Emergency, Critical Care & Referral Center of NH,
15 Piscataqua Drive:**

Veterinary Emergency, Critical Care and Referral Hospital offers specialist services, testing equipment and advanced care to supplement the great healthcare that your regular veterinarian already provides. We offer 24-hour walk-in emergency services to the public, and our specialty clinic is actively supported on a referral basis by veterinarians throughout the Seacoast of New Hampshire, northern Massachusetts and southern Maine.

The Mall at Fox Run, 50 Fox Run Road:

Fox Run Eye Care, PLLC: At Fox Run Eye Care, we have the new CLARIFYESM Digital Technology which will streamline your eye exam, making your choices easier and allowing you to receive an accurate prescription every time. Our Doctors of Optometry are able to examine, diagnose, treat and manage disorders of the eye as well as diagnose and monitor related systemic conditions including diabetes, high blood pressure and elevated cholesterol.

Newington Park Shopping Center, 2064 Woodbury Ave:

**New Hampshire Cardiovascular Care Associates
of York Hospital, Suite #103**

At Cardiovascular Care of York Hospital, our team of cardiologists offer a full spectrum of cardiac care – from diagnostics (such as nuclear stress tests and cardiovascular ultrasound) to intervention (including cardiac and peripheral vascular angioplasty) to rehabilitation (like our renowned cardiac rehab program).

