

Living news

Medication assistance programs save clients \$1.1 million

When Hurricane Katrina displaced one family from New Orleans to New Hampshire, George Pressly of CMC's community-based Meds for Manchester program was there to help a young boy get his medications from the pharmaceutical companies without cost. Additionally, when a patient comes to CMC for a heart procedure,

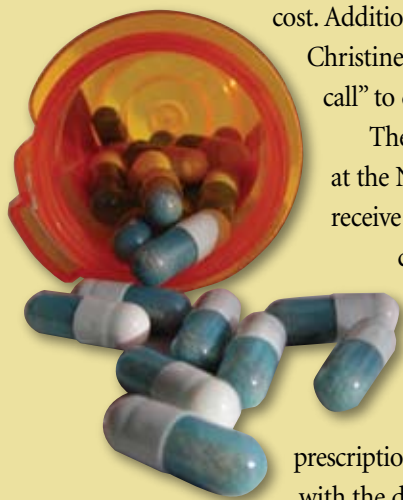
Christine Moloney of the New England Heart Institute makes a "room call" to complete paperwork for medication assistance before discharge.

These two programs, one located at Prime Time and the other at the New England Heart Institute, have helped over 1,000 clients receive \$1.1 million in free medications from pharmaceutical companies within the past year. They serve those most in need – older adults on fixed incomes, families in crisis, those who have lost a job that carried health insurance, the homeless and those just released from a correction facility.

The role of both programs is to connect people with prescription assistance by helping them with the application process. "Along with the dollars saved, the little bit of help we can provide in completing complicated paperwork goes a long way for a person or family in crisis," says Pressly.

"Good health care is not just about diagnosis and treatment, but looking at the whole situation," says William Bradley, MD, FACC, of the New England Heart Institute. "When someone comes to the New England Heart Institute for a heart procedure, they often are discharged with multiple new prescriptions. If this is a financial strain, the worry over additional cost can jeopardize their health. When Christine can tell them their medications can be free and she will handle the paperwork, the relief is visible, and the patient can then concentrate on getting well."

CMC's medication assistance programs assist those of all ages who are without prescription insurance and are income eligible. For more information about the medication assistance programs at Catholic Medical Center, call ASK-A-NURSE at 626.2626. ■



Cardiac surgery celebrates its 20th anniversary

The cardiac surgery program of the New England Heart Institute of Catholic Medical Center is celebrating its 20th anniversary this year. As an established cardiac center, the New England Heart Institute (NEHI) continues to push the edge of technology to provide the highest level cardiology and cardiac surgical services, while also delivering personalized patient care. Over the last two decades, its staff has grown to include three cardiac surgeons, 18 cardiologists and seven mid-level providers.

Over the years, NEHI and its cardiac surgeons have performed cutting-edge procedures. In 1988, David Charlesworth, MD, FACS, implanted southern New Hampshire's first implantable cardiac defibrillator, a device surgically implanted into the body to monitor and restore normal heart rhythms. In 1998, Benjamin Westbrook, MD, FACS, performed the first MAZE procedure in New Hampshire, a treatment for atrial fibrillation. Also in

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**PRIME
TIME**
of Catholic Medical Center

A comprehensive education and resource center for healthy living, designed specifically for people 50 years old and over. See our special section starting on page 8.

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

The heart of Catholic Medical Center is to provide health, healing and hope to all. We provide the

same care to everyone regardless of their ability to pay or the status of their insurance coverage. According to the NH Center for Public Policy, nearly 10% of New Hampshire residents are without health insurance. Nearly 15% of Manchester's population is uninsured. Manchester also has a high percentage of its citizens living below the poverty level utilizing Medicaid and food stamps. Manchester has a higher rate of people living in poverty, a more diverse population, and hosts more cultures and languages than any other city in New Hampshire. This makes for extraordinary challenges for access to health care.

In 2004, 348,000 people benefited from the more than \$20 million dollars in charity care and community benefits provided by CMC to the Greater Manchester community through nine community service programs.

CMC does not grant money to community service programs. We provide community programs. One such program is CMC's Parish Nurse Program, which promotes wellness by addressing the physical, emotional and spiritual needs, with advocacy and integration of faith and healing. Our nurses travel to 14 parishes and churches throughout the greater Manchester community. During the last year alone, more than 10,000 office visits were provided. Parish Nurses check blood pressure, assess individuals with chronic illnesses, and provide health counseling and referrals. They are practitioners, friends and an invaluable source of comfort. Taking care of our community is an integral part of our Catholic heritage. ■

Alyson Pitman Giles, FACHE, President and CEO

ASK-A-NURSE® What kind of doctor is a DO?



Did you know there are two types of complete physicians in the United States?

Doctors of Medicine – MDs, also know as allopathic physicians.

Doctors of Osteopathic Medicine – DOs, also know as osteopathic physicians. Both DOs (educated in the U.S.) and MDs are fully qualified physicians licensed to perform surgery and prescribe medication.

DOs and MDs are alike in many ways.

After undergraduate and medical school, both DOs and MDs can choose to practice in specialty areas of medicine, such as pediatrics, family practice, psychiatry, surgery or obstetrics after completing a residency program (typically 2-6 years of additional training). Both pass comparable, often identical, state licensing exams. Additionally, both DOs and MDs are qualified to practice in fully accredited and licensed health care facilities.

How are DOs different?

DOs practice a “whole person” approach to medicine. They regard the body as an integrated whole, recognizing the impact of stress on the immune system or posture on different body systems. To better understand how an injury or illness in one part of the body can affect another, DOs receive extra training in the musculoskeletal system, or more simply put, the body's interconnected system of nerves, muscles and bones that make up two-thirds of its body mass.

Additionally, osteopathic physicians receive training in Osteopathic Manipulative Treatment (OMT). With OMT, osteopathic physicians use their hands to diagnose injury and illness, and to encourage the body's natural tendency toward good health. DOs receive an additional 300-500 hours in the study of OMT.

Overall, DOs provide comprehensive care through the use of traditional Western medicine combined with a more holistic approach to health care.

There are many good practitioners in both areas. In general, it is more important to find a physician who will talk to you, listen to you, and whom you can trust.

To find a physician appropriate for your needs, call ASK-A-NURSE at 626.2626. ■



Gluten-free diet may relieve digestive ills

If you experience digestive discomfort and feel fatigued, irritable or depressed, you may have celiac disease. The condition is aggravated by consuming gluten, a protein found in wheat, rye, oats and barley. Troublesome foods include breads, pasta, cereals, crackers, cakes, cookies and even beer.

Some individuals have no digestive symptoms but experience muscle cramps, joint pain or unexplained hair loss. Celiac disease is hereditary, affects twice as many women as men and is found mostly in people of northern European heritage. If left untreated, it can cause malnutrition and be life-threatening.

Stress, injury, surgery or infection can trigger celiac disease after years of no symptoms. The disease may be diagnosed with a blood antibody test to measure levels of antibodies to gluten.

"You treat it by changing your diet," says Michelle Driscoll, ARNP, of Willowbend Family Practice. "The rewards are immense. People feel so much better."

Proper diet can reverse the effects of celiac disease, with people often feeling better within a few weeks. Some grocery store chains now sell gluten-free pre-packaged products. Other safe foods include milk, hard cheeses, meat, chicken, fish, potatoes, rice, fruits and vegetables.

If you believe you have celiac disease, contact your doctor. ■

Gluten-Free Diet May Relieve Digestive Ills
Wed., June 7, 7 to 8:30 PM



Robot-assisted prostatectomy enhances prostate cancer treatment

For men diagnosed with prostate cancer, state-of-the-art robotic technology is revolutionizing surgical treatment. Traditional open radical prostatectomies, with an incision from the navel to the pelvic bone, are being replaced by minimally invasive laparoscopic robot-assisted radical prostatectomies.

Surgeons at Catholic Medical Center were the first in New England to perform a robot-assisted prostatectomy and have performed nearly 300 of the procedures since January 2003. This minimally invasive type of prostate cancer surgery has been shown to decrease hospitalization and recovery time, less pain and smaller incisions.

"It's less invasive and traumatic to the patient, and the rates of erectile dysfunction can be significantly lower with the nerve sparing approaches of this procedure," says John Munoz, MD, who performs laparoscopic robot-assisted radical prostatectomies at CMC.



John Munoz, MD

The da Vinci™ Surgical Robot System: New Technology Improves the Surgical Treatment of Prostate Cancer

April 26, 7 to 8:30 PM
Roy Auditorium, CMC
John Munoz, MD

Call ASK-A-NURSE at 626.2626 to register.



The procedure, which takes less than two hours, is performed through five half-inch incisions, or ports. One incision is made at the navel, three in the lower right area of the abdomen and one in the lower left. A tiny camera is inserted through one port, while the others are used to operate the robot's two small working "arms."

"With the robot, our ability to dissect the prostate gland out is much better and more precise," notes Dr. Munoz. The system provides three-dimensional viewing, as well as true depth perception within the abdomen. Images can be magnified by a power of 10 and movements scaled down for precise maneuvering. After the

prostate is removed, small band-aids are placed on the incisions.

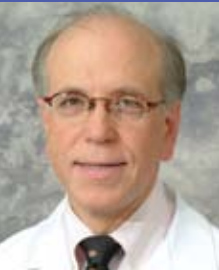
Patients typically return home the day after a laparoscopic robot-assisted radical prostatectomy and are back to normal activity within two to three weeks, about half the recovery time needed following a traditional open prostatectomy. ■

NEWS

Physician

Cardiologist earns lipidology certification

Peter Klementowicz, MD, FACC, of the New England Heart Institute of Catholic Medical Center, has earned certification with the Board of Clinical Lipidology. Dr. Klementowicz is the only board-certified cardiologist and lipidologist in New Hampshire.



Peter Klementowicz,
MD, FACC

Dr. Klementowicz received his medical degree from Tufts University School of Medicine and completed his residency at Montefiore Medical Center in New York, NY. He is a board-certified cardiologist with clinical expertise in cholesterol disorders. Dr. Klementowicz is the medical director of the Cholesterol Management Center at the New England Heart Institute.

Hospitalist Program at CMC expands

The Hospitalist Program at Catholic Medical Center has expanded to include three full-time and six part-time hospitalists. Hospitalists are available 7 AM to 7 PM, seven days a week, with the addition of 7 PM to midnight coverage on Fridays.

Hospitalists are physicians whose primary focus is the general medical care of hospitalized patients. They have no outside practice and are therefore able to devote their full attention to caring for and treating patients in the hospital. Upon the request of the patient's primary care physician, a hospitalist admits the patient and assumes responsibility for the patient's medical care. The hospitalist communicates with the patient's primary care physician about the patient's medical history, medications, and plan of care. Once a patient is discharged, care is transferred back to the primary care physician. ■

20th anniversary

continued from page 1

1998, Yvon Baribeau, MD, FACS performed NEHI's first beating heart surgery.

Since its inception in 1986, the cardiac surgery program at Catholic Medical Center has performed over 60,000 cardiac procedures. ■

New technologies are improving diagnostics

Revolutionary new technologies at Catholic Medical Center are providing higher resolution images and faster, more accurate diagnoses.

64-slice CT scanner

For patients needing diagnostic imaging, the hospital's new 64-slice CT scanner allows for quicker imaging and improved diagnostics from the high resolution images. During the scan, which takes about 5 minutes, patients hold their breath for intervals as little as 5 seconds. The 64 detectors deliver fast imaging that eliminates the motion effects of breathing or a beating heart.

The new technology is particularly useful in viewing the heart and very small vessels, such as the coronaries. The non-invasive scans can provide images of heart vessels that are similar to that of cardiac catheterization.

"Patient comfort and decreased anxiety are the most significant benefits gained because the exam is completed so quickly," says Kevin King, administrative director of Diagnostic

Imaging. "Image flaws due to patient motion are eliminated, thus high quality diagnostic images can be quickly interpreted by a radiologist and the results given to the treating physician."



Digital mammography – CMC adds second machine

As one of the only centers in southern New Hampshire to offer digital mammography, the Breast Care Center at CMC offers women faster, more accurate examinations of their breast tissue. High resolution images are sent in real time to a computer screen, where a technologist can adjust the image or magnify an area for closer examination.

A radiologist can be consulted immediately to determine if additional images are needed. Images can also be adjusted later on the computer screen for more detailed review and sent electronically to other facilities with the technology.

"In a recent study, digital mammography was proven more accurate than film mammography in detecting cancer in women with dense breast tissue," says Janet Maher, RN, clinical specialist and program director of the Breast Care Center. "At CMC, women receive the diagnostic benefits of digital mammography and an extraordinary level of care."

To learn more about these new technologies, call ASK-A-NURSE at 626.2626. ■

NEHI board donation

The New England Heart Institute Foundation has voted to donate six automatic external defibrillators to Manchester area high schools, including West, Memorial, the Manchester School of Technology and Trinity High School. In addition, two defibrillators will be donated to Central High School due to the school's size.

The foundation, chaired by Catholic Medical Center Board Member Carroll Winch, voted to approve this donation because high schools serve as community gathering locations for such events as concerts, sporting competitions, voting and community education classes. In addition to the donation of equipment, Catholic Medical Center will conduct training courses for representatives selected by the participating high schools. According to electrophysiologist Connor Haugh, MD, FACC, automatic external defibrillators are essential in treating a person who is experiencing a heart attack and in helping to prevent sudden death. ■



(l-r) Carroll Winch, Catholic Medical Center Board Member and Chairman of the New England Heart Institute Foundation; Connor Haugh, MD, FACC, Electrophysiologist, New England Heart Institute; Arthur Beaudry, Manchester School Board Member and Safety Review Committee member; Alyson Pitman Giles, President and CEO of Catholic Medical Center

A Wine & Beer Tasting

Catholic Medical Center will hold a Beer and Wine Tasting Event sponsored by Martignetti Company on Thursday, April 20, from 6 to 8 PM at the Bedford Village Inn, Bedford, NH. Proceeds from this event will benefit the Poisson Dental Facility, a community service of Catholic Medical Center. Tickets are available through the Development Office at CMC by calling 663.6056.

Last year, 1,385 underserved community members received dental care through the Poisson Dental Facility, 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 2nd, 3rd and 4th grade students in Manchester elementary schools. ■

CMC Associates plan 2006 Golf Classic

The Catholic Medical Center Associates will hold their Third Annual Golf Classic on Wednesday, June 7, at Passaconaway Country Club in Litchfield, NH. Proceeds from this year's event will benefit the Poisson Dental Facility at Catholic Medical Center.

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 served to all participants. The cost per person for greens fees and lunch is \$150. Due to the overwhelming response in the past, a maximum of 144 players (36 teams) will take to the greens this year. ■



Blitz joined the team of Captivating Ads at the 2005 Golf Tournament.

Volunteer Resources Open House

Wednesday, May 10
10 AM to 12 PM
3 PM to 5 PM
Roy Auditorium
Catholic Medical Center

Learn about volunteer opportunities at Catholic Medical Center. ■

Keeping Healthy fit Staying

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

Community Education

Breast Cancer: Partnering In The Journey

Thurs., Apr. 20 ■ 6 to 7:30 PM

The diagnosis of breast cancer in any relationship can be a difficult family journey. We will turn our focus to the partner of the loved one who has breast cancer and provide an opportunity to embrace this perspective. **No charge.** Registration required.

The da Vinci™ Surgical Robotics System: New Technology Improves The Surgical Treatment Of Prostate Cancer

Wed., Apr. 26 ■ 7 to 8:30 PM

Surgical options have expanded with new technology of the da Vinci™ Surgical Robotics System. Discussion will include treatment options and surgical outcomes. **No charge.** Registration required.

Is It Hot In Here, Or Is It ME!? Coping With The Menopausal Years

Mon., May 15 ■ 7 to 8:30 PM

Location: 195 McGregor St., 3rd Floor
Discover new ways to cope with the side effects that occur with "the change." **No charge.** Registration required.

Old World Meets New World: The Mediterranean Diet

Wed., May 17 ■ 7 to 8:30 PM

Mediterranean lifestyles and diet are a proven winner for remarkable health benefits. Discover the importance of olive oil, grains, fruits and vegetables and putting physical movement into your day. **No charge.**

Freedom From Smoking®

Thurs., May 18 to June 29 and Tues., June 6 ■ 6 to 7:30 PM

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

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

Gluten-Free Diet May Relieve Digestive Ills

Wed., June 7 ■ 7 to 8:30 PM

You may be sensitive to gluten in foods and not even know it. Are you experiencing chronic diarrhea, bloating, low energy, fatigue and hair loss? Have you been diagnosed with celiac disease? Eating a gluten-free diet may be the best choice for your health. **No charge.** Registration required.

Health and Wellness

Brain Injury And Stroke Family Education Series

Wed., Apr. 19 and May 17 ■ 6:30 to 8 PM

You or a loved one has had a brain injury or stroke. Which way do you turn? The Brain Injury Association of NH will present a series that will cover type and severity of injury, effects on the individual and family, determining needs of the survivor and caregiver, and identifying community resources. **No charge.** Registration required.

Memory Loss Screening

Thurs., Apr. 20 ■ 9 AM to 1 PM

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

As we age, our memory naturally fades, but how do we know if our memory lapses are a natural part of aging or something more serious? Provided in partnership with Easter Seals and The Mental Health Center of Greater Manchester. **No charge.** Registration required.

Breast And Cervical Cancer Screening

Sat., May 6 and 20 or June 3 ■ 7:30 to 10:45 AM
or Wed., Apr. 19 or June 14 ■ 4:15 to 6:45 PM

Over 211,000 new cases of breast cancer occur each year in the U.S., nearly 900 in NH. Breast and cervical cancer screenings for women with limited income, no insurance or a high deductible. **No charge.** Registration required.

Discover The "Body Language" Of Fertility

Wed., May 10 or June 14 ■ 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.

Family And Friends CPR

Sat., May 13 ■ 8 AM to Noon

Location: 195 McGregor St., 3rd Floor

Community CPR for adults, children and infants. (Attendance certificate issued upon completion of class.) **Fee: \$30.** Registration required.

Adult Or Infant/Child First Aid

Sat., May 20 ■ 8 AM to Noon (Infant/Child) or Noon to 4 PM (Adult)

Location: 195 McGregor St., 3rd Floor

Covers a wide range of safety and injury prevention issues of first aid and how to respond to them. (Card of Certification issued upon completion of class.)

Fee: \$30. Registration required.

Prostate Cancer Screening

Thurs., June 8 ■ 1 to 4 PM

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

The risk of getting prostate cancer increases with age – 3 of 4 cases are found in men over 65. **No charge.** Registration required.

Weighing In On Your Weight Loss Options At Catholic Medical Center

Ongoing, Wed. ■ 7 to 8:30 PM

Weight loss options...what works, what doesn't. Learn about surgical, medical and nutritional options for weight loss and long-term weight maintenance. **No charge.** Registration required.

OPTIFAST® – CMC's Medically Supervised Weight Loss Program

Ongoing, Tues. ■ 4 to 5:30 PM

or Thurs. ■ 5 to 6:30 PM

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.

A Healthy Weigh® At CMC

Wed., Apr. 12 to June 14 or

June 28 to Aug. 30 ■ 4:30 to 5:30 PM

Location: 195 McGregor St., 3rd Floor or

Thurs., Apr. 13 to June 15 or

June 29 to Aug. 31 ■ Noon to 1 PM

Location: The Wellness Center,

195 McGregor St., Lower Level

Gain vitality and lose weight while practicing skills that will help you achieve lasting goals. (Exercise component is a recommended option.) **Fee: \$149.** (Nutrition program only.) Registration required.

A Healthy Weigh® And Exercise Classes

An exciting new dimension has been added to A Healthy Weigh at The Wellness Center. **Fee: \$256.** (Nutrition and exercise program combined.)

Registration required.

All programs are held at Catholic Medical Center unless otherwise noted

Maintaining A Healthy Weigh®

Ongoing. Wed. ■ 6 to 7 PM

Location: 195 McGregor St., 3rd Floor

Get re-energized for success. Open to any person that has experienced ANY weight loss program. Choose a 4-week or 12-week option of intensive weight loss and lifestyle support. **Fee: \$59** (4 weeks), **\$149** (12 weeks). Registration required.



Colossal Colon®

Did you know that colon cancer is the second leading cause of cancer deaths in North America? Every four minutes, someone is diagnosed with colon cancer. Awareness, regular screenings and early detection increase

the chances of survival and cure. Join Catholic Medical Center, Dartmouth-Hitchcock Manchester, Elliot Hospital, the American Cancer Society and the Manchester Health Department as we present Colossal Colon® at the Mall of NH – a 40-foot long and 4-foot high, one ton replica of the human colon. Crawl through this amazing exhibit on April 9 and 10. Learn more about colon cancer and the steps you can take that could save your life. For more information, visit www.colossalcolon.com or call ASK-A-NURSE at 626.2626.

Therapeutic Services

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

Massage

A relaxing and therapeutic technique with a range of benefits, including relaxation, stress reduction, decreased muscle tensions, sports and fitness activities, health promotion, etc. CMC offers several massage options. Choose the one that is right for you:

- Hot Stone Massage
- Massage
- Chair Massage



Reiki

Promotes balance, harmony and healing by allowing restorative energy to reach all parts of the body.

Fee: \$15 (20 minutes), **\$25** (30 minutes) and **\$40** (60 minutes).

Exercise and Fitness

Introduction To Yoga

Tues., Apr. 18 to June 6 ■ 5:45 to 7 PM

Location: Parish of the Transfiguration

Provides a way to reduce stress and anxiety.

Fee: \$60. Registration required.

Introduction To T'ai Chi

Thurs., May 4 to June 22 ■ 6:15 to 7:15 PM

Location: Brookside Church

Encourages every part of the body to be relaxed and revitalized. **Fee: \$40.** Registration required.

Historic Church Walk

Tues., June 6 ■ 10 AM to 2 PM

The eleventh in our series of walks that explore the impact each faith community played in the development of the tapestry of culture Manchester is known for. We will tour Our Lady of Cedars and Blessed Sacrament. 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 Street, Lower Level

We will assist you in developing an individual exercise program at 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.



Bill Kelley Memorial Road Race 5K Or 10K

Thurs., July 27 ■ 6 PM

Location: Executive Health and Sports Center

Proceeds to benefit the New Horizons for New Hampshire. For more information or to register, call 668.4753.

Youth Personal Training

Has your child expressed a desire to become more active, healthy and fit? We offer personal training for children of all abilities between 9-17 years. Contact Tricia Bostock at 624.9300, Ext. 252.

Masters Swim

For adult swimmers who want to have fun while training their heart and muscles. This is not a learn-to-swim program; however, all levels of swimmers are welcome. We will focus on improving strokes and technique. (6-week sessions). Contact Allison Balboni at 624.9300, Ext. 201.

Childbirth Education

Registration required. Call ASK-A-NURSE at 626.2626. Most programs include a tour of The Mom's Place.

Baby Talk

Ongoing ■ 10 AM to Noon

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

Wed., May 3 ■ 7 to 9 PM

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

Thurs., June 15 ■ 6:30 to 9 PM

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

Preparing To Birth – Evening Class

Wed., May 10 to June 7 ■ 7 to 9 PM

We'll help expectant mothers and their partners breathe a sigh of relief about their baby's upcoming birth. **Fee: \$120** (5 weeks).

Preparing To Birth – Weekend Class

Sat. and Sun., May 20 & May 21 ■ 9 AM to 3 PM

See description above. **Fee: \$125.**

Make Room For Baby

Sun., May 7 ■ 1 to 2 PM

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

Thurs., May 18 ■ 6:30 to 9 PM

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

Mon., May 22 to June 19 ■ 7 to 9 PM

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

Closed for the holidays

April 14 – Good Friday

May 29 – Memorial Day

Nurse Is In Open Clinics

Tuesdays, 9 AM to Noon

Wednesdays, 2 to 4 PM

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

From the desk of Prime Time Director Connie Jones

The jobs of aging. Job #4: dying well.

Sitting with a group of five women at Prime Time, the conversation turned to the article that I was about to write about dying well. They made a collective face, but agreed it had to be done, because after all, "it happens to all of us."

So began a fascinating discussion with these five wise women. Wise because they have experience – the death of a spouse, a child, a parent or a friend. We broached all sorts of uncomfortable subjects, used the word dying, weighed the pros and cons of cremation vs. burial, and told sad and funny stories about people dying. We laughed a lot and cried a bit, and somewhere in the talk, one of the women said, "you know, it feels good to be able to talk about this."

So here is the wisdom about dying well from these five women:

1. Complete the paperwork! If it's not done before you die, it leaves a larger burden on your family – just the thing you want to avoid. Find the courage to complete your will, your estate planning and advance directives. (Did you know that 70% of Americans do not have even a simple will?) Lastly, don't forget your end-of-life wishes – "no solemn service for me, just a celebration," or "don't you DARE bury me in anything pink... I look awful in pink!"

2. Talk about dying. Our society doesn't like to talk about death – we can't even say the word comfortably. The women said it would be easier on them if families were willing to talk about it, even when it was hard. Their advice – "talk to the kids, even if they don't like it."

3. Mend your fences. Now. Make sure the legacy you leave is one of love, forgiveness and acceptance. Mend relationships, say "I'm sorry," reach out to people who have been distanced and heal people's hurts. They told of people who seemed to hang on to a thread of life until their last relationship was healed, and as soon as that job was completed, they died peacefully.

4. Don't leave life with a negative attitude. A peaceful end of life is "all about attitude, and we all are responsible for our own happiness. No matter what life gives you, it's your choice to find happiness or bitterness."

These wise women are prepared for death. Although they were very quick to remind me, they still had a lot of living left, with places to go and things to do! Living well, aging well and preparing to die well. Jobs of aging well done! ■

Time



Your Health

All About Ears!

Date: Tuesday, April 18

Time: 2 PM

Prime Time/GREAT Day nurse practitioner Pat Davenport will educate you about the anatomy of your ears, problems that occur with hearing and how to care for your ears. Pat will also provide a quick check of your ears and schedule you for follow-up care if needed. Call Prime Time to register.

Hearing Aids: New And Exciting Innovations

Date: Thursday, April 20

Time: 2 PM

Come and see how the new technology for hearing aids can improve your life. Demonstration, questions and answers. Presenter: Ilene Stern, MS, audiologist. Call Prime Time to register.

The Aging Brain

Date: Friday, May 26

Time: 10 AM

Dr. Lynn Villemere, MD, geriatric psychiatrist, will discuss normal changes that occur with brain structure and function as we grow older, as well as how to recognize abnormal changes in memory and why early recognition is important. Dr. Villemere is the clinical director for geriatric psychiatry at the Mental Health Center of Greater Manchester. Call Prime Time to register.

Brain Aerobics

Dates: Fridays, June 2 to 23

Time: 10 AM

Based on current research, the mind

as well as the body needs exercise to stay at the top of its game. This four-part class explores the newest information on the aging brain and what you can do to keep it healthy, the dendrites growing and even strengthening your memory skills. Instructors: Connie Jones, Prime Time, and Michele Harlan, Mental Health Center of Greater Manchester. Call Prime Time to register.

Losses Of Aging

Date: Tuesday, May 9

Time: 10 AM

This workshop acknowledges and explores the significant personal losses that happen as we age, such as loss of home through relocation, physical disability from a stroke or loss of a loved one. Our normal reactions in thoughts, feelings and behaviors are discussed. Instructor: Barbara Dupont, Mental Health Center of Greater Manchester. Call Prime Time to register.

Caregiver Support Group

Dates: Ongoing, 3rd Tuesday of each month

Time: 6 PM

If you are a caregiver, you need support! This group is about caregivers, for caregivers and by caregivers. It will provide support, education and resources for full-time and part-time caregivers, those who are caring from long distance or those who care for someone in a facility. Group facilitator: Michele Harlan, Mental Health Center of Greater Manchester. Call Prime Time to register and for more information.

Vascular Screening

Date: Friday, May 12

Time: 8 AM to 4 PM

by appointment

Location: Prime Time

While heart disease is our #1 killer, vascular disease kills and cripples countless Americans each year:

- Strokes are the #1 cause of disability and the third leading cause of death.
- Abdominal aortic aneurysms are a leading cause of death in men over 50.
- People with peripheral arterial disease may develop crippling leg problems and are at greater risk for heart attack and stroke.

The Vascular Institute of CMC will offer a free vascular screening as part of a national screening initiative. The screening – non-invasive, painless and simple – will include a carotid duplex ultrasound scan, an ultrasound aortic scan and a Doppler test for peripheral arterial disease. Blood pressure and heart rhythm will also be checked. To participate, you must be 60 years old or older with a history of diabetes, high blood pressure, high cholesterol or cardiovascular disease, or 50 years and older with a family history of vascular disease. Call ASK-A-NURSE at **626.2626** to register. ■

Prime Time's 9th Annual Art Show And Reception

An event not to be missed!

Date: Tuesday, May 23

Time: 2 to 5 PM

You are invited to enjoy the artwork and meet the Prime Time artists at our 9th 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 23. All Prime Time artists (beginner to master) are invited to display their work in this event. You do not have to be attending Prime Time art classes to participate. Please contact Sandra Fabrizio at **663.8751** to register your artwork (2 pieces max) by May 8.

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 – 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**.

Nurse Is In/GREAT Day Office Hours

Date: Tuesdays

Time: 9 AM to Noon

Date: Wednesdays

Time: 2 to 4 PM

Got a health question? Need your blood pressure checked? Pat Davenport, ARNP will be here to get you answers. Walk-ins welcome.



Memory Screening

Date: Thursday, April 20

Time: Screening: 9 AM to 1 PM

Lecture: 10:30 AM

Location: Prime Time

If you or a loved one are experiencing signs of persistent forgetfulness, difficulty remembering routine 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.

Cholesterol Screening

Date: Thursday, April 27

Time: 9 to 11 AM
(by appointment only)

Cost: \$20

Full cholesterol/lipid profile with one-on-one education with a nurse. You must fast (nothing to eat or drink except water) for 12 hours before this test. Call Prime Time to register.

Exercise & Fitness

Senior Fitness

New time! School is out, parking is better!

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. Instructor Janet Kelley-Vail is a specialist in older adult fitness. Call Prime Time to register.

Beginning T'ai Chi

Dates: Thursdays, June 1 to July 20

Time: 1:30 PM

Cost: \$40

Call Prime Time to register.

Yoga

Dates: Mondays, April 24 to June 26

Time: 1 PM

Cost: \$60

Call Prime Time to register.

Legal, Financial & Insurance

Medicare Prescription Drug Workshop

Date: Tuesday, April 25

Time: 10 AM

One more chance to educate yourself about your Medicare prescription drug options before the May 15, 2006 deadline. Presenter: George Pressly, Meds for Manchester. Call Prime Time to register.

Medicare Prescription Drug One-On-One Assistance

Trained volunteers will meet with you one-on-one to answer your questions, help you compare plans and formularies and/or enroll you in a plan. Call Prime Time for your personal appointment.

Your Will: A Job Half Finished

Date: Thursday, May 18
Time: 10 AM

You may be guaranteeing your family a trip to probate court if your only legal document is your will. Learn how to avoid probate using trusts, durable power of attorney and other asset repositioning techniques. Presenters: Marc Pinard, attorney, and Stephen Mathieu, CFP. 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. House calls are available if necessary.

Life Enrichment

Just In Case

Date: Thursday, May 11
Time: 3 to 5 PM

This free program provides the local police with a photo of a person who is apt to wander, become lost, disoriented or confused. The photo will be available on computer screens in police cruisers to assist in locating a lost person quickly and safely. This service is provided by the Manchester Police Department and the Alzheimer's Association. For more information, to enroll and

have photos taken, call Prime Time for an appointment at 663.6333 or you may walk in.

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: April 25 and 27
Time: 5 to 9 PM
Dates: May 17 and 19
Time: 9 AM to 1 PM
Dates: June 13 and 15
Time: 1 to 5 PM

Cost: \$10 payable to AARP
AARP's 55 Alive 2-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, May 3 to May 31
Fridays, May 5 to June 2
Time: 9:30 to 11:30 AM
Cost: \$15

Volunteer Walter Griffin teaches 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 10 to May 15
Dates: May 22 to July 3
Time: 10 AM to Noon

Evenings

Dates: May 8 to June 26
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: April 10 to May 15
Time: 1 to 2:30 PM
Cost: \$90 for 6 weeks (supplies included)

The fundamentals of drawing in an easy and fun class. Great foundation for those considering painting. Instructor: Kim Roth. Call Prime Time to register.

FUN With Watercolors

Dates: May 22 to July 3
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.



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

Adult First Aid Classes
Advanced Directives
A Healthy Weigh[®]
Babysitting And Beyond
Blood Pressure Screenings
Childbirth Education
Family/Friends CPR
Infant/Child First Aid
Maintaining A Healthy Weigh[®]
Meds For Manchester
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
Caregivers
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

Arthritis Clinic

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/GREAT Day
Refugee Health Clinic
ServiceLink of Hillsborough County

Critical and Intensive Care

Diabetes Resource Institute

Diagnostic Imaging and Radiology:

Ultrasound
CT Scan
MRI/MRA
Xray

Emergency Services

Endoscopy

Eye Institute

Maternity Services:

The Mom's Place
Pregnancy Care Center
Childbirth Education

Medical Specialties:

Endocrinology
Gastroenterology

Medical Neurology

Nephrology

Pulmonary

New England Sleep Center

Nutrition Services

Obesity Treatment Center

OPTIFAST[®]

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:

Cardiac Surgery
Cosmetic/Reconstructive
Ear, Nose, Throat
Gastroenterology
General Surgery
Gynecology
Laser Eye
Orthopedics
Prostate
Urology
Vascular

The Wellness Center

Urology

Vascular Institute

Wound Care:

Comprehensive Wound Healing Center

Partnerships and Affiliations:

Bedford Ambulatory Surgical Center
Bedford Women's Care Associates
Dartmouth-Hitchcock Midwives

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, www.catholicmedicalcenter.org or send email to info@cmc-nh.org.

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