

Living news

Physician makes long voyage to CMC

An exhilarating journey” is the way Alfredo Perez, MD, describes his trek from his native Cuba to Catholic Medical Center. Board certified in internal medicine, Dr. Perez begins treating patients at CMC’s Hooksett Primary Care in early September.

He graduated from the University of Havana Medical School with an OB-GYN specialty, before spending three years working with underserved people in the mountain area of Cristal Sierra, which had no electricity or plumbing. He then returned to Havana for a four-year OB-GYN residency in a “posh neighborhood” of the city.

When he submitted his intention to the government to leave Cuba for the United States on March 13, 1989, he says, “My nightmare began.” He was expelled from the hospital, worked construction and washed floors in a nursing home, where they eventually enlisted his help in administering medications.

After finally receiving a release letter from the public health secretary, he left Cuba for Jamaica on February 29, 1992. Soon after, he arrived in Miami.

“When I arrived in the U.S., my biggest challenge was I was the owner of my life,” he remembers. “In Cuba, the government takes the steps for the development of the human being. Individuals don’t have much value. When I arrived here, I realized anything I did would have an impact on my future. It was both thrilling and disconcerting.”

Dr. Perez knew he needed to learn the language and took ESL classes in Miami. He then made his way north to Elizabeth, N.J., where he helped the Cuban owner of a garage with cleaning and maintenance for \$146 a week. “With that kind of money, I began to build my life up,” he says.

In 1995, he began his medical work in the U.S. as a clinical trainee at St. Clare’s Hospital in New York City, and a year later became the Director of Counseling Services at the AIDS center at Brooklyn Hospital. He completed his residency in internal medicine in 2003 and has been a primary care physician at the Syracuse Community Health Center in Syracuse, N.Y., since 2004, working with underserved populations.

continued on page 3



CMC opens parking garage

On May 16, Catholic Medical Center announced the opening of its four-story, 750-car parking garage. Patients, families and visitors have priority on-site parking. The parking garage, located directly across the street from the hospital at the corner of Foundry and Allard Streets, provides easy access parking for patients, families and visitors.

A ribbon-cutting ceremony was held for the opening. “Eleven months ago, we broke ground for the creation of a first-class

continued on page 3



**PRIME
TIME**
of Catholic Medical Center



**From the desk of
Alyson Pitman Giles,
President and CEO**

During certain times throughout the year, events in our life trigger a decision about where to receive our

health care. For some, it's an open enrollment with their employer. For others, it involves a job change or relocation. And still for others, the decision is prompted by an unexpected illness or diagnosis.

At Catholic Medical Center, we take your decision to meet your health care needs at our hospital seriously. We appreciate your trust and we value you and your health care journey. This is why we continue to grow and expand our services at CMC.

In May, we brought back laboratory services. The Department of Laboratory Services at Catholic Medical Center provides comprehensive clinical services to members of our community. Services are provided by a team of highly skilled medical, technical and support personnel, 24 hours a day, seven days a week, to patients of all ages. The Laboratory is accredited by the College of American Pathologists and the Joint Commission in addition to being licensed by the State of New Hampshire.

By late summer, we anticipate opening our brand new state-of-the-art surgical suites. The Surgical Department at CMC is dedicated to the highest standards of care to meet all of your surgical needs. The suites are designed with the latest in technology, lighting and equipment booms.

This September, we will expand our primary care network with the addition of Hooksett Primary Care. Se habla Español!

We understand you are the most important person in your health care decisions. That is why we continue to place your needs first. We are honored that you choose CMC for your health care needs and we're proud to bring health, healing and hope to all. ■

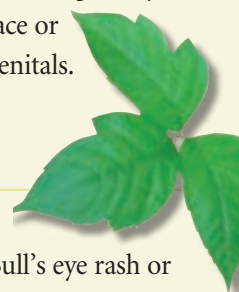
Alyson Pitman Giles, FACHE, President and CEO

ASK-A-NURSE® about recognizing & treating common summer ailments



This time of year many of us head outside to enjoy the great outdoors. Being outdoors also means exposure to ticks, parasites and poisonous plants. Here's a look at common summer ailments, their causes, home treatments and when you may need to see a doctor.

Ailment/cause	Symptoms	Home treatment	See a doctor if
Poison Ivy, Oak, Sumac Exposure to plant or its oils. Plant oils can be transmitted to skin from shoes, clothing, garden tools and pets' fur.	Red, swollen skin, fluid filled blisters, often in a linear pattern accompanied by severe itching.	The rash usually can be cared for at home and resolves in 1-2 weeks. Calamine lotion and cortisone cream can help ease itching.	You have a severe reaction or rash involving the eyes, face or genitals.
Tick Bites Ticks carry over 30 tick-borne diseases. Conduct full body check to yourself, children and pets daily.	Possible bull's eye rash. Symptoms similar to the flu such as fever, headache, body aches, vomiting and fatigue.	Remove tick with tweezers by grabbing tick close to the skin. Do not twist or jerk, pull straight up until all parts are removed. Wash site with soap and water followed by alcohol or iodine wash.	Bull's eye rash or signs of infection noted at site. Flu symptoms as described.
Swimmer's Itch Parasite in contaminated lake water enters the superficial layers of skin. Spread by birds and snails.	Initially mild redness followed by red raised areas accompanied by severe itching within hours of exposure.	Swimmer's Itch isn't serious and usually resolves within a week without treatment. Use of calamine lotion or cortisone cream.	Rash does not resolve or is painful. Fever or signs of skin infection.



