

# Living news

## The Mom's Place celebrates 5<sup>th</sup> anniversary

The first birth, a boy, on May 13, 2002, ushered in a new era of medicine at The Mom's Place at Catholic Medical Center. This May, five years later, over 3,000 babies have been welcomed by The Mom's Place!



Since opening, The Mom's Place at Catholic Medical Center has expanded to 12 LDRP (labor, delivery, recovery and postpartum) suites. The suites are specifically designed for the maximum comfort of mothers, fathers and family members before, during and after the baby arrives. Each suite, with inviting décor and soothing lighting, has a private bath, whirlpool tub and daybed providing comfortable home-like arrangements for families.

"The Mom's Place is built on a philosophy of caring. We cater to families to create an experience filled with support, making

families the center of who we are," said Barbara Leafé, RN, director of The Mom's Place.

"When The Mom's Place opened in May 2002, we predicted that we would birth 1,000 babies in the first four years," said Alyson Pitman Giles, President and CEO. "Today, The Mom's Place has more than tripled this prediction in just five years! In 2003, we welcomed the Nurse Midwives of Dartmouth-Hitchcock Manchester. Additionally, we have a wonderful relationship with Bedford Women's Care Associates and Bedford Pediatrics. We're proud to serve the families of greater Manchester."

The Mom's Place offers a comprehensive education program, including prenatal care and exercise, nutritional counseling, breastfeeding education, car seat safety and special classes for siblings and grandparents.

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

## Passport to Cardiovascular Health

As one of the 106 City of Manchester employees who participated in the three-month pilot of the Passport to Cardiovascular Health program, Joan Porter of the Tax Collector's Office discovered the organized health challenge could be fun.

During sessions on diet and exercise to kickboxing and salsa dancing, she and others worked to reduce their risk factors for heart disease. The team-based challenge also included heart health screenings and prize points for making healthy lifestyle changes.

Porter's favorite part was the pedometer that each participant received. The group was challenged to walk 10,000 steps a day for four weeks. Setting out each morning before work with her pedometer, she walked for an hour to get close to her goal and added the other needed steps throughout the day.

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**PRIME  
TIME**  
of Catholic Medical Center



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

Hospitals in New Hampshire work hard to make quality health care available, affordable and

accessible to all, regardless of the patient's ability to pay. The Financial Assistance Programs at Catholic Medical Center ensure that all individuals are able to receive medically necessary care at Catholic Medical Center.

Catholic Medical Center participates in two statewide programs: New Hampshire Health Access Network and Hospital Access Plus. Catholic Medical Center also has its own financial assistance program that is available to patients who receive medically necessary care and don't qualify for either statewide assistance program.

To qualify for any of these programs, patients must complete a formal application for charitable care within 120 days of receiving medically necessary services from the hospital. They are eligible only after all insurance benefits, and/or financial aid from third party payers, state and federal assistance programs, charitable or endowment funds have been exhausted. Charitable care will be available only for medical services that are reasonable and necessary for the diagnosis and treatment of illness or injury. Individuals who receive or want a cosmetic or elective procedure are not eligible for financial assistance.

We know that health care costs come up unexpectedly and whether you are insured or uninsured, qualify or not for financial assistance, we understand. We are happy to work with any patient to resolve an unpaid balance. Please contact our Patient Financial Service Team at 663.6922, or visit our Patient Financial Services Department off the main lobby of the hospital. ■

Alyson Pitman Giles, FACHE, President and CEO

## ASK-A-NURSE<sup>®</sup> about hospital quality measures



Catholic Medical Center is committed to continuously improving the quality of care provided in all patient care settings. Good information helps health care consumers make good decisions about their health. Recently, mainstream media has been reporting on the issue of publicly reporting treatment data and outcomes. Ultimately the intent of publicly releasing hospital data is intended to assist consumers in making better health care decisions.

So how does the average consumer understand what quality means? Quality can be measured in many different ways. While there is no universal agreement on which method should be used, the following six criteria are often cited as the best indicators to determine whether or not you receive quality care for your medical condition:

- Credentials
- Experience
- Range of services
- Research and education
- Patient satisfaction
- Outcomes

It is up to the hospitals and providers to work with their patients to help them understand how these criteria create quality measures.

Consumers looking for health care information will often consult the Internet. This may not be pure quality data.

Some of the numbers or statistics can be influenced by processes related to coding, documentation and true severity of illness, which is notoriously difficult to capture. We recommend patients seek input and advice from their primary care provider to assist them in the translation.

