

Cardio-Oncology Program launches at New England Heart & Vascular Institute

More people than ever are surviving cancer treatments. However, many of these life-saving treatments have potential side effects, including damage to the heart. Cardio-oncology is an emerging specialty with clinicians in both cancer and cardiology.

CMC's new Cardio-Oncology Program brings together the skills of the New England Heart & Vascular Institute (NEHVI) and Dartmouth-Hitchcock's Norris Cotton Cancer Center, two top-ranked centers at the forefront of patient care and research in New Hampshire.

"We want to protect your heart before, during and after your cancer treatment," says Dr. Besiana Liti, who is launching the program with fellow cardiologist Dr. Steven Beaudette and oncologist Dr. Philip Manno. "Certain types of chemotherapy and radiation can have long-lasting effects on the heart, leading cancer survivors to face a host of conditions like hypertension, heart failure, atrial fibrillation, and more."

The program helps cancer patients who are at risk for or have heart disease as well as cancer survivors whose hearts may have been damaged by their therapy. The team can also work with patients prior to or while they are receiving a course of treatment that has the potential to damage their heart.

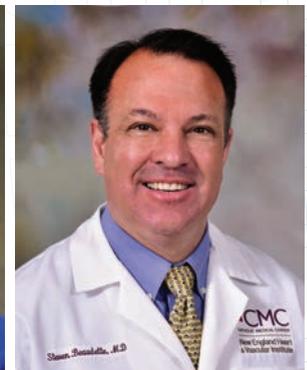
"We're giving patients something they can't get in too many places," says Dr. Manno, a hematologist and oncologist with Norris Cotton Cancer Center. "We're watching patients for

complications they may need to deal with downstream from cancer treatment. The idea is to reduce risk and make it safer to treat patients."

"There have been significant strides in cancer treatment," says Dr. Liti, "but there has been equally groundbreaking work in cardiology. With advanced imaging we can detect potential cardiac damage earlier and intervene. We can also work with a patient's oncology team to prevent or reduce cardiac damage from cancer treatment. Patients will be able to not only live longer but be healthier, too."



*Dr. Besiana Liti,
Director, Cardio-Oncology*



*Dr. Steven Beaudette,
Co-Director, Cardio-Oncology*

If you are a cancer survivor or current cancer patient with concerns about your heart health, speak with your provider. 

Are you ready for spring cleaning?

Learn how tidying up is actually bringing people joy!
See page 6.



Medical News

What You Need To Know About Irritable Bowel Syndrome

And why you shouldn't be embarrassed of it

By Gail Gregg, MS, APRN, GNP-BC

Do you suffer from symptoms of abdominal pain, bloating, constipation and/or diarrhea? If you do, you are not alone. You may have a condition called Irritable Bowel Syndrome (IBS).

IBS affects between 25 and 45 million people in the United States. About 2 in 3 IBS sufferers are female and 1 in 3 is male.

The exact cause of IBS is unknown; however, it is believed that symptoms may result from a disturbance in the way the gut, brain, and nervous system interact. These can cause changes in normal bowel movements and sensation.

Approximately 20-40 percent of all visits to a gastroenterologist are due to IBS symptoms. IBS is not life-threatening but is associated with significant impact on quality of life and economic burden. For example, symptoms of IBS are one of the leading causes of absenteeism from work, second only to the common cold.

While abdominal pain and changes in bowel habits (change in frequency and appearance of stool) are the most common symptoms associated with IBS, some others include nausea, fullness, bloating, feelings of urgency (need to find a restroom fast), and feelings of never fully emptying the bowels. Sometimes non-GI symptoms such as fatigue, muscle pain, and sleep disturbance may also overlap.

There is no one test that will confirm the diagnosis of IBS. Typical symptoms, however, are generally recognized by a healthcare provider. The most important first step in treating and managing your symptoms is to see your provider.

The primary treatment for IBS includes managing distressing symptoms. This often involves a combination of dietary and lifestyle modifications as well as prescription and/or over-the-counter treatments.