Call ASK-A-NURSE at 626.2626. for more information on these and other summer-related ailments. ■

CMC opens parking garage

continued from pg. 1

medical complex,” said Alyson Pitman Giles, FACHE, President and CEO of Catholic Medical Center. “It’s been exciting and amazing to watch the construction. We anticipate that in less than four months our surgical suites will be complete, and by the end of the year, the Notre Dame Pavilion and attached sky bridge will be open. What’s even more exciting today is welcoming CMC staff back to on-site parking. They are the heroes of the last eleven months.”

Handicap parking spaces will remain in the parking lot in front of the hospital as well as in the surface lot on McGregor Street. Shuttle service from the surface lot to the hospital will continue throughout the duration of the construction of the Notre Dame Pavilion. Patients, families, visitors and Notre Dame Pavilion tenants have priority parking in the garage on Levels 1 and 2. The surface lot off of McGregor Street can be utilized for overflow parking. ■

Physician makes long voyage to CMC

continued from pg. 1

Dr. Perez is looking forward to his work at CMC, as well as giving back to America. He became a U.S. citizen in 1997 and says he is one of the proudest citizens. “I have no words to express my gratitude to this country,” he adds. “The best gift that was given to me was the gift of freedom.”

For a physician referral, please call ASK-A-NURSE® at **626.2626**. ■

Hooksett Primary Care

Riverside Park, 11 Kimball Drive

Hooksett, NH 03106 663.1990

Hooksett Primary Care is accepting new patients. ■

State-of-the-art operating suites

Beginning this fall, Catholic Medical Center will complete construction of ten state-of-the-art operating suites, which will be housed on Level D floor space located in its newest wing.

These suites will offer:

- Expanded pre- and post-operative areas for increased patient privacy
- Close proximity to the CMC Emergency Department, ICU and heliport
- Surgical suites in excess of 600 square feet; 700+ square feet for robotic and cardiac suites
- Non-halogen lighting for accurate color rendering
- Two flat-panel monitors for minimally invasive surgeries and dual panel PACS for x-ray images that allow for on-the-spot consultations
- Control panels to allow the surgical care team to retrieve data needed for consultation during a procedure
- Individual sound systems and no in-room paging to minimize noise during surgeries
- An information station to allow the circulating nurse to operate all components of the suite, as well as to provide expeditious care to the patient

“The Surgery Department at Catholic Medical Center is dedicated to the highest standards of care to meet all patients’ surgical needs,” says Lisa Roux, RN, Vice President, Surgical Services. “Surgical procedures performed at Catholic Medical Center include cardiac, thoracic, vascular, neuro/spine, orthopedic, general, urology, podiatry, plastic, ENT, GYN, oral and minimally invasive laparoscopic surgery. Our new space optimizes patient flow aimed at enhancing their experience and providing excellent patient outcomes.”

For more information about surgical services at CMC, call ASK-A-NURSE at **626.2626**. ■



Design example of a state-of-the-art operating suite

New look for CMC’s website

Coming this July, CMC will be launching its new website! The new website contains user-friendly features such as:

- Physician Finder
- Health Risk Assessment Opportunities
- Quality Management

Visit catholicmedicalcenter.org.



Babysitting And Beyond

Our unique babysitting course offers your children an opportunity to develop the skills necessary to be a safe and qualified babysitter and to apply these skills to other aspects of their everyday lives.

For most young people, babysitting is a rite of passage to adulthood. Through babysitting, they learn responsibility, dedication, loyalty and a tremendous sense of pride. When asked why they babysit, most will tell you it's because they love children and want to be around them, not necessarily for the financial gains.

Catholic Medical Center's Community Health Services Babysitting And Beyond prepares children aged 11 to 15 years in the role of babysitter. This two-day course covers such things as common first aid situations, child development, emergency response, the Heimlich Maneuver and much more.



Jean Jacques teaches how to swaddle a baby. (l-r) Daniel Pratte, Timothy Pratte, Jean Jacques, Joseph Pratte

An important concept taught in Babysitting And Beyond is to have the babysitter interview the parents of the children to ascertain if the family is indeed a "good match" for them as they plan their babysitting roles. Knowing ahead of time information about the family's habits, routines and favorite things helps ease everyone into a successful pattern.