Currently, Catholic Medical Center voluntarily participates with various reporting agencies in posting data and information about procedures and outcomes. Each agency uses a different set of criteria and timeline for reporting data. Some data posted can be as current as the last six months, while others report data more than 24 months old. Four of these reporting agencies are NHQualityCare, the Joint Commission on Accreditation of Healthcare Organizations, Health Grades and the Centers for Medicare and Medicaid Services' Hospital Compare.

At Catholic Medical Center, we take our patients' health care seriously, and we are proud to be creating a new era of medicine.

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



# Passport to Cardiovascular Health

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“The program made me focus on my health and look at food differently,” she says. “We don’t realize how many of the decisions we make every day will affect how we’re going to feel later on.”

Participants in the program made big improvements in their health screening results, including sizeable decreases in blood sugar levels and waist measurements.

Porter has continued to walk and returned to the gym to keep her heart healthy.

“If anyone has an opportunity to do this program, they definitely should,” adds Porter. “It makes you feel so much better about yourself and it makes you focus on your health and how important it is.”

For more information, call ASK-A-NURSE at **626.2626**. ■



# Ultra high resolution MRI now offered at CMC

**P**atients and physicians in New Hampshire will soon have access to one of the newest and highest-resolution magnetic resonance imaging (MRI) scanners available: the Achieva Quasar Dual 3.0T system from Phillips Medical Systems. This new MRI system will enable faster and higher-resolution scans, resulting in improved image quality.



Sample Ambient Light MRI Room: Ambient Experience provides a way for patients to personalize the clinical experience by selecting themes and colors - it provides distraction that helps relieve stress. The lighting and graphics are dynamic, providing an environment that truly surrounds the patient.

Because of the high level of detail it provides, the Achieva Quasar Dual 3.0T will assist radiologists and physicians in the earlier diagnosis of a variety of medical conditions through musculoskeletal imaging, neurological imaging, vascular system imaging, and images of the brain and internal organs.

Patient comfort will also be enhanced with the new MRI machine. The examination room will be equipped with ambient light, creating a more comfortable atmosphere especially for those patients who are claustrophobic. In addition to the comfortable atmosphere, the 3.0T will have faster imaging time compared to previous imaging systems.

“The 3.0T MRI system we are installing is a tremendous diagnostic benefit to the community. It will enable us to evaluate patients non-invasively with a faster exam, in a more comfortable environment with higher resolution images,” says Dr. Christopher Eckel, radiologist at Catholic Medical Center.

The installation is expected to be completed in June.

For more information about magnetic resonance imaging at Catholic Medical Center, please contact ASK-A-NURSE at **626.2626**.

## New Physicians

### Monica Ball, PA-C, joins Amoskeag Primary Care



Monica Ball, PA-C has a Master's Degree in physician assistant studies from the Massachusetts College of Pharmacy and Health Sciences. In her physician assistant training, Monica completed internships in Emergency Medicine,

Psychiatric Services, Primary Care, Women's Health and Surgical. In addition to her work at Amoskeag Primary Care, Monica will be providing clinical care to the patients at Catholic Medical Center's Obesity Treatment Center.

Monica is accepting new patients. To schedule an appointment, please call Amoskeag Primary Care at 623.3343. Amoskeag Primary Care is located at 16 High Street in Manchester. The practice accepts all major health insurance plans.

For more information on CMC's Obesity Treatment Center, please call 663.6931.

### Michael Mattin, MD, joins Willowbend Family Practice



Dr. Mattin, board certified in family practice, earned his medical degree from the University of Vermont and completed his residency in family practice at The University of Pittsburgh Medical Center, St. Margaret, in Pittsburgh, PA.

Dr. Mattin has been practicing as a family physician since 1988, most recently in the seacoast region for the past three years. The addition of Dr. Mattin to Willowbend Family Practice provides patients with expanded access to patient-focused primary care.

Dr. Mattin is accepting new patients. To schedule an appointment, please call Willowbend Family Practice at 663.8060. Willowbend Family Practice is located at 20 Washington Place in Bedford. The practice accepts all major health insurance plans. ■

## Partnering in your care

**H**ave you ever left an annual physical with questions that you forgot to ask? Are there health topics being played out in mainstream media that you've been asking, "What does it all mean?" If you answered "yes" to either of these questions, we invite you to come to CMC's Partnering in Your Care panels, which will address these topics you've been thinking of but haven't had time to take action on. Our April panel will be specific to women's health and our May panel will be specific to men's health.