If you believe that you may suffer from



Gail Gregg, MS, APRN, GNP-BC

IBS, we strongly encourage you make an appointment with your healthcare provider or call us at New Hampshire Gastroenterology at 603.625.5744. You don't have to suffer alone. Together, we can work to minimize your symptoms and help improve your quality of life. 🇺🇸

International Foundation for Functional Gastrointestinal Disorders (IFFGD.ORG) is a primary source of information for this article.

See page 9 for information on our event - *Taming Your Tummy with Diet: Managing Irritable Bowel Syndrome.*

Stories from the Heart

At CMC's New England Heart & Vascular Institute, we are proud to bring patients innovative procedures and advanced technologies—in many cases, being first in the area to offer the latest treatments for heart health. We strive to be first so you have a second chance. Hear from patients who are getting the most out of life thanks to the care they received.

Visit catholicmedicalcenter.org/stories



Where **heart** meets health.



CMC Cardiac Medical Unit Honored with Prestigious Beacon Award

Silver Level Award Recognizes Excellence in Caregiving

Congratulations to CMC's Cardiac Medical Unit (CMU) for receiving the silver-level Beacon Award for Excellence from the American Association of Critical-Care Nurses (AACN).

The Beacon Award for Excellence recognizes unit caregivers who successfully improve patient outcomes and align practices with AACN's six Healthy Work Environment Standards: skilled communication, true collaboration, effective decision making, appropriate staffing, meaningful recognition, and authentic leadership.

The CMU is a 27-bed unit for patients with cardiac conditions including heart failure, arrhythmias, and stroke. The unit has 105 staff members and the added support of environmental services,

dietary, case management and social work, and physical and occupational therapy. "We couldn't do what we do without them," says CMU Director Eileen Grunwald, MS, RN, NEA-BC.

"The team on the CMU embraces the nursing profession with excellence, caring, compassion, human dignity, and patient advocacy," says CMC VP of Nursing and Chief Nursing Officer Jennifer Cassin, MS, RN, CNS, CENP. "I am in awe of the standards they strive for with each and every patient. It's always a pleasure to hear from patients and their families about their experience on this unit." 



New England Heart & Vascular Institute Recognized by Healthgrades

CMC has received two five-star ratings and a Specialty Excellence Award from Healthgrades, a leading online resource for information about physicians and hospitals. Healthgrades recognized CMC with five-star ratings in coronary interventional procedures and coronary bypass surgery. In addition, Healthgrades noted superior performance in coronary intervention with a 2019 Specialty Excellence Award.



Medical News



From left to right: Dr. Louis Fink, MD, FACC, Executive Medical Director of New England Heart & Vascular Institute, cardiac survivor Ray Billings, Dr. Robert Capodilupo, MD, FACC, cardiac survivor Luis Figueroa, and Millennium Running Owner and Founder John Mortimer

Committed to Caring

CMC's New England Heart & Vascular Institute (NEHVI) is proud to support cardiac health in the community with the purchase of AEDs with funds raised through various campaigns and events. This year NEHVI donated AEDs to the Manchester Public School District and equipped Millennium Running vehicles with these life saving devices for their Signature Events. 

Dartmouth-Hitchcock Health CEO and President Joanne Conroy, MD (left) and GraniteOne Health CEO Joseph Pepe, MD (right) announced on January 24 the signing of a letter of intent to combine the two systems.



Stronger Together

GraniteOne Health & Dartmouth-Hitchcock Health combining systems

GraniteOne Health, which includes Catholic Medical Center, Huggins Hospital, and Monadnock Community Hospital, announced plans earlier this year to combine with Dartmouth-Hitchcock Health. By combining systems, all of our hospitals will be able to work more closely together to better coordinate care and offer more inpatient, ambulatory, specialty, and primary care

services closer to home.

We're excited about what this combination means for all of New Hampshire – and we want to hear your thoughts as well. Look for public listening sessions in your community later this spring and visit our website, forahealthiernh.org. 

Where **heart** meets health.

Dancer Rehabilitation now available at Outpatient Rehab

When you think of sports injuries, most people do not think of dancers. However, the intense training and extreme physical demands of a dancer predispose them to injuries. In fact, 60-90 percent of dancers have sustained at least one injury during their dance career. Many dancers fear that an injury could be the end of their dancing career and may be apprehensive of the rehabilitation process.