Uniquely, this course educates the future babysitters on the many "ages and stages" of children as they develop. This is essential in realizing how to interact, play and care for children.

For more information, contact ASK-A-NURSE® at 626.2626. ■

New era of laboratory medicine at CMC

CMC has brought laboratory services back under the scope of CMC. Previously, laboratory services were operated by LabCorp®. CMC Laboratory combines the customer service of a community hospital laboratory with the breadth of technology and efficiency of a commercial laboratory. We provide clinical and anatomic pathology outreach services to medical facilities, physicians and health clinics, as well as long-term nursing facilities and visiting nurses associations.



Weldon Sanford, MD, has been appointed the Medical Director of Clinical Laboratory. Dr. Sanford earned his medical degree at St. Louis University School of Medicine and completed his anatomic and clinical pathology residency at William Beaumont Hospital in Royal Oak, Michigan. Dr. Sanford comes to CMC from Monadnock Community

Hospital, where he served as the Laboratory Medical Director.

CMC Laboratory is a comprehensive diagnostic facility and fully accredited by The College of American Pathologists (CAP), The Clinical Laboratory Improvement Amendments of 1988 (CLIA-88), The Joint Commission on Accreditation of Health Organizations (JCAHO), The American Association of Blood Banks (AABB) and The Department of Public Health (DPH).

One of only two labs in New Hampshire with a fully robotic system for preparing blood specimens for testing, CMC Laboratory is able to provide rapid test turnaround times. The CMC Laboratory is also Medicaid approved.

For more information regarding CMC Laboratory Services, please contact ASK-A-NURSE at 626.2626. ■

CMC Laboratory Community Patient Service Centers

Now Open

Catholic Medical Center

Lobby
100 McGregor Street
Manchester, NH 03102

Opening in July

Medical Group of Manchester

Dartmouth Commons
775 So. Main Street
Bedford, NH 03102

Opening in October

Webster Street Internal Medicine

57 Webster Street
Manchester, NH 03104

Grateful patient recognizes physician skill

Recently, Catholic Medical Center received a kind letter and a generous donation from a local man who is extremely grateful to the cardiac surgeons at Catholic Medical Center who saved his mother's life. "It all began twelve years ago," he said, when his mother began to have significant cardiac issues. The only child of this widowed woman, he wanted only the best for his mother, so he brought her to Boston. While in Boston, this very sick woman was told there was nothing that could be done to save her life and that her time was limited. Her son refused to accept that answer and, against the physician's advice, decided to have her transported to Catholic Medical Center. While at CMC, he met Dr. Westbrook and Dr. Baribeau and they were the "wonderful surgeons who took a chance and saved her life. They gave her an extra twelve years to enjoy her life, and we are forever grateful." Upon the passing of his mother, this grateful son has made a commitment to Catholic Medical Center for the next twelve years. His generosity will support life saving training courses for nurses who work in the ICU, D-100 or Cardiovascular Surgical Unit. The training will help the nurses care for patients recovering from cardiac surgery.

Wine & Beer Tasting a big success

Close to 250 people attended the 2007 Wine & Beer Tasting Event at the Bedford Village Inn to benefit the Poisson Dental Facility at Catholic Medical Center.

In addition, the evening raised close to \$45,000 in support of providing access to dental care to uninsured and underinsured children and adults from the Manchester Area. The Wine Sponsor for the evening was Martignetti Companies of New Hampshire and the Beer Sponsor was Capitol Distributors.



l to r: David VanDerBeken, Esq.; Alyson Pitman Giles, President and CEO; Mayor Frank Guinta; Robert O'Sullivan

Quilters support the Breast Care Center

In mid April, the Breast Care Center at Catholic Medical Center received a generous donation from the Machine Quilters Exposition. Their gift will be used in support of educational materials for women who have been diagnosed with breast cancer and post operative support pillows for women who have undergone breast surgery.

Estate planning

Spring cleaning of a different kind

In the spring, many of us feel compelled to get organized. For some of us, this is a dreaded task. We then remember that when it is done, life will run so much more smoothly.

When was the last time many of us did a spring cleaning of our important paperwork such as our wills? A spring cleaning of your paperwork could be very revealing and make things run more smoothly for our families.

Consider your will, which is a written document, executed in accordance with the formalities required by state law. The purpose of a will is to execute your wishes upon your death. Should you die without a will, the laws of your state will determine who inherits your assets and they will not go to the people and organizations that YOU want to have them. In fact, in 2007 and 2008, if a person with a total estate worth over \$2 million passes away without a will, the government will receive 45% of your estate.

In lieu of paying 45% of your estate to the IRS, there are ways you can provide for your family and support the community programs, hospitals, and churches you care about. Use this spring to make time to meet with a financial planner or attorney to update or complete your plan to ensure your wishes are carried out.

