

Living news

Caring Hearts volunteers support patients' recovery

A few days after undergoing quadruple bypass surgery at the New England Heart Institute of Catholic Medical Center, Janice Welch was visited in the hospital by Arlene Delahanty, a Caring Hearts volunteer. Delahanty provided encouragement and explained what to expect during recovery. She was speaking from experience, having undergone the procedure herself six years earlier.

Delahanty and 15 other Caring Hearts volunteers are former CMC heart surgery patients who meet with patients six days a week. These trained volunteers listen, talk about their experience and direct medical treatment questions to hospital staff.

"It was so nice to talk with Arlene about the common thing we both shared and see that you can come back from this and live a normal, productive life," says Welch.



Caring Hearts volunteers (*front, l-r*) Gordon Jackson, Donald Boisvert, Roger Bellerose, Jim Giambartolomei, Fred Myrdek, Arlene Delahanty. (*back, l-r*) George Donohue, James Dupuis, Ken Hauser, Larry Nemon, Robert McGuinness. Not pictured are Armand Soucy, Richard D'Amour, Sylvia Nordle, Celia Aubin, Kay Santos.

The Caring Hearts program was initiated by George Donohue, who wished there was such a program in place when he underwent heart bypass surgery four years ago. "I thought talking to people who had gone through the same thing would inspire patients," he says.

Working with Sharen Fournier, RN, M.Ed, and Janet Troski, MSN, RN, director of cardiovascular wellness at CMC, Donohue organized the Caring Hearts program. Since July, each volunteer has spent two to three afternoons a month visiting patients and making follow-up calls.

"These Caring Hearts volunteers give one of the most important gifts, the gift of time," says Fournier. "They help people understand they can live a healthier and better life after their procedure. And we support

Mobile Health Team improves lives

CMC's Mobile Community Health Team Project/Health Care for the Homeless (MCHTP/HCH) is dedicated to providing health care to the homeless. The project provides primary medical care, substance abuse counseling and nursing case management to people who are homeless in our community. As a team, they enable access to sorely needed health care, medications, dental and eye care support through difficult times. These services are best illustrated by the story of someone who has been helped by this program.

"Dave," who was homeless and a recovering alcoholic with diabetes, was trying to overcome his homelessness and alcohol addiction, which were both complicating his diabetes. Even with prescribed medications, his sugar levels were extremely high.

The MCHTP/HCH told Dave that if his sugar levels stayed high, or went higher, he would probably go into a coma. The medical team worked with him at their shelter clinic on

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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

According to the American Heart Association, cardiovascular disease claims more women's lives than the next six causes of death combined – about 500,000 women's lives a year. In New Hampshire alone, more than 2,300 men and women die from cardiovascular disease and roughly half of those deaths are women. These statistics are staggering and just one of the many reasons that Catholic Medical Center has partnered with the American Heart Association to increase awareness of cardiovascular disease in women through the New Hampshire Goes Red campaign.

More than just building awareness, Catholic Medical Center is committed to providing health care options to women across the state. Cardiovascular disease is preventable. Heart health can be improved by having regular check-ups, monitoring cholesterol and blood pressure, eating a healthy low fat diet and exercising regularly. And don't smoke – and if you do – quit.

At CMC, it is our mission to help those who may not have insurance or who have limited health care coverage. One example of this is through the Medication Bridges and Meds for Manchester programs. Staff and volunteers of CMC assist eligible patients by working with pharmaceutical companies and primary care physicians to ensure that medications a patient requires, but does not have the financial means to pay, are provided. In some cases, this means helping a patient with a cardiovascular disease, such as high blood pressure, get help.

Catholic Medical Center takes caring for its community seriously. As Heart Month approaches this February, please consider taking steps to becoming heart healthy. ■

Alyson Pitman Giles, FACHE, President and CEO

ASK-A-NURSE®

Choosing your primary care physician



Did you know that patients can take an active role in directing their medical care? You may start by choosing your own medical team and finding doctors who will help make decisions with you.

Things to consider when choosing your medical team:

- **Make sure your general practitioner, internist or pediatrician is affiliated with the finest medical center in your area.**

Which hospital would your doctor admit you to in the event of an emergency? Seek a physician who has an affiliation with a hospital that offers innovative and cutting-edge technology, such as less invasive surgical robotics, the most current digital radiological equipment, the highest standards of cardiac and medical-surgical care, ongoing research and clinical trials and a mission to provide free or low-cost health education and screening events to the community.