Catholic Medical Center's Outpatient Rehabilitation now offers specialized physical therapy for adolescent and pre-professional dancers. Our physical therapists are former and current dancers trained to assess a dancer's biomechanics and movement patterns to treat current injuries and prevent future performance restrictions. At CMC's Outpatient Rehab locations in Manchester and Bedford, we are able to diagnose and treat dancers across many genres including classical ballet, modern, jazz, tap, Irish step and contemporary dancing. Our therapists believe in teamwork with parents, teachers and dancers to determine the appropriate rehabilitation plan of care to return to the studio.

Call your doctor for a referral today or call 603.314.4560 for more information. 



WELCOMING...

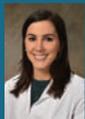
We're excited to have these talented providers as a part of the CMC family! To learn more about each provider, please visit CatholicMedicalCenter.org and use the Find A Doctor tab!



Thandiwe Dhlwayo, APRN
Willowbend Family Practice



David Folks, MD, Medical Director
Behavioral Health



Julie Lalonde, PA-C
The Surgical Care Group



Pamela Melo, PA-C
New England Heart & Vascular Institute



Alicia Musto, APRN
New England Heart & Vascular Institute



Jessica Shumway, PA-C
New England Heart & Vascular Institute



Sarah Soifert, PA-C
The Surgical Care Group

Medical News



Tidying up This Spring to Find Joy

Netflix series inspires people to declutter their physical & mental space

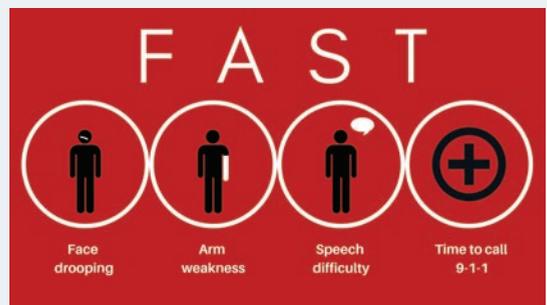
Spring is the perfect time (hello, spring cleaning!) to jump into the decluttering craze led by Japanese tidying aficionado Marie Kondo, author of a New York Times best-seller and host of the Netflix show *Tidying Up*. KonMari, the name Kondo has given her method of organization, is simple and rooted in the principle of joy. Does the shirt you bought five years ago sitting in the back of your closet still bring you joy? If yes, you keep it. If no, donate it.

Clutter not only affects our physical space, but there are studies that show it can even play a role in

our mental space in the form of elevated anxiety levels, poor sleeping patterns, and reduced ability to focus.

Many of the people on Kondo's show say that tidying up their homes has helped other areas of their lives too including improved confidence and self esteem and even reducing tension in families! While clearing out the clutter may not seem like the most exciting thing to do this spring, the benefits are impressive. Finding the joy in decluttering very well may have a direct effect on both our minds and bodies. 🇳🇵

May is American Stroke Month



American Heart Association.
Heart Walk.

SAVE THE DATE
**Heart Walk
2019**

Saturday, June 1st, 9 AM
Derryfield Park,
Manchester, NH
1 or 3 mile walk

Join Us! Visit nhheart.walk.org
For a Team Leader Kit, contact
caela.goumas@heart.org

Philanthropy



Pink in the Rink

On February 9, Dr. Joseph Pepe, CMC's President & CEO (far left), and Dr. Jessica Ryan, Medical Director of CMC's Breast Care Center (2nd from left), and Monarchs players honored breast cancer survivors in a ceremony prior to Pink in the Rink, the Manchester Monarchs game that raises funds for the CMC Breast Care Center. The ice was painted with inspirational messages submitted by fans and survivors. Over the past nine years, the Monarchs Care Foundation has generously donated more than \$90,000 which has helped increase access to improved technology used to detect and treat breast cancer.