If you would like to remember Catholic Medical Center in your estate plans or would like additional information, please contact the Development Office at **663.6056**. ■

Keeping Healthy Staying fit

Catholic Medical Center's Community Health Services Department is proud to sponsor the following programs:

Community Education

Healthy Summer Sweets

Wed., July 25 ■ 7 to 8:30 PM

Summer is the perfect time to blend the fruits of the season in healthy desserts for family and friends. Sample some sweets without any guilt. **No charge.**

Registration required. Space is limited.



What Matters Most?

Wed., Aug. 22 ■ 7 to 8:30 PM

Getting the most out of life's simple pleasures is what we all hope for. Such health-enhancing pleasures communicate to our heart, immune system and to every cell in our body. Discover what uniquely surrounds you. Is it things like a special pink rose, your child's giggle, your mother's cooking or the path you take for your daily walk? **No charge.** Registration required.

The Big Picture: Joint Accounts, IRAs, Wills and Trusts

Date: Thursday, September 13 ■ 6:30 PM

Location: Prime Time, 195 McGregor St., Lower Level

See page 11 for more information. Registration required.

Osteoporosis: Can It Happen To You?

Wed., Oct. 10 ■ 1 to 2 PM

Location: Prime Time, 195 McGregor St., Lower Level

See page 9 for more information. Registration required.

Taking Care of #1

Women's Health Forum 2007

Sat., Nov. 3 ■ 8:30 AM to 3:15 PM

Location: Manchester Health Department
Fee: \$45. Registration required.

Screenings

Space is limited for all screenings. Early registration recommended.

Breast And Cervical Cancer Screening

Sat., July 14, Sept. 15 *or* 29 ■ 7:30 to 10:45 AM

or Wed., Aug. 8 ■ 4:15 to 6:45 PM

Breast cancer is the leading cause of death among women 35 to 54 years of age. Breast and cervical cancer screenings for women with limited income, no insurance or a high deductible. **No charge.** Registration required.



Memory Loss Screening

Thurs., July 19 ■ 9 AM to 1 PM

Location: William Cashin Senior Center, 151 Douglas St.

See Page 9 for more information. Registration required.

Prostate Cancer Screening

Thurs., July 19 ■ 1 to 4 PM

Location: Prime Time, 195 McGregor St., Lower Level

See page 9 for more information. Registration required.

Cholesterol Screening

Thurs., July 26 ■ 9 to 11 AM

Location: Prime Time, 195 McGregor St., Lower Level

See page 9 for more information. Registration required.

Could It Be Depression? (Screening)

Thurs., Oct. 11

See Page 9 for more information. Registration required.

Osteoporosis Bone Density Screening

Mon., Oct. 15 ■ 1 to 4 PM

Location: Prime Time, 195 McGregor St., Lower Level

See Page 9 for more information. Registration required.

Health and Wellness

Discover The "Body Language" Of Fertility

Wed., July 11, Aug. 8 *or* Sept. 12 ■ 7:30 to 9 PM

Location: 195 McGregor St., Suite 312

A woman's body communicates the best time to achieve or avoid pregnancy with a variety of biological signs. Learn to recognize these signs of fertility to achieve or avoid pregnancy naturally!

No charge. Registration required.

Babysitting And Beyond

Tues., July 17 and July 31 *or* Thurs., Aug. 2 and

Tues., Aug. 7 ■ 9:45 AM to 2:30 PM

See page 4 for more information. Fee: \$48.

Registration required.

Breast Cancer Educational Series

Mon., July 23 and Thurs., Aug. 23 *or*

Thurs., Sept. 6, 13, 20 and 27 ■ 6 to 7:30 PM

Designed for women with a recent breast cancer diagnosis to share with others who are experiencing many of the same feelings and issues. A breast cancer overview, nutrition, physical therapy and complimentary medicine, and the "Look Good, Feel Better Program[®]" will be discussed. **No charge.** Registration required.

Weighing In On Your Weight Loss Options At Catholic Medical Center

Learn about your medical and nutritional options for weight loss and long term weight maintenance.

Call for a current schedule. **No charge.** Registration required.

OPTIFAST[®] - CMC's Medically Supervised Weight Loss Program

Tues. ■ 4:30 to 5:30 PM *or* 6 to 7 PM *or*

Wed. ■ 5:30 to 6:30 PM

Location: 195 McGregor St., Suite 312

If you are 50 lbs. or more overweight, OPTIFAST[®], a medically supervised weight loss program, may be right for you. Fee: **Varies per individual.**

Pre-screening session is required.

All programs are held at Catholic Medical Center unless otherwise noted

Fit & Healthy KID STYLE! Keeping Families Fit

Tues., Sept., 25 to
Nov. 27 ■ 6:15 to 8 PM

Location: YMCA

An innovative fitness and nutrition program for overweight children ages 8-11 years old and their families. Call Cindy Lafond at 332.8616. Fee: \$99 (per family). Registration required.



Hypnosis For Smoking Cessation

Ongoing ■ 11 AM to Noon

Location: The Wellness Center,
195 McGregor St., Lower Level

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on your goal to be smoke-free. An individual session with a certified hypnotist is provided. For reinforcement, a 40-minute CD is given for daily home use. Fee: \$90. Registration required.

Complementary Medicine

For fees, information or to schedule an appointment, call CMC Outpatient Rehabilitation Services at 641.6700.

Massage

A relaxing and therapeutic massage offers a range of benefits such as relief of muscle and joint soreness, stress and anxiety reduction and improved range of motion and flexibility. Promotes a reduction of pain and anxiety, encourages relaxation and sleep and the ability to maintain overall physical, emotional and spiritual well being. CMC offers several massage options. Choose the one that is right for you.

- Massage
- Chair Massage
- Hot Stone Massage
- Reiki



Exercise and Fitness

Faithfully Fit Forever®

Wed., Sept. 5 to Dec. 19 ■ 9:30 to 10:30 AM

Location: Parish of The Transfiguration

Distinctive exercise program that will strengthen your mind, body and spirit. Fee: \$20. Registration required.

Beginners Strength Training

Mon. and Wed., Sept. 17 to Dec. 12 ■ 2:15 PM

or Tues. and Thurs., Sept. 18 to Dec. 11 ■
5:45 PM

Location: Prime Time, 195 McGregor St.,
Lower Level

Leaner muscle mass increases metabolism, thus improving weight loss. Strength training has been proven to increase strength, flexibility and balance. Fee: \$45. (12 weeks). Registration required.

Introduction To Yoga

Tues., Sept. 11 to Oct. 30 ■ 5:45 to 7 PM

Location: Parish of the Transfiguration

Embrace a new sense of overall well being, improve your sense of physical confidence and your flexibility. Fee: \$60. Registration required.

Helping You Live With Cancer – One Step At A Time

Location: The Wellness Center,
195 McGregor Street, Lower Level

We will assist you in developing an individual exercise program through our Oncology Exercise Program while you receive or recover from your cancer treatment. Call 663.8000.

Lifestyle Management Programs At The Wellness Center

An individual can lose weight, reduce and manage stress, lower blood pressure, control blood sugar levels, decrease total cholesterol and increase HDL (good cholesterol) through cardiovascular exercise and strength conditioning. Call 663.8000.



Zumba!

Zumba is a fun and energetic dance class set to international music. Hip-hop, Latin, African and cardio dance styles are fused into an amazing interval dance class. For more information, contact Doreen Weiser at 624.9300, ext. 202.

Masters Swim

Join this diverse group of adult swimmers while you train your heart and muscles. This is not a learn-to-swim program, however, all levels are welcome. Training sessions will be managed by one of our certified coaches to assist you in improving stroke technique and overall cardiovascular condition. For more information, contact Brian Crawford at 624.9300, ext. 253, or bcrawford@executivehealthclub.com.

Childbirth Education

Most programs include a tour of The Mom's Place. Registration required. For the current schedule, please call ASK-A-NURSE at 626.2626.

Baby Talk

Share the joys and challenges of motherhood with other mothers and babies (0-9 months). Due to limited space, it is not possible to accommodate older siblings. No charge.

The Art & Gift Of Feeding Your Baby

Tips, tools and techniques to help you learn about breastfeeding your baby, storing breast milk and ways to get breastfeeding off to a great start! Fee: \$25.

Hopes, Fears & Fantasies

For expectant mothers and their labor partners who have already experienced birth. Fee: \$35 (per couple).

Preparing To Birth – Evening Class

We'll help expectant mothers and their partners breathe a sigh of relief about their baby's upcoming birth. Fee: \$125 (5 weeks).

Preparing to Birth – Weekend Class

See description above. Fee: \$125.

Make Room For Baby

We provide an opportunity for big sisters and big brothers to learn about newborns and their care. Fee: \$10 (per family).

Birth Choices After A Cesarean

Your last baby was a Cesarean birth and you're hoping to avoid it this time around. You have choices and birthing options. Fee: \$35 (per couple).

Birth Made Easier With Hypnosis

Experience a deep state of relaxation that allows labor to be a more comfortable and peaceful experience. It is recommended that you take this class or Preparing To Birth, but not both. Fee: \$150 (5 weeks).



Prime

PRIME TIME

of Catholic Medical Center

Resources for Healthy Living

What is Prime Time?

A comprehensive education and resource center for healthy living, designed specifically for people 50 years old and over.

Comprehensive: We provide resources for total wellness – education, free nurse consults, services, connections and socialization.

Current: We're at the forefront of adult issues – we know what's important to people 50 years old and older.

Convenient: Located in the Mill West Building at 195 McGregor Street, Manchester, right across from Catholic Medical Center, with free parking. Use the "Center" entrance, take the elevator to the lower level and follow the signs. Come and visit us. The door is open and the coffee is on!

Prime Time...where age is considered a gift

Office Hours

Monday – Friday, 8:30 AM to 4:30 PM

Nurse Is In Open Clinics

Tuesdays, 9 to 11 AM

Wednesdays, 2 to 4 PM

Closed for the Holidays

Wednesday, July 4, Independence Day

Monday, September 3, Labor Day

If you would like to be included on our mailing list for other Prime Time communications, simply call Prime Time at **663.6333**. ■

Life is change

Life. Change. They seem to be synonymous. *Life is change*. The question as we age is often – have we got it in us for one more change? We're a bit weary of change, we've done it so many times in so many ways, and we keep looking for the time when we can sit down and rest a spell.

The wisdom of the day is that sorry, there's no rest for the weary. Change is happening, whether we're tired or not!! The other wisdom is that – yes, we've got it in us for another change. Each time we've changed over our lifetime, it adds to a reservoir of strength that we can call on when we need to do it again.

Change creates energy. Just when you thought you were totally out of juice for one more new thing, you get a boost of energy. There's still life in these old bones.

Ah-h-h, life. We can't quit now. Can't stop and rest yet – there's too much to see, to do, to seek, to learn, to experience. When we finally admit we're aging, we're admitting there's less time left. Less time for procrastination before we change. It's now – or maybe never.

Look around, look at how the community has evolved, and is it time for us to change? The process has started. One change for Prime Time is the departure of Connie Jones, Program Director, who moved to Maine to pursue a lifelong dream. For the rest of us, now is the time to grasp this opportunity and move forward with new faces, new ideas and new challenges! ■



To life. To change.

Time



Your Health

Cholesterol Screening

Date: Thursday, July 26
Time: 9 to 11 AM
(by appointment only)
Cost: \$20

Full cholesterol/lipid profile with one-on-one education. You must fast for 12 hours before this test (nothing to eat or drink except water). Call ASK-A-NURSE at 626.2626 to register.

Memory Screening

Date: Thursday, July 19
Time: Screening: 9 AM to 1 PM
Lecture: 10:30 AM
Location: William B. Cashin Senior Center

If you or a loved one are experiencing signs of persistent forgetfulness, difficulty remembering routing tasks or loss of judgment, join us for a free, confidential memory screening and lecture on memory loss. Presented by a partnership of Catholic Medical Center, The Mental Health Center of Greater Manchester and Easter Seals NH. Call ASK-A-NURSE at 626.2626 to register.

Hearing Aids: New And Exciting Innovations

Date: Wednesday, July 25
Time: 1 PM

Learn about new hearing aid technology. This talk and demonstration will show you how these new instruments can improve your life! Presenter: Ilene Stern, M.S., CCC-A, Hearing Improvement Center LLC.

Depression Screening

Date: Thursday, October 11
Time: 10 AM to Noon
Location: Prime Time
Time: 2 to 5 PM
Location: Parish of the Transfiguration

Time: 6 to 8 PM
Location: Bedford Counseling Center

Come in for a confidential, one-on-one talk with a mental health professional. You may call to register with ASK-A-NURSE at 626.2626 for any of the three locations. WALK-INS WELCOME.

Prostate Cancer Screening

Date: Thursday, July 19
Time: 1 to 4 PM
(by appointment only)

Free screening for prostate cancer, the second most common type of cancer in men. Call ASK-A-NURSE at 626.2626 to register. Limited number of appointments available.

Osteoporosis: Can It Happen To You?

Date: Wednesday, October 10
Time: 1 PM

Learn more about osteoporosis: "the silent thief," and the important things you can do to prevent it. Call Prime Time to register.

Osteoporosis Bone Density Screening

Date: Monday, October 15
Time: 1 to 4 PM
(by appointment only)

This bone density screening provides immediate results using ultrasound of the wrist or finger. Call ASK-A-NURSE at 626.2626 to register.

The Myths Of Aging

Pat Davenport, Prime Time's Geriatric Nurse Practitioner, will continue to help you understand the normal and abnormal changes that can occur in our bodies as we age.

Maintaining Our Health

Date: Wednesday, August 29
Time: 9:30 AM

You will learn about how even small lifestyle changes can help you avoid the 10 most common diagnoses of older adults. Call Prime Time to register.

What Is "Normal Aging"?

Date: Wednesday, September 26
Time: 9:30 AM

As we grow older, our organ systems begin to change. These changes impact our lives in various ways. This session will address the normal changes that occur in our 5 senses, as well as the changes that occur in the body's largest organ: the skin. Call Prime Time to register.

The New Thinking About Aging: Fostering Health And Coping With Frailty

Date: Series begins on Tuesday, September 18
Location: Derryfield School, Manchester

Dartmouth Community Medical School 2007 is proud to present a seven-week series focused on successful aging. Topics will include how and why we age, the challenges of Alzheimer's and Parkinson's diseases, advances in the prevention and treatment of heart disease, making complex decisions about your health, and much more. Registration is \$30 for the entire series, which is open to the public. For more information, call 653.1532 or visit online at <http://dms.dartmouth.edu/dcms>.

Outdoor Ventures

These opportunities are brought to you by a unique partnership of Prime Time, the Audubon Society of NH and Experiential Adventures and funded in part by the Florence V. Burden Foundation and the Women's Sports Foundation. To register, call the Massabesic Audubon Center at **668.2045**.

Photography Hike

Date: Thursday, July 26
Time: 10 AM to 2 PM
Location: Rhododendron State Park
Cost: Trip: \$20; Park fee: \$3, or free for those over 65.

Hike on the trails of Rhododendron State Park. We will learn about photographing nature and practice throughout the day. Call **668.2045** to register.

Kayaking On Lake Umbagog, Northern New Hampshire

Dates: August 15 to 17
Cost: \$255

Experience the waterways and wildlife surrounding Lake Umbagog National Wildlife Refuge. The cost of the trip includes instruction, lodging, lunch on the kayaking day, and a pontoon boat trip. Transportation, kayak rental and other meals not included. A deposit of \$100 is due by July 15 to reserve your space, with the remainder paid by August 10. Call **668.2045** to register.

Beginner Touring Kayak Trip

Date: Thursday, September 13
Time: To be announced, because of the tide schedule
Location: Great Bay and Squamscott River
Cost: Trip: \$20; Boat rental: \$5

Paddle on the Great Bay Estuary and explore secluded tidal creeks and salt marshes. We will meet at Great Bay Discovery Center in Stratham, rent kayaks, if needed, and paddle about 4 miles round trip. This is a great salt water trip! Call **668.2045** to register.

Exercise & Fitness

Senior Fitness

Dates: This class will end for the summer on Friday, June 29. It will resume on Monday, September 10.
Time: 3:30 PM
Cost: \$15 per month
Location: William B. Cashin Senior Center

This class incorporates all the necessary pieces for a fit body – working on strength, flexibility and balance. No need to register.



Beginning T'ai Chi

Dates: Thursdays, September 13 to October 4
Time: 1:30 PM
Cost: \$25
 T'ai Chi exercise enhances flexibility, reduces stress and tones muscles. Call Ask-A-Nurse at 626.2626 to register.

Yoga

Dates: Mondays, September 10 to November 5 (no class on October 8)
Time: 1 PM
Location: Prime Time
Cost: \$60
 Yoga is a gentle form of exercise that relaxes and balances the mind and body to achieve a greater sense of well being. Call Ask-A-Nurse at 626.2626 to register.

Beginner Strength Training

Dates: Mondays and Wednesdays, September 17 to December 12
Time: 2:15 PM
Dates: Tuesdays and Thursdays, September 18 to December 11
Cost: \$45

Increase muscle, improve energy and balance and reverse bone loss. Call ASK-A-NURSE at **626.2626** to register.

Life Enrichment

Images Of Deceit

Date: Wednesday, September 12
Time: 10 AM

Learn how to protect yourself against all types of scams. Fraud comes in various disguises. Senior Services Officer Joe Byron will tell you about various local scams involving mail, telemarketing and charitable giving. He will also speak about protecting yourself from identity theft. Call Prime Time to register.

A Women's Group

This group will be on hiatus for the summer months. It will resume in September. Call Prime Time for details.

Retired Men's Association

Dates: Third Tuesday of each month
Time: 10:30 AM
 For men who enjoy friendly association and seek an opportunity for socialization, information and participation in small group activities. Refreshments and speakers each month. No need to pre-register.



55 Alive Safe Driving Course

Dates: July 31 and August 2

Time: 9 AM to 1 PM

Dates: August 14 and 16

Time: 5 to 9 PM

Dates: September 12 and 14

Time: 1 to 5 PM

Cost: \$10 payable to AARP

AARP's "55 Alive" two-session course is considered to be the most effective safe-driving course in the country. Call Prime Time to register.

Computer Basics Class

Dates: Wednesdays

July 18 to August 15,
August 29 to September 26

Fridays

July 20 to August 17,
August 31 to September 28

Time: 9:30 AM

Cost: \$15

Learn the basics of Windows® operating system. Each person will have a computer. This 5-week class

is most helpful if you already own a computer. Call Prime Time to register. Payment must be received in advance.



Computer Tutors

Volunteers are available at Prime Time to help you one-on-one to answer your questions, teach, or get you past a computer glitch. Call Prime Time for an appointment. This service is free.

Monday is Art Day!

Painting With Acrylics Mornings

Dates: July 9 to August 13
August 20 to October 1

Time: 10 AM to Noon

Cost: \$90 for 6 weeks
(supplies included)

Evenings

Dates: July 23 to August 27
September 17 to October 29

Time: 6 to 8 PM

Cost: \$90 for 6 weeks
(supplies included)

A six-week course in acrylics for all levels. Instructor: Kim Roth. Call Prime Time to register.



Learn to Draw

Dates: July 9 to August 13
August 20 to October 1

Time: 1 to 2:30 PM

Cost: \$90 for 6 weeks
(supplies included)

Whether you consider yourself a watercolorist or have always wanted to try your hand at it, here is your chance. Instructor: Kim Roth. Call Prime Time to register.

Calm Your Financial Fears

Woman To Woman

Date: Thursday, September 6

Time: 10 AM

You CAN be financially savvy! Understand the difference between trusts, wills, and living wills. Learn about estate tax issues, long-term care planning and protecting tax deferred retirement assets. Also learn about the basics of investing. Presenters: Attorney Mary Howie and Diane Maddox, Maddox Investment Services. Call Prime Time to register.

The Big Picture: Joint Accounts, IRAs, Wills and Trusts

Date: Thursday, September 13

Time: 6:30 PM

Location: Prime Time, 195 McGregor St., Lower Level

Many of us have estate plans in place that include a will and a trust. However, we can thwart even the best estate plan if we do not take the next step. You will learn how to coordinate the elements of your estate plans to successfully accomplish your planning goals. Presenter: Patricia McGrath, Esq., of Devine, Millimet & Branch. Registration required. Call Prime Time to register.

Advance Directives

Dates: Ongoing, by appointment

For assistance with completion of the Living Will and Durable Power of Attorney for Healthcare (Healthcare Advance Directives), call Prime Time to set up an appointment.

Services you can use

Prime Time hosts community services that are vital to older adults:

Meds for Manchester: Free medications for low-income people of all ages.

ServiceLink Resource Center – **1.866.634.9412:** The first call to make when you need information, referrals and connections to assistance.

CMC's Community Health Services

For a complete list of programs and services, to register, or for more information, call ASK-A-NURSE at **626.2626**.

Ongoing Programs

Advanced Directives
A Healthy Weigh[®]
Babysitting And Beyond
Blood Pressure Screenings
Childbirth Education
CPR Classes
Adult First Aid Classes
Infant/Child First Aid Classes
Maintaining A Healthy Weigh[®]
Meds For Manchester
Nurse Consults
Oncology Exercise Program
OPTIFAST[®] Weight Loss Program
Strength Training Maintenance Program
Weight Loss Options
Weight Loss Surgery Information Sessions

Support Groups

Aphasia
Baby Talk
Bereavement
Brain Injury
Insulin Pump
Living With Breast Cancer
Stroke
Weight Loss Surgery

Catholic Medical Center is a fully accredited hospital of the Joint Commission on Accreditation of Healthcare Organizations. Requests for a public information interview can be made by contacting JCAHO at www.jcaho.org.

services & resources

ASK-A-NURSE[®]

Breast Care Center

Cancer Care

Cardiac Care:

Cardiac Rehabilitation
Cholesterol Management Center
Congestive Heart Failure Clinic
New England Heart Institute
Women's Cardiac Center

Community Health Services:

Breast and Cervical Cancer Program
Community Education, Prevention and Wellness
Health Care for the Homeless
Mobile Community Health Team
Natural Family Planning
Our Place
Parish Nurse Program
Poisson Dental Facility
Prime Time
Refugee Health Clinic
ServiceLink of Hillsborough County

Critical and Intensive Care

Diabetes Resource Institute

Diagnostic Imaging and Radiology:

Ultrasound
CT Scan
MRI/MRA
X-ray

Emergency Services

Endoscopy/Gastroenterology

Eye Institute

Laboratory Services

Maternity Services:

The Mom's Place
Pregnancy Care Center
Childbirth Education
The Family Care Center for Pediatric and Adolescent Care

Medical Specialties:

Endocrinology
Gastroenterology

Medical Specialties continued:

Medical Neurology
Nephrology
Pulmonary

New England Sleep Center

Nutrition Services:

OPTIFAST[®]

Obesity Treatment Center:

LAP-BAND[®] System

Orthopedics

Pastoral Care

Psychiatric Institute:

Geropsychiatry
Inpatient and Outpatient Hospitalization Program
Partial Hospitalization Program

Rehabilitation Services:

Inpatient and Outpatient

Research/Clinical Trials

Social Work/Case Management

Surgical Specialties:

Bariatric
Cardiac Surgery
Cosmetic/Reconstructive
Dental
Ear, Nose, Throat
General Surgery
Gynecology
Orthopedics
Podiatry
Spine
Thoracic
Urology/Robotics
Vascular/Endovascular

The Wellness Center

Urology

Vascular Institute

Wound Care:

Comprehensive Wound Healing Center

your thoughts

We welcome your comments about this issue of *Healthy Living News* and encourage your ideas about future stories. Please contact us through the Catholic Medical Center web site, catholicmedicalcenter.org or send email to info@cmc-nh.org.

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