- **Choose the right doctor who fits your current needs.**

Family Practice – Offers general family health for all ages: one doctor for your entire family.

Internal Medicine – Provides care to adults. Internists are especially effective in treating chronic conditions, such as hypertension and diabetes.

Doctor of Osteopath (DO) – Serves the role of primary care. DO's have the same training as medical doctors with additional training in the musculoskeletal system.

OB/GYN – Treats the full range of reproductive issues for women, from childbirth to menopause.

Pediatrics – Specializes in children's health care from infancy to adolescence.

Spending a few minutes now to choose the best doctor and hospital for you and your family will mean better care and peace of mind in the future. To find a doctor who meets your special needs or to learn more about specific medical technology offered at Catholic Medical Center, call ASK-A-NURSE at 626.2626. ■



Mobile Health Team improves lives

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a continuous basis to stabilize his sugar levels and to address his addiction.

Without health insurance, a home or a paycheck, Dave worked with the MCHTP/HCH for five months as he tried to get healthy. He worked with the medical staff on a plan that included nutrition, medication, self-management goals and constant monitoring of his sugar levels, in addition to goals of recovery, sobriety



and permanent housing.

Dave now has a home, he is sober and his diabetes is under control. He has reunited with his family and is now an active member of the community, assisting others as they work toward addiction recovery. Dave calls the MCHTP/HCH a “lifesaver” and thanks everyone involved with bringing this caring and professional health care team to the people who are homeless and uninsured in Manchester.

The MCHTP/HCH is comprised of doctors, nurses, nurse practitioners, addiction counselors and support staff. Together they conduct outreach clinics on site at the New Horizons for NH shelter and the Families in Transition program. In addition, they perform medical outreach and offer health education to smaller shelters in town.

People who are homeless and in need of health care should be referred to the team at 663.8718 or call ASK-A-NURSE at 626.2626 for more information. ■



From the Heart: a community lecture series

According to the American Heart Association, heart disease is America’s No. 1 killer. Cardiovascular disease kills more women than the next seven causes of death combined. The New England Heart Institute of Catholic Medical Center is hosting a series of free, informative lectures in celebration of February’s American Heart Month and The Go Red for Women® campaign. Unless otherwise noted, lectures will be held at CMC in the Roy Auditorium. To register, call ASK-A-NURSE at 626.2626 or online at www.catholicmedicalcenter.org. Space is limited.

The Metabolic Syndrome

Peter Klementowicz, MD, FACC, Cardiologist

Wed., Feb. 1 ■ 7 PM

From Syndrome X to the Metabolic Syndrome defined as a clustering of risk factors for heart disease that may include insulin resistance (a pre-diabetes state), low HDL (good) cholesterol, high triglycerides, abdominal weight gain or “central” obesity, and hypertension. The Metabolic Syndrome is more prevalent in women. Learn prevention and treatment of the Metabolic Syndrome.

Congestive Heart Failure

Robert Capodilupo, MD, FACC, Cardiologist ■ Marilyn Daley, ARNP

Wed., Feb. 8 ■ 7 PM

Congestive heart failure (CHF) occurs when the “pump” (heart muscle) isn’t working properly. Symptoms of shortness of breath, unexplained fatigue, weight gain, swollen ankles and physical activity intolerance may occur. Learn the warning signs, prevention and treatment of CHF.

The Heart Of A Woman

Kristine Ziemba, MSN, ARNP

Wed., Feb. 15 ■ 7 PM

Heart disease is the No. 1 killer of women; lack of awareness is a close

second. In NH alone, heart disease claims the lives of 1,500 women every year. You’re the heart of your family. Are you so busy taking care of your family’s needs that you’re missing important signs of heart disease in yourself? Discover unique lifesaving steps to reduce your risk of heart disease.

Sudden Death

Connor Haugh, MD, FACC, Cardiologist

Wed., Feb. 22 ■ 7 PM

Could you survive sudden death? Discussion will include information about causes, treatment, prevention and diagnosis of heart rhythm disturbances that may result in sudden death.

Brain Attack

Carmen J. Petrin, MS, APRN, BC ■ Jennifer Russell, OTR-L ■ Liane St. John, PT ■ Jean Manning, MS, CCC-SLP

Thurs., Feb. 23 ■ 1 PM ■ Location: Prime Time, 195 McGregor St., Lower Level

Stroke is a brain attack. A brain attack can result in multiple neurological impairments affecting people’s ability to fully function in their day-to-day activities. Learn the warning signs, causes and treatment of stroke. ■



Patient-focused primary care at CMC

At Catholic Medical Center, we understand how important your relationship is with your doctor. You want a doctor who not only understands your specific medical needs, but who will take the time to listen to your concerns and make you a full partner in your care. The primary care physician practices of Catholic Medical Center are proud to be affiliated with one of the region's most experienced acute care hospitals. Throughout the year, the doctors and nurse practitioners of CMC will lead community health lectures to educate our community at-large. Within our Physician News column, they will tackle a topic and answer your important questions. To learn more about the primary care physician practices of Catholic Medical Center, call ASK-A-NURSE at **626.2626**.

Amoskeag Primary Care

a department of Catholic Medical Center

Office Hours: Monday – Friday ■ 8 AM – 5 PM

16 High Street ■ Manchester, NH 03101 ■ 623.3343



(l-r) Sheela Bhattacharyya, MD, Ajay Koshy, MD

Medical Group of Manchester

a department of Catholic Medical Center

Office Hours: Monday – Friday ■ 8:30 AM – 5 PM

775 South Main Street ■ Manchester, NH 03102 ■ 663.7300



(l-r) Alan Stricoff, DO, Jeffrey Calegari, DO, Keith Stahl, MD, Scott LeBlanc, DO, Joseph Pepe, MD, Gregory Opritza, MD

Queen City Medical Associates

a department of Catholic Medical Center

Office Hours: Monday – Friday ■ 8 AM – 5 PM

769 South Main Street, Suite 300 ■ Manchester, NH 03102 ■ 625.6198



(l-r) Miguel Jurado, MD, Charles Carrier, MD, David Pendleton, PA

Webster Street Internal Medicine

a department of Catholic Medical Center

Office Hours: Monday – Friday ■ 8 AM – 5 PM

57 Webster Street ■ Manchester, NH 03104 ■ 668.6489



(l-r) Scott Hochgraf, MD, Belinda Castor, MD, Karen Calegari, DO, Suzy Iverson, DO, Christine Cochrane, DO, Robert Larkin, MD

Willowbend Family Practice

a department of Catholic Medical Center

Office Hours: Monday – Friday ■ 8 AM – 5 PM

20 Washington Place ■ Bedford, NH 03110 ■ 663.8060



Sitting: Chong So, DO, Paula Mahon, MD
Back Row (l-r)
Victoria Blight, ARNP, George Thompson, MD, Carolyn Claussen, MD, Michelle Driscoll, ARNP

philanthropy at CMC

2005 Gala EVENT

Catholic Medical Center held a Gala Event to benefit the Pregnancy Care Center on Friday, November 11th at CR Sparks in Bedford. Over 400 people were in attendance in support of this important program.

The Gala committee, led by Sue Majewski from the Bedford Ambulatory Surgical Center, raised over \$150,000 in support of prenatal care for uninsured and underinsured women in the greater Manchester area who are patients of the Pregnancy Care Center. Her committee also included members of the Catholic Medical Center staff and board of directors such as Joseph Reilly, Centrix Bank; Jeff Eisenberg, Manchester Monarchs; Eleanor Wm. Dahar, Esq., Victor W. Dahar Law Firm; Richard Bunker, A.G. Edwards; Carroll Winch, Cambridge Trust Company; and community leaders such Ovide Lamontagne, Esq., Devine Millimet & Branch; and Robert Provencher, Citizens Bank.

In addition to raising funds for an important program, Catholic Medical Center presented the first Charles F. Whittemore Award to Stephen Camann. The award was presented to Steve by Father Edward Arsenault and Reverend Gayle Whittemore in recognition of his philanthropic spirit and dedication to community services. ■



Catholic Medical Center Gala Gold Sponsor – Bedford Ambulatory Surgical Center



(l-r) Brigadier General (Select) David A. Rubenstein, Guest Speaker; and Alyson Pitman Giles, President and CEO, Catholic Medical Center



(l-r) Rev. Edward J. Arsenault, Moderator of the Curia, Diocese of Manchester; Rev. Gayle Whittemore; Stephen Camann, Catholic Medical Center's Chairman of the Board and Charles F. Whittemore Award Recipient; and Alyson Pitman Giles, President and CEO, Catholic Medical Center



Catholic Medical Center Gala Silver Sponsor – Centrix Bank

Keeping Healthy Staying fit

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

Community Education

Cardiac Yoga®: An Introduction

Wed., Jan. 25 *or* Feb. 8 ■ 12:30 to 2 PM

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

A unique form of exercise that blends together gentle yoga, deep relaxation to reduce stress, stretching, breathing and healing imagery. Cardiac Yoga® embraces a holistic emphasis and supports a mind/body integration. Participate in this introductory session and realize its uniqueness and benefits.

No charge. Registration required.

Where Are YOU In The Animal Kingdom?

Thurs., Jan. 26 ■ 7 to 8:30 PM

Location: 195 McGregor St.,
Lower Level

We are all pretty familiar with what "color" category our personalities, behaviors and characteristics fall into. Discover a different look at all these to be aware of what "animal" category you fall into. Establishing where you are and where the people around you are in the "animal" kingdom will help you to understand who you are and how to interact with others.

No charge. Registration required.

Cholesterol Education Program

Cholesterol Screenings: Thurs., Jan. 26, Apr. 27
and July 27 ■ 8 to 9 AM

Educational Presentations: Tues., Jan. 31, Feb. 7,
May 2 and June 20 ■ 4 to 6 PM

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

A six-month educational program about cholesterol and the role it plays in heart disease. Included is a series of four educational presentations and three full lipid cholesterol screenings during the six months. Learn what your cholesterol level is, what the numbers mean, other risk factors you may have for coronary heart disease and, most importantly, steps you can take to improve your cholesterol and heart disease risk profile. It is important to attend all sessions so that together we may track your progress. **Fee: \$75.** Registration required.

Freedom From Smoking

Thurs., Feb. 2 to Mar. 16 and Tues. Feb. 21 ■
6 to 7:30 PM

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

Quitting smoking and staying quit 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.

Female Incontinence: Accidents Happen, But They Don't Have To

Wed., Mar. 15 ■ 7 to 8:30 PM

Are you experiencing embarrassing moments that are interfering with your everyday life? Learn about female incontinence and treatment options available. Female incontinence is not a normal part of aging. **No charge.** Registration required.

Health and Wellness

Breast And Cervical Cancer Screening

Sat., Jan. 7, Mar. 11, Mar. 25 *or* Apr. 8 ■
7:30 to 10:45 AM *or* Wed., Feb. 8,
or Apr. 19 ■ 4:15 to 6:45 PM

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

Taking Control Of Fertility... Naturally!

Wed., Jan. 11, Feb. 8, Mar. 8 *or* Apr. 12 ■
7:30 to 9 PM

Location: 195 McGregor St., 3rd Floor
Learn about a natural and effective method of achieving or avoiding pregnancy that is in harmony with health. **No charge.** Registration required.

Brain Injury And Stroke Family Education Series

Wed., Jan. 18, Feb. 15 and Mar. 15 ■ 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.

Breast Cancer Education Series

Thurs., Jan. 12, 19, 26 and Feb. 2 ■ 6 to 7:30 PM

For women with a recent breast cancer diagnosis. Participation in this series will help reduce feelings of isolation and provide a caring environment to work through your cancer experience and thus improve coping skills. The series will focus on a breast cancer overview, nutrition, physical therapy and complementary medicine. "Look Good, Feel Better," part of the American Cancer Society's "I Can Cope" series, will also be included. **No charge.** (4-week series). It is recommended that all 4 sessions be attended. Registration required.

Weighing In On Your Weight Loss Options At Catholic Medical Center

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

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., Jan. 25 to Mar. 29 ■ 4:30 to 5:30 PM

Location: 195 McGregor St., 3rd Floor *or*
Thurs., Jan. 26 to Mar. 30 ■ 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®

Tues. *or* Wed. ■ 6 to 7 PM

Location: 195 McGregor St., 3rd Floor

Get re-energized for success. Choose a four-week or 12-week option of intensive weight loss and life-style support. **Fee: \$59** (4 weeks), **\$149** (12 weeks). Registration required.

Complementary Medicine

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

Hot Stone Massage (Full Body)

Hot stones deliver heat deep into the muscle to release tension and stress from the body.

Fee: \$75 (per 1-hour session).