SNHU Pink Day

From left, Dr. Jessica Ryan, Medical Director of CMC's Breast Care Center, together with Dr. Patricia Lynott, President, SNHU University College, and SNHU Women's Basketball Coach Karen Pinkos before Southern New Hampshire University's February 9th Pink Day game. SNHU athletic teams have raised more than \$6,000 over the past several years in support of CMC's Breast Care Center. "Just like the basketball team works together to achieve success," noted Dr. Ryan, "the breast care team works together to help women be victorious in their breast health."

Please consider making a gift in support of Catholic Medical Center online at CatholicMedicalCenter.org. Your donation will help increase access to care, create patient-centered programs and purchase new technologies to help patients in their journey towards improved health.

Thank you
for your
consideration!



Spring Dates to Remember

- **CMC Donor Reception** – Sponsored by Eleanor Wm. Dahar, Esq. Thu, April 11 at the Manchester Country Club. Invitation only.
- **Wine and Beer Tasting Event** – presented by Citizen's Bank, to benefit CMC Poisson Dental Facility, Thu, May 23, at the Bedford Village Inn. For tickets or sponsorship information, contact Keri.Degen@cmc-nh.org or call 603.663.6056.
- **16th Annual CMC Golf Classic** – to benefit the CMC New England Heart & Vascular Institute, Wed, June 5, at Passaconaway Country Club. For information, visit: CatholicMedicalCenter.org/golf.

Philanthropy



Wine Dinner

Saluti! More than 100 guests enjoyed a five-course dinner with Tuscan wine pairings on January 22 at the Manchester Country Club. Visiting from Italy during New Hampshire Wine Week, Carpintero Winery President Antonio M. Zaccheo, Jr., discussed growing grapes, making wine and living in Tuscany. The evening benefitted patient-centered expansion projects at CMC. Pictured, from left to right, Jim and Lu Mulla, CMC Vice President, Clinical & Emergency Services, Dr. Joseph Pepe, CMC President & CEO, and Antonio M. Zeccheo, Jr.

Donor Spotlight

Long-time CMC employee Charles “Chip” Broad was recently honored with a plaque in CMC’s new Clinical Decision Unit. The late Edward and Muriel Broad generously named the patient room in recognition of their son’s 32-years of service at CMC. The gift also provided support to the Linen Department, where Chip works.



“Our family is delighted to make this charitable gift to CMC in honor of Chip,” said Michael Broad, Chip’s brother. “My parents wanted to recognize Chip’s long service at CMC and also to express appreciation to CMC as a great employer and a terrific hospital.”

Health & Wellness

Health Enrichment

Payment is due at time of registration.

AARP Smart Driver Program

AARP's program teaches drivers how to boost safety awareness, increase confidence and minimize crash risk. Persons of any age may attend.

Mon, Apr 8, May 6, Jun 10, 9 AM-4 PM
195 McGregor St, Lower Level, Suite LL22
\$20 (\$5 discount to AARP members)
Registration required, call 603.626.2626

Freedom From Smoking®

The American Lung Association's Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. The program focuses almost exclusively on how to quit, not why to quit. The 8-session group program is based on proven addiction and behavior change models and offers a structured, systematic approach to quitting. Because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques. Betsy Angelakis, MD will attend one of the sessions to discuss the low dose CT Lung Screening Program at CMC and why early diagnosis of lung cancer is so important.

Tue, Apr 2-May 14, 6-7:30 PM
G5, Level G, CMC
\$49 (discount for couples available), registration required
Call 603.626.2626



Blood Drive

CMC is hosting a Blood Drive in cooperation with the American Red Cross on:
Wed, Apr 24, 10 AM-4 PM
Mon, June 24, 10 AM-4 PM
Roy Auditorium, CMC, Level C
Call to make an appointment:
603.626.2626 or online at
redcrossblood.org. Walk-ins are
also welcome.



Ergen Muso, DO

Colon Cancer: Prevention and Early Detection

According to The American Cancer Society, colon cancer is the third most common cancer in both men and women and the second leading cause of cancer-related death in the U.S. It is reported more than half the cases could

be prevented. Join gastroenterologist Ergen Muso, DO and learn the causes, risks, and strategies to both prevent colon cancer and promote early detection to avoid the potentially devastating outcomes of colon cancer.