### Partnering In Your Care: Women Listening To Women

Wednesday, April 18 ■ 7 to 8:30 PM

Please join Alyson Pitman Giles, President and CEO, as she facilitates a panel of female health providers. Featured physicians and topics:

Carolyn Claussen, MD: Primary Care

Janet Maher, RN: Breast Health

Lynn Scott, ARNP: Cardiology

Jeannie Johnson, MD: Obstetrics/ Gynecology



Alyson Pitman Giles, President and CEO

### Partnering In Your Care: Men Listening To Men

Wednesday, May 16 ■ 7 to 8:30 PM

Please join Paul Mertzic, RN, as he facilitates a panel of male health providers. Featured physicians and topics:

Alan Stricoff, DO: Primary Care

John Munoz, MD: Urology

Chris Daniack, MD: Gastroenterology

James Flynn, MD, FACC: Cardiology



Paul Mertzic, RN

To register, please call ASK-A-NURSE at 626.2626.

## da Vinci™ Surgical System

**S**ince January 2003, Catholic Medical Center surgeons have performed more than 500 procedures using the da Vinci™ Intuitive Surgical System. Of these procedures, 450 have been urology related, including prostatectomies. CMC is the first hospital in New England to offer a robotic surgical treatment option for prostate cancer. ■



## President's Reception

On February 7, Alyson Pitman Giles, FACHE, and President & CEO of Catholic Medical Center, welcomed close to 70 major donors to a President's Reception at the Manchester Country Club. The first annual reception was held to recognize and thank donors whose support, time, talent and resources help to complete the vision of Catholic Medical Center. Benefactors who have given \$10,000 or more to CMC since 1974 were recognized at this special event.

## a wine & beer tasting

On May 3, Catholic Medical Center will hold its second annual Wine & Beer Tasting event at the Bedford Village Inn in Bedford, NH, from 5:30 to 8 PM. Martignetti Companies of New Hampshire and Capitol Distributors will represent fine wines and quality craft microbrews for the evening. In addition to fine wines and beers, CMC will hold a silent auction, which will include items such as airline tickets and preferred seating for sporting events.

Proceeds from this event will benefit the Poisson Dental Facility at Catholic Medical Center. Tickets are available through the Development Office at CMC by calling **663.6056**.

Last year over 1,000 underserved community members received dental care through this program, 60 percent of whom were children. A recent needs assessment for the greater Manchester area listed limited access to dental health as one of the greatest needs facing our community.

Catholic Medical Center collaborates with eight community agencies to provide a full-service dental facility to help improve dental health in Manchester. In addition, the CMC Poisson Dental Facility supports the City of Manchester's Department of Health School-Based Dental Program. They provide dentist supervision and dental examinations for sealants for students in grades 2, 3 and 4 in Manchester elementary schools.

## Associates Golf Classic

The Catholic Medical Center Associates will hold their Third Annual Golf Classic on Wednesday, June 6, at Passaconaway Country Club in Litchfield, NH. Proceeds from this year's event will benefit the New England Heart Institute Foundation.

The mission of the New England Heart Institute Foundation is to raise, provide and distribute funding for cardiac education and wellness programs aimed at enhancing the cardiac health and well-being of the community.

The best ball tee off tournament begins with a shotgun start at 8:30 AM. Cash prizes will be awarded to the top three teams, closest to the pin, and the longest drive for men and women. A continental breakfast, complimentary gifts and a steak or chicken luncheon will be provided to all participants. The cost per person for greens fees and lunch is \$150. Due to the overwhelming response in the past, this year a maximum of 144 players (36 teams) has been implemented.

If you are interested in participating, please call 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

### Partnering In Your Care: Women Listening To Women

Wed., Apr. 18 ■ 7 to 8:30 PM

Our panel of female health care professionals is here to listen to your questions, women-to-women, about your health. **No charge.** Registration required. See page 4 for more information.

### Breast Cancer Educational Series

Thurs., May 10, 17, 24 and 31 ■ 6 to 7:30 PM

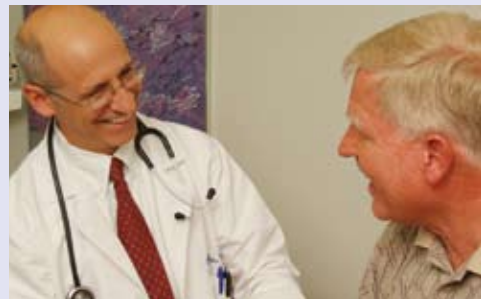
Designed for women with a recent breast cancer diagnosis to share with others who are experiencing many of the same feelings and issues. A breast cancer overview, nutrition, physical therapy, complementary medicine and the "Look Good, Feel Better Program"® will be discussed during this 4-week series. **No charge.** Registration required.

### Osteoporosis: Can It Happen To You?

Wed., May 16 ■ 6 to 7 PM

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

See page 9 for more information. Registration required.



### Partnering In Your Care: Men Listening To Men

Wed., May 16 ■ 7 to 8:30 PM

A unique opportunity for men's health questions to be heard by a panel of male health care professionals. **No charge.** Registration required. See page 4 for more information.

### Is Your Brain As Fit As Your Body?

Wed., June 20 ■ 7 to 8:30 PM

Research shows brain health is something we can control! We'll introduce you to Brain Aerobics® with practical steps to keep your brain sharp. **No charge.** Registration required.

## Screenings

Space is limited for all screenings. Early registration recommended.

### Breast And Cervical Cancer Screening

Sat., Apr. 14, May 5, 12, 19, June 2 or 23 ■

7:30 to 10:45 AM or Wed., Apr. 4, or

June 1 ■ 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., Apr. 19 ■ 9 AM to 1 PM

Location: Prime Time, 195 McGregor St.,

Lower Level or July 19 ■ 9 AM to 1 PM

Location: William Cashin Senior Center, 151 Douglas St.

See page 9 for more information. Registration required.

### Cholesterol Screening

Thurs., Apr. 26 ■ 9 to 11 AM

Location: Prime Time, 195 McGregor St.,

Lower Level

See page 9 for more information. Registration required.

### Osteoporosis Bone Density Screening

Mon., May 21 ■ 1 to 4 PM

Location: Prime Time, 195 McGregor St.,

Lower Level

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.

## Health and Wellness

### Discover The 'Body Language' Of Fertility

Wed., Apr. 11, May 9 or June 13 ■ 7:30 to 9 PM

Location: 195 McGregor St., 3rd Floor

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.

### Married And Loving It!

Mon., Apr. 23 to May 21 ■ 7 to 9 PM

Location: 195 McGregor St., 3rd Floor

Whether you're just starting your marriage or celebrating your 50th anniversary, you can learn new skills to strengthen your relationship. **Fee: \$25** (5 weeks). Registration required.

### Freedom From Smoking®

Thurs., May 10 to June 21 and Tues., May 29 ■

6 to 7:30 PM

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

Are you finally ready to quit? Quitting smoking and staying smoke-free may be one of the most difficult things for you to accomplish in life. You CAN do it and we will help you. **Fee: \$75** (8 sessions). Registration required.

### Hypnosis For Smoking Cessation

Ongoing ■ Location: 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.

### Adult Or Child First Aid

Sat., May 19 ■ 8 AM to Noon (Child) or Noon to 4 PM (Adult)

Location: 195 McGregor St., 3rd Floor

Covers a wide range of safety and injury prevention issues and how to respond. **Fee: \$35** (per class). Registration required.

# All programs are held at Catholic Medical Center unless otherwise noted

## CPR

Sat., May 12 ■ 8 AM to Noon

Location: 195 McGregor St., 3rd Floor

Covers CPR, AED use, relief of choking for adults, children and infants. **Fee: \$35.** 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., 3rd Floor

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.

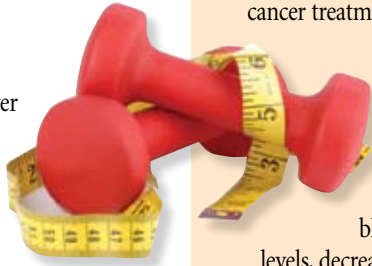
## Shaping Your Healthy Weigh

Thurs., May 17 to Aug. 2 ■

5:30 to 6:15 PM

Location: 195 McGregor St., 3rd Floor

Strategy is stronger than willpower in tackling the seven food environments we face daily. **Fee: \$149** (12 weeks). Add exercise to your program for an additional **\$107.** Registration required.



## CMC-American Red Cross Blood Drive

Mon., June 11 ■ 9 AM to 3 PM

A person can give blood every 56 days. Consider yourself asked. **No charge.** 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
- Hot Stone Massage
- Chair Massage
- Reiki

## Exercise and Fitness

### Introduction To Yoga

Tues., May 8 to June 26 ■ 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 improve your flexibility. **Fee: \$60.** Registration required.

### Historic Church Walk

Tues., June 12 ■ 10 AM to 2 PM

The 13th in our series of walks that explore the impact each faith community played in the tapestry of culture Manchester is known for. Bring your own brown bag lunch and a non-perishable food item. **No charge.** Registration required.

### Helping You Live With Cancer – One Step At A Time

Location: The Wellness Center, 195 McGregor St., 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.**



### Group Aquatics

Train in the pool for a non-impact, yet challenging workout. Classes focus on improving cardiovascular health, flexibility and strength. For more information, contact Denise Bettes at **624.9300, ext. 219.**

### Brain And Body Busters: Combining Fitness With Education

A structured 6-week program monitored by high school and college students that provides junior members with a quiet setting to complete their homework, and also be challenged physically to experience different styles of exercise to encourage them to be fit for life. For more information, call **624.9300, Tricia Benton at ext. 252** or Amie Deroian at **ext. 414.**

## 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 on 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 AM to 11 AM

Wednesdays, 2 to 4 PM

#### Closed for the Holidays

Friday, April 6 – Good Friday

Monday, May 28 – Memorial Day

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

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*From the desk of Prime Time Director Connie Jones*

## It's a whole new 'techie' world out there

In my world, a "Blue Tooth" would have been a medical oddity and a "Blackberry" was something you ate. Robots used to show up in a Star Trek movie, now they do your latest surgery. In my world, my phone was black, on a party line with two short rings and four numbers were all I needed to remember. Now a phone is attached to everyone, everywhere, every time, and it sings songs as it rings, takes pictures and plays video games.

In my world, bodies were made of bone, flesh and skin. Now they can be partially made of man-made materials – hips, knees, shoulders, stents, defibrillators and pacemakers that can be adjusted over the phone.

In my world, it took skill to drive, shift, park and fix cars. Now a computer fixes them, talks you to your destination and then parallel parks for you.

In my world, if you wanted to buy something, you went to the store or the Sears catalog. Now you go to your computer and "Google" it. And speaking of computers, in my world, they took up an entire room, you had to go to school to learn to run one and the room had to be kept at a constant 68 degrees. Now they're smaller than your purse, they have RAM, gigs, thumb drives, firewalls, no wires and evidently have viruses that antibiotics don't cure!



### I'm a foreigner in this world. Or, more accurately, an alien.

So what do we do with this world? Sometimes I'd like to just say, "STOP! Let me catch up." I guess we've got options: (1) become a technological hermit, but the problem here is that eventually there will be no signal for my 12-inch black and white TV, my 8-track will die, and then how will I listen to my music? (2) "rent-a-grandchild" to keep me going, since they seem to be born with new genes to understand this stuff, or (3) accept the challenge to remain in this world! That means picking the best, most helpful technology, believing that I'm capable of learning how it works, practicing and practicing and practicing. Then I can watch jaws drop when I say to our daughter, "Oh, by the way, if you need help with the Microsoft Vista upgrade, text me on my Blackberry. I'll get back to you after I finish e-filing my taxes and checking Craig's List, or you can go to my blog, I've left comments there on the install." ■

Call **PRIME TIME** at **603.663.6333** or **1.800.22**

# Time



## Health Screenings

### Cholesterol Screening

**Date:** Thursday, April 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. Call ASK-A-NURSE at 626.2626 to register.

### Memory Screening

**Date:** Thursday, April 19  
**Time:** Screening: 9 AM to 1 PM  
Lecture: 10:30 AM

#### Location: Prime Time

A free, confidential memory screening and lecture on memory loss. Presented by CMC, The Mental Health Center of Greater Manchester and Easter Seals NH. Call ASK-A-NURSE at 626.2626 to register.

### Osteoporosis Bone Density Screening

**Date:** Monday, May 21  
**Time:** 1 to 4 PM  
(by appointment only)  
**Cost:** \$20

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

### 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.

## Health Education

### Osteoporosis: Can It Happen To You?

**Date:** Wednesday, May 16  
**Time:** 6 PM

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

### Challenge Your Brain Day

**Dates:** Ongoing,  
2nd Friday of the month  
**Time:** 10 AM

Once a month, Prime Time offers a new brain challenge. Keep your brain active and learning! Call Prime Time to register.

## Exercise & Fitness

### Senior Fitness

**Dates:** Ongoing,  
Mondays and Fridays  
**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. Call Prime Time to register.

### Beginning T'ai Chi

**Dates:** Thursdays, May 10 to June 28  
July 12 to August 30  
**Time:** 1:30 PM  
**Cost:** \$45

T'ai Chi exercise enhances flexibility, reduces stress and tones muscles. Call Prime Time to register.

## Prime Time's Nurse Practitioner

Pat Davenport, Prime Time's geriatric nurse practitioner with 28 years of experience, is a healthcare professional who can assist you – free of charge. If you have questions or quandaries, need more information, need follow-up checks of vital signs, wounds, medications... she is here to help you. Pat holds open clinic (no appointment necessary) on Tuesdays, 9 to 11 AM, and Wednesdays, 2 to 4 PM. She is available by appointment at other times for consultations or ear checks. Call Pat directly at 663.6535 for an appointment.

## The Myths Of Aging – What Really Happens To Our Bodies

### Part I of a Series by Pat Davenport, ARNP

**Date:** Wednesday, May 23  
**Time:** 9:30 AM

This new series will present a different approach to learning about normal and abnormal changes in our bodies as



we age. Part I will explore the common theories of why we age, how and why our bodies change physically, and if we can prevent or delay these changes. Call Prime Time to register.

## Talk With The Doctors

### Your Body's Maintenance Schedule

**Date:** Tuesday, May 8  
**Time:** 6 PM

Your health needs maintenance, just like your car! Dr. Alan Stricoff of Medical Group of Manchester will discuss the recommended health maintenance for older adults, including routine tests and recommended care for diabetics. There will be plenty of time for questions and answers. Call Prime Time to register.



### Macular Degeneration

**Date:** Thursday, April 19  
**Time:** 6:30 PM

Dr. Chris Newton of NH Eye Associates will give a lay person's explanation of macular degeneration: what happens in your eye and why, and the latest in prevention and treatment. There will be time for questions and answers. Call Prime Time to register.



## 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.

**HICEAS:** Answers to your Medicare questions. For more information on any of these programs, please call Prime Time at **663.6333**.

### Yoga

**Dates:** Mondays, May 21 to July 16  
**Time:** 1 PM  
**Location:** Prime Time  
**Cost:** \$60

**Dates:** Wednesdays,  
May 30 to July 25  
**Time:** 8:30 AM  
**Location:** William B. Cashin Senior Center  
**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 Prime Time to register.



### Beginner Strength Training

**Dates:** Tuesdays and Thursdays,  
April 17 to June 21  
**Time:** 6:40 PM  
**Cost:** \$40

Increase muscle, improve energy and balance and reverse bone loss. Call Prime Time to register.

## Legal, Financial & Insurance

### There's A New Medicare Product In Town!

**Date:** Wednesday, May 9  
**Time:** 10 AM

Educate yourself about the new Medicare Advantage product now available in NH. Find out what it does, how it compares to your current coverage, the eligibility criteria and the pros and cons. This is not a sales pitch, it's education about a new product.

Presenter: Sue Gingras, Anthem Blue Cross. Call Prime Time to register.

### Advance Directives

**Dates:** Ongoing,  
by appointment

Assistance with completion of the Living Will and Durable Power of Attorney for Healthcare (Healthcare Advance Directives) available free of charge. Call Prime Time for more information.

## Life Enrichment

### Prime Time's 10th Annual Art Show And Reception

**Date:** Tuesday, May 15  
**Time:** 2 to 5 PM

You are invited to enjoy the artwork and meet the Prime Time artists at our 10th Annual Art Show and Reception. It's a wonderful opportunity to celebrate the marvelous creativity of Prime Time members. Entertainment and refreshments.

### Calling All Artists

The annual Prime Time Art Show and Reception has been set for May 15. All Prime Time members are invited to display their artwork in this event. You do not have to be attending Prime Time art classes to participate. You must register your artwork (one piece) by April 24. Call Sandra Fabrizio at **663.8751** to register.

### Computer Safety

**Date:** Tuesday, May 8  
**Time:** 9 AM

There are legions of sales and marketing villains out there eager to get their hands on your e-mail, your money and maybe even your identity. Learn how to protect yourself and your computer while using the Internet. Basic safety behavior, risky programs and protective programs. Demonstration

and Q and A. Instructor: Bob Chase.  
Appropriate for active computer users only. Call Prime Time to register.

### If You Think You Couldn't Be Scammed, Think Again!

**Date:** Thursday, May 3

**Time:** 10 AM

You may think you're smart enough to not get caught...but the scammers are smart, too. Learn how to protect yourself, the questions to ask before you say yes to anything. Senior Services Officer Joe Byron will speak about personal safety, including the signs and symptoms of elder abuse, and what to do if you suspect abuse. Call Prime Time to register.

### A Women's Group

**Dates:** 4th Tuesday of each month

**Time:** 10:45 AM,  
speaker at 11:15 AM

Come and socialize over coffee, followed by a speaker on a topic of interest to women. No need to pre-register.

### Retired Men's Association

**Dates:** 3rd 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:** April 18 and 20

**Time:** 9 AM to 1 PM

**Dates:** May 23 and 25

**Time:** 1 to 5 PM

**Dates:** June 26 and 28

**Time:** 5 to 9 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:** Mondays,  
April 16 to May 14

**Time:** 9:30 AM

**Cost:** \$15

Learn the basics of the 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.

### 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.

## Monday is Art Day!

### Painting With Acrylics Mornings

**Dates:** April 9 to May 14  
May 21 to July 2

**Time:** 10 AM to Noon

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

### Evenings

**Dates:** April 9 to May 14  
June 11 to July 16

**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.

### FUN With Watercolors

**Dates:** April 9 to May 14  
May 21 to July 2

**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.

## Outdoor Ventures

A partnership of Prime Time, the NH Audubon ([www.nh Audubon.org](http://www.nh Audubon.org)) and Experiential Adventures brings you opportunities to enjoy the outdoors in the company of other like-minded people. For everyone from beginner to expert, just look for your level. For all trips, transportation to the sites is on your own, or car-pool. For more details, and to register, call NH Audubon at **668.2045**.

### The Wet Exit: #1 Safety Technique For Kayakers

**Date:** Thursday, April 26

**Time:** 9 to 11 AM

**Location:** Allard Center YMCA Pool

**Cost:** \$20

Learn important safety techniques and practice getting out of your boat when it tips and getting back in with the help of a partner. Bring your bathing suit and be prepared to get wet! Level: All levels.

### Spring Birding Hike

**Date:** Thursday, May 17

**Time:** 10 AM to 3:30 PM

**Location:** Mt. Agamenticus, York, ME

**Cost:** \$20

Hike with a group or drive your car to the top of Mt. Agamenticus. Once at the top, hike on the scenic trails watching for and learning about spring migrating birds. Stop at The Center for Wildlife in Cape Neddick for a guided tour of the wildlife rehabilitation facility. Level: Beginner/Intermediate.

### Kayak the Contoocook River

**Date:** Thursday, June 21

**Time:** 10 AM to 2 PM

**Cost:** Trip – \$20, Kayak Rental – \$19

Paddle on this peaceful river that flows past farms and beautiful forests of silver maples. Meet at the Contoocook River Canoe Company, where you can rent a boat if needed. After learning basic kayak strokes and maneuvers, paddle two miles to Daisy Beach for lunch. Level: Beginner.

# 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*<sup>®</sup>  
Babysitting And Beyond  
Blood Pressure Screenings  
Childbirth Education  
CPR Classes  
Adult First Aid Classes  
Infant/Child First Aid Classes  
*Maintaining A Healthy Weigh*<sup>®</sup>  
Meds For Manchester  
Oncology Exercise Program  
OPTIFAST<sup>®</sup> 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](http://www.jcaho.org).

# services & resources

## ASK-A-NURSE<sup>®</sup>

### 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

### 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<sup>®</sup>*

### Obesity Treatment Center:

*LAP-BAND<sup>®</sup> 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](http://catholicmedicalcenter.org) or send email to [info@cmc-nh.org](mailto:info@cmc-nh.org).

*Healthy Living News* is published by the Marketing and Corporate Communications Department. For more information on services and programs, please call ASK-A-NURSE at **626.2626**, or visit our web site: [catholicmedicalcenter.org](http://catholicmedicalcenter.org). Find us fast in the Verizon Yellow Pages.

For more information about these or other CMC services call **ASK-A-NURSE** at **626.2626**

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