Massage (Full Body)

Decreases muscle tension, improves joint flexibility and range of motion, as well as improves circulation and immune system function. **Fee: \$60** (per 1-hour session).

Massage (Specific Body Site)

Tailored for specific detailed work on problem areas, such as sore shoulders or an aching back. **Fee: \$50** (per 45 minute session). Great for clients needing body area specific treatment such as the back, neck and shoulders. **Fee: \$30** (per 30-minute session).



Chair Massage

A fully clothed session in a massage chair. Focus is on the back, neck, shoulders, arms and hands.

Fee: \$20 (per 20-minute session).

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., Feb. 7 to Mar. 28 *or* Apr. 18 to June 6 ■ 5:45 to 7:00 PM

Location: Parish of the Transfiguration

Improves strength, flexibility and balance. **Fee: \$60.** Registration required.

Introduction To T'ai Chi

Thurs., Feb. 16 to Apr. 6 ■ 6:15 to 7:15 PM

Location: Brookside Church.

Flowing and balanced movement that improves flexibility and tones muscle. **Fee: \$40.** Registration required.

Strength Training

Mon. and Wed., Feb. 6 to May 3

(no class Apr. 24) ■ 2:15 to 3:15 PM

Location: 195 McGregor St., Lower Level

Weight training can increase muscle, improve energy and balance and reverse bone loss.

Fee: \$40 (12 weeks). Registration required.

Call Prime Time at **663.6333** or **1.800.223.2040.**

Faithfully Fit Forever®

Wed., Mar. 15 to June 28 ■ 9:30 to 10:30 AM

Location: Parish of the Transfiguration

Christian-inspired workout for the mind, body and spirit. **Fee: \$20** Registration required.

Helping You Live With Cancer- One Step At A Time

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

While you receive or recover from your cancer treatment, we will assist you in developing an individual exercise program at our Oncology Exercise Program. Call **663.8000.**

Lifestyle Management Programs At The Wellness Center

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



For information about Pilates and Aquatic classes, contact Doreen Weiser at **624.9300 Ext. 202** or **dweiser@executivehealthclub.com.**

Pilates Reformer Classes

Take your Pilates mat training to the next level. Improve core strength and flexibility on one piece of equipment. **Fee: \$240** (one-on-one training) or group sessions starting at **\$100.**

Group Aquatics

Train in the pool for a non-impact, yet challenging workout with a focus on flexibility, strength and improving cardiovascular fitness. Classes for all fitness levels.

Childbirth Education

Call **ASK-A-NURSE**, for dates/times and to register for the following classes. 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

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: \$120** (5 weeks).

Preparing To Birth – Weekend Class

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

Make Room For Baby

We provide an opportunity for the 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).

Call **ASK-A-NURSE** at **626.2626** to register or for more information



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 plenty of 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 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 #3: letting go well.

The other day a friend asked me, "Help me. How do I let go of my 18-year-old daughter?" She was off to college in Los Angeles and he was agonizing, trying to be a cool, good parent who smiles and waves as he watches her plane take off, while inside he was a mess – thinking of how big and far away Los Angeles is and how small Manchester is, and how young and vulnerable she looked.

Letting go. It's a job that begins soon after we're born and it seems to magnify as we age. It's not something you learn, do once and then move on to something else. It's always popping up in your face to be done again, just with a different look each time.

Sometimes there's a gain with the loss – as a new parent we give up a full night's sleep for a beautiful child. But as we get older, the job of letting go comes up more frequently, and often with no obvious gain to offset the loss. Letting go of independence – how hard it is to have to ask for help the first time, or admit that we shouldn't be driving anymore. Letting go of being the parent – relinquishing our children to their own adulthood, without any strings attached. Letting go of being young. Letting go of belongings – moving from a lifelong home that is really too big. Letting go of grudges and bitterness – seeing there is no longer any gain to holding on, and everything to gain by letting them go. Even letting go of grief when the time is right, for the sake of creating space for new beginnings. And lastly, letting go of life as we come to death.

As I face my own jobs of letting go, I'm thankful for all the teachers I've had, showing me how to let go bravely, with humor and grace. This is what they've taught me:

1. **Whine and complain – for 5 minutes.** We deserve to fuss and fume and cry – for 5 minutes. Then we have to move on.
2. **Move from talking about what we can't do, to what we can do.** People around us won't hear a long list of losses – they will hear only what we've created. A widow talks of her new skill of buying a car on her own. A homebound person talks of their ability to e-mail their friends and family.
3. **For every loss, add something new.** The something new never replaces the old, but it adds a new dimension. A new pet doesn't replace a loving spouse, but it adds a new personality and warmth.
4. **Lastly, when we let go well, life becomes a bit lighter.** We've stopped fighting, we've accepted – we can breathe more easily. Unclench the fingers, breathe deeply and *let go*. ■

Time



Your Health

Osteoporosis Lecture

Date: Tuesday, January 17
Time: 2:30 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: Thursday, January 19
Time: Noon to 4 PM
Fee: \$20

This bone density screening provides immediate results, using ultrasound of the wrist or finger. Call Prime Time for an appointment.

Nurse Is In/GREAT Day Clinic

Dates: Tuesdays
Time: 9 AM to Noon

Dates: 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.

Bereavement Support Group

Dates: Wednesdays, February 1 to March 22
Time: 2 to 4 PM

A support group for people grieving the death of a family member or a friend. This 8-week group is an opportunity to get support and information on coping mechanisms that can facilitate the healing process. Facilitated by Hospice staff and volunteers. Pre-registration is required. Call Kathleen Cullen at VNA hospice at 663.4003 to register.

Memory Screening

Date: Thursday, April 20
Time: Screening: 9 AM to 1 PM
Lecture: 10:30 AM

Location: Prime Time

How do we know if memory lapses are a natural part of aging, or something more serious? If you or a loved one are experiencing signs of persistent forgetfulness, difficulty remembering routine tasks or loss of judgment, we offer a free, confidential memory screening and lecture on memory loss. Presented by a partnership of CMC, The Mental Health Center of Greater Manchester and Easter Seals NH. Call ASK-A-NURSE at 626.2626 to register.

Cholesterol Screening

Date: Thursday, January 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 Prime Time to register.

Exercise & Fitness

Strength Training

Dates: Mondays and Wednesdays,
February 6 to May 3

Time: 2:15 to 3:15 PM
Cost: \$40

Weight training can increase muscle, improve energy and balance, and reverse bone loss. Call Prime Time to register.



For Caregivers

Education and support for caregivers of older adults

Dates: Wednesdays, February 1 to March 8
Time: 5:30 to 7:30 PM

This series is for caregivers, about caregivers and by caregivers. Find help and support for the hardest job you never chose. You may register for as many sessions as you choose. Facilitator: Laurie Duff. Light refreshments. Call Prime Time to register.

- February 1 Session #1** – Changing Family Dynamics: What Happened to Our Happy Family?
- February 8 Session #2** – The Caregiver Role and Rallying Your Resources
- February 15 Session #3** – Navigating the Healthcare System
- February 22 Session #4** – Making Choices about Living Arrangements
- March 1 Session #5** – Legal and Financial Issues
- March 8 Session #6** – Personal Caregiving Skills

This series is sponsored by Hillsborough County ServiceLink.

Attention All Medicare Recipients

Medicare Prescription Drug Benefit

Although the Medicare prescription drug benefit begins January 1, you may have put off making a decision about signing up. You have until May 15, 2006 to sign up for a plan without any premium penalty. Prime Time offers assistance in answering your questions, looking at the options and signing up.

Medicare Prescription Drug Plan Workshop

Date: Tuesday, January 31
Time: 10 AM

Your education about your options begins here. Questions welcome. Presenter: George Pressly, Meds for Manchester. Call Prime Time to register.

Medicare Prescription Drug One-on-One Assistance

Trained volunteers can 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.

Sign up yourself in the Prime Time computer lab

You can compare plans and formularies and enroll in a plan on the Medicare website, www.medicare.gov, anytime, on any computer. If you need access to a computer, you can use the Prime Time computer lab. Just call Prime Time to reserve your time for this free service.

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, January 19 to March 9
Dates: March 23 to May 18

Time: 1:30 PM

Cost: \$40

Call Prime Time to register.

Yoga

Dates: Mondays, January 23 to March 13

Dates: Mondays, March 27 to May 15

Time: 1 PM

Cost: \$60

Call Prime Time to register.

Legal, Financial & Insurance

For Women Only – Legal Issues

Date: February 10

Time: 10 AM

Learn about the legal issues that face women and find the solutions from an expert in the field. Presenter: Attorney Mary Howie. 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

I Can Do It Myself! – Women Only Simple Home Repairs

Date: Tuesday, March 7

Time: 9 AM

Prime Time hosts The Home Depot's Doc Ray as he educates women on the basics of home repairs – from the right tools to the easy fixes to when it's better to call the repairman. Of course you can! And save money as well. Call Prime Time to register.

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: January 25 and 27,

Time: 9 AM to 1 PM

Dates: February 14 and 16

Time: 1 to 5 PM

Dates: March 22 and 24

Time: 9 AM to 1 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.

Intro To Musical Keyboarding

Dates: Wednesdays, February 1 to March 8
Time: 9 AM
Cost: \$60 plus \$20 refundable deposit for keyboard

Learn to play a keyboard musical instrument in only six weeks! With Paul Bordeleau's unique progressive method of teaching, music is broken down into simple parts and skills are gained each session. You'll be playing melodies from day one. Call Prime Time to register.

Instructor Paul Bordeleau has made music his entire life! He is a composer, president of the NH Music Teachers Association, and has a distinguished musical résumé.

Studies have shown that playing a keyboard can help reduce stress and anxiety, lower blood pressure, reduce the effects of arthritis in the fingers, as well as improve memory and cognitive functions.

Computer Basics Class

Dates: Wednesdays, February 15 to March 15
Dates: Fridays, February 17 to March 17
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.

Microsoft Word® Class

Dates: Wednesdays, March 29 to April 19
Time: 9:30 to 11:30 AM
Cost: \$45 (includes manual)
Learn to use this popular computer tool. This class is most helpful if you own a computer. Call Prime Time to register.

Monday Is Art Day!

Painting With Acrylics Mornings

Dates: January 16 to February 20
Dates: February 27 to April 3
Time: 10 AM to Noon

Evenings

Dates: January 16 to February 27
Dates: March 13 to April 24
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: January 16 to February 20
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: February 27 to April 3
Time: 1 to 2:30 PM
Cost: \$90 for 6 weeks (supplies included)

Instructor: Kim Roth.
Call Prime Time to register.



Are you ready for retirement?

Dates: Tuesdays, January 31 and February 7
Time: 6 to 9 PM
Cost: \$25 for manual

Retirement Boot Camp® will get you there. This 2-session class is designed for those retired or soon to retire. It covers the four cornerstones of successful retirement planning. Step into retirement with confidence. Call Prime Time to register.

1. Legal Affairs – Wills, trusts, power of attorney and other legal documents every retiree should have.

2. Medical Coverage – Understanding Medicare, Medicaid, HMOs, long-term care and other insurance options.

3. Lifestyle Changes – What life will look like after the retirement party.

4. Financial Security – Retirement plan distribution, retirement investing and income strategies, gift and estate tax strategies.

Speakers: Stephen Mathieu, CFP, Legacy Financial Solutions; Marc Pinard, Attorney; Connie Jones, Director, Prime Time

Services you can use

PPrime 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**.

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®
Baby Talk
Babysitting And Beyond
Blood Pressure Screenings
Family/Friends CPR
Infant/Child First Aid
Maintaining *A Healthy Weigh*®
Meds For Manchester
Oncology Exercise Program
Strength Training Maintenance Program
Weight Loss Options
Weight Loss Surgery Information Sessions

Support Groups

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

services & resources

Arthritis Clinic

ASK-A-NURSE®

Breast Care Center

Cancer Care

Cardiac Care:

Cardiac Rehabilitation

Cholesterol Management Center

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

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

Emergency Department

Endocrinology

Endoscopy

Eye Institute

Maternity Services:

The Mom's Place

Pregnancy Care Center

Medical Neurology

Nephrology

Neurophysiology

New England Sleep Center

Nutrition Services

Obesity Treatment Center

Oncology

Orthopedics

Pastoral Care

Psychiatric Institute:

Inpatient and Outpatient

Hospitalization Program

Partial Hospitalization Program

Pulmonary Function Lab

Pulmonology

Radiology and Diagnostic Imaging

Rehabilitation Services:

Inpatient and Outpatient

Research

Social Work

Surgical Specialties:

Cardiac Surgery

Ear, Nose, Throat

Gastroenterology

General Surgery

Gynecology

Orthopedics Surgery

Plastic Surgery

Urology

Vascular Surgery

The Wellness Center

Urology

Vascular Institute

Wound Care:

Comprehensive Wound Healing Center

Partnerships and Affiliations:

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

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