Thu, Apr 25, 6-7:15 PM
Roy Auditorium, CMC, Level C
FREE, registration required, call 603.626.2626

Taming Your Tummy with Diet: Managing Irritable Bowel Syndrome

Irritable Bowel Syndrome is a common condition. Many people have mild or moderate symptoms but, for some, it can be debilitating. Join us for a discussion about various nutrition strategies to help treat the signs and symptoms associated with IBS.

Tue, Apr 30, 12-1:00 PM
195 McGregor Street Suite 320A OR
Tue, Apr 30, 5:30-6:30 PM Suite LL22
FREE, registration required, call 603.626.2626

Women's Health and Cancer Prevention Grocery Tour

Join the CMC Breast Care Center and registered dietitian Heidi Tissot for an informative program about nutrition at the Bedford Hannaford. The program will include a supermarket tour focused on healthy food choices for women to increase immune function and disease prevention. Participants will learn about a holistic approach to eating, label reading,

ingredients in foods to look for and those to limit.

Tue, May 7, 5:30-6:30 PM
Bedford Hannaford, 7 Kilton Road, Bedford, NH
FREE, for more information contact
Dawn Wrobel RN BN-CN,
at 603.663.1931



Health & Wellness

ADHD Friendly Strategies for Adults with ADHD (or who think they have it)

If you are an adult with ADHD and want to organize your life, this workshop will teach you ADHD friendly strategies. Sue West, productivity & ADHD coach has been working with clients with symptoms of ADHD for more than ten years, and will present ideas and practical approaches to meeting some of your specific challenges. ADHD is about figuring out what will work for you to manage your own symptoms. Bring your own strategies that work so you can share them with others! Consider bringing a family member to understand ADHD, too. We'll talk about practical ways to:

- Keep track of keys, phones, and other things you need to get out the door on time;
- Stay focused, lose the distractions, hold interruptions at bay;
- Be on time more often (people with ADHD have a different sense of time);
- Remember important things to do, at the right time when you (or someone else at home/work) wanted you to do them;

Materials: After our workshop, you'll receive a link to Sue's workbook, "You Are Not Your Adult ADHD," a workbook with exercises, more strategies and her approach for starting new ADHD friendly strategies.

Thu, May 9, 6-7:15 PM

Roy Auditorium, CMC, Level C

\$25 registration required, call 603.626.2626

SPEAK OUT® and The LOUD Crowd®!

Catholic Medical Center is pleased to offer a two-part speech therapy program to help individuals with Parkinson's regain and maintain effective communication. SPEAK OUT® places emphasis on speaking with intent and converting speech from an automatic function to an intentional act. Together the participant and their speech-language pathologist work through a series of speech, voice, and cognitive exercises outlined in the SPEAK OUT® workbook. Upon completion of the program, the participant is transitioned to The LOUD Crowd® maintenance program which consists of weekly group sessions led by a speech-language pathologist. Participation in the program and daily practice provides the participant with support, encouragement, and the ability to maintain communication skills throughout the progression of Parkinson's.

For more information call Larissa J. Hebert, M.A., CCC-SLP
Speech-Language Pathologist, Outpatient Rehabilitation Services
603.641.6700

Helping You Manage Your Cholesterol

The Cholesterol Management Center can help you manage your cholesterol and reduce your cardiovascular risk. Our team works to provide a lifestyle plan of diet and exercise that is tailored to you rather than a "one size fits all" plan. If needed, we work with you on a medication treatment plan to meet your individual needs, tolerances, and cholesterol goals.

To schedule an appointment or obtain a physician referral, please call our office at 603.663.6549, option 2.

Diabetes Education

If you have pre-diabetes or diabetes, education is the key to successful self-management. At the Diabetes Resource Institute at CMC, our Certified Diabetes Educators® provide group and individual appointments, with extended early-morning and late-day appointments available. A referral from a primary care physician is required. To receive a copy of our monthly eNewsletter, email diabetesconnection@cmc-nh.org
To schedule an appointment call 603.663.6431



You Can Prevent Type 2 Diabetes

If you are at risk for, or currently have pre-diabetes, The Diabetes Prevention Program is designed to empower you to take charge of your health. This program is now a covered service by Medicare and many other insurance companies. You'll meet with trained CMC lifestyle coaches where you will learn ways to incorporate healthier eating, physical activity, and stress reduction into your daily life. To qualify for this program you must be at least 18 years of age and meet one or more of the following criteria:

- Overweight
- Have a fasting blood sugar of 100-125 mg/dl
- Have an A1C of 5.7 to 6.4%
- Been told by your health care provider that you have pre-diabetes, high blood sugar or are at risk for developing diabetes
- Have a history of high blood sugars during pregnancy

This program is not for people who already have diabetes.

For more information about this program, call 603.626.2626

Where **heart** meets health.

Nutrition Solutions

The Outpatient Nutrition Center can help you cope with a multitude of health issues related to nutritional needs within the scope of one's lifestyle, financial situation, cooking abilities, etc. Our services include but are not limited to: general nutrition, weight management, cholesterol and hypertension management, pre-diabetes and gastrointestinal health. We provide recommendations for cancer prevention, nutrition guidance during and after a cancer diagnosis, COPD, dysphagia, kidney disease, wound healing, pregnancy, and more.

195 McGregor Street, Suite 312

To schedule an appointment or obtain a physician referral, call 603.663.8739

Greater Manchester Brain Injury & Stroke Support Group

Greater Manchester Brain Injury & Stroke Support Group is a support group for brain injury & stroke survivors, their family members, and their caregivers. This program provides a constructive, creative, and safe opportunity for participants to share their experiences, exchange resources, and develop strategies for coping.

2nd Tue of the month, 6-7:30 PM

RMU, Level F, CMC

FREE, for more information, call 603.626.2626

Holistic Health Series

Ready, Set, Grow: Container Gardening 101

Do you lack the yard, outdoor space, or time to really enjoy the outdoors? Learn how to reap all of the benefits of gardening at home in this engaging container planting workshop. Discover varieties of flowers, herbs, and even fruits and vegetables that thrive in compact, indoor spaces.

No experience with gardening required. Free seed samples will be available to take home.

Thu, Apr 11, 6-7:15 PM

195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626



The Power of Music: What is Music Therapy?

This workshop will provide an overview of what music therapy is and why it is different from hospital musicians or pre-recorded music. This workshop will include evidence-based information regarding music therapy in a medical setting as well as sample music therapy experiences. It is presented by board-certified music therapists from the Manchester Community Music School. Learn how music therapy can help your patients, your family and yourself.

Thu, May 23, 6-7:15 PM

Roy Auditorium, CMC, Level C

FEE \$10 registration required, call 603.626.2626

Healthy, Wealthy, and Wise: Three Transitions to Retirement

Transitioning to retirement goes well beyond building a solid financial plan. The lifestyle and emotional changes that accompany this transition can be the most challenging. Planning for retirement is more like a marathon than a sprint, so it's never too early to start. Learn how to take control of the three aspects of retirement-finance, health and wisdom-so that you'll be ready for this life-changing event.

Wed, June 5, 6-7:15

Roy Auditorium, CMC, Level C

FREE registration required, call 603.626.2626



Summer Blooming with Zentangle

Looking for a way to unwind from stress, focus your thoughts, or even just explore your creative side? Learn the basics of Zentangle's

creative and relaxing method of art. By using this easy-to-learn method of repetitive patterns, and deliberate pen strokes, you create an abstract piece of art while allowing you to become more relaxed and focused, and that is good for your heart. This session will help you to create a lovely, spring themed, work of art that you will be proud to bring home.

Even if you think you can't draw...you can Zentangle.

Wed, Jun 19, 6:00-7:30 PM

195 McGregor Street, Lower Level, Suite LL22

FEE \$25, registration required, call 603.626.2626



Health & Wellness

Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and advances 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 at home use.

Thursdays, 1 PM

Level D, CMC

\$115, registration required, call 603.626.2626

Fitness

Staying Strong, Living Long!

We'll use hand weights, leg weights, and resistance tubing to focus on strength, flexibility, and balance. This class is perfect for those new to exercise or for adults looking to stay strong and active. Ongoing, join at any time.

Tue & Thu, 9-10 AM

195 McGregor St., Lower Level, Suite LL23

\$20 month, registration required, call 603.626.2626



Parkinson's Dance Class

Join us for a specialized dance class that empowers people with Parkinson's disease (PD) to explore movement and music in a safe and creative environment. Dance has proven to be beneficial in addressing PD specific concerns such as balance, flexibility, and coordination. The classes are open to the participants, their friends, family, and caregivers. No dance experience necessary.

Tue, 1-2:15 PM

195 McGregor St., Lower Level, Suite LL23

\$40 (8 weeks), registration required, call 603.626.2626

Barre

This total body conditioning class is a fusion of yoga, Pilates, and strength training, with a focus on overall body and core strength, flexibility, balance, and stability. It's easy on the joints, helps develop muscle definition, and improves mobility. Use of disks, core balls, tubing, and weights will be incorporated into the class. No experience needed! Participants should be able to get up and down from the floor with ease throughout the class.

Thu, May 30-Aug 22, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL23

\$90 (12 weeks), registration required, call 603.626.2626



Chair Yoga

Strengthen your muscles, improve your balance, and increase your flexibility through a gentle, supportive yoga practice. Reap all the benefits of yoga while practicing with the stability and security of a comfortable chair. We will use our breath to bring awareness to our movements and reduce our stress, creating a sense of calm to our mind and body. No experience needed!

Thu, May 30-Aug 22, 1-2 PM

195 McGregor St., Lower Level, Suite LL23

\$90 (12 weeks), registration required, Call 603.626.2626



Chair Yoga 2

If you are ready to improve your balance through a deeper chair yoga practice, this program is for you. Using a chair for support, this class will focus on flow through traditional yoga poses, such as warrior, triangle, tree, downward dog and other standing balance poses to bring strength, flexibility and centering to your body and mind. Class will conclude with quiet seated relaxation, bringing clarity and peace to the mind and body. **Please note: You will not be seated for most of the movements.**

Thu, May 30-Aug 22, 2-3 PM

195 McGregor St., Lower Level, Suite LL23

\$90 (12 weeks), registration required, Call 603.626.2626

Get Fit Boot Camp

This great interval training workout is designed to help you build strength and cardiovascular endurance using weights and aerobic conditioning exercises. This class is designed for those who are ready for a more vigorous exercise program.

Thu, May 30-Aug 22, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL23

\$90 (12 weeks), registration required, call 603.626.2626

A Strong Core and More

Maintaining core muscle strength helps to stabilize, protect, and move the spine. We'll focus on improving overall body strength with a strong focus on the core, including abdominal and back muscles. This class is designed for those who are ready for a more vigorous exercise program.

Tue, May 28-Aug 13, 5:30-6:30 PM or

Thu, May 30-Aug 22, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL23

\$90 (12 weeks), registration required, call 603.626.2626

Where **heart** meets health.

Zumba Gold

This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Wed, May 29-Aug 14, 1-2 PM

195 McGregor St., Lower Level, Suite LL23

\$90 (12 weeks), registration required, call 603.626.2626

Yoga 101

Have you been curious about what yoga is all about? In this beginner level class, you will learn basic yoga postures and how to modify them as needed. Take time out of your busy day to refresh and learn the benefits of



practicing yoga to improve strength, agility, and the ability to manage stress. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, May 28-Aug 13, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL23

\$90 (12 weeks), registration required, call 603.626.2626

Gentle Yoga

Yoga can help you increase flexibility, gain physical and mental strength, and improve overall feelings of health, vitality and peace. This gentle yoga series is a slower-paced class with a focus on stretching postures and gentle flows. You will be guided through a variety of postures, moving between sitting, standing, and lying down, using props as needed. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, May 28-Aug 13, 10:15-11:15 AM or

Tue, May 28-Aug 13, 3:45-4:45 PM or

Tue, May 28-Aug 13, 6:30-7:30 PM or

Thu, May 30-Aug 22, 10:15-11:15 AM

195 McGregor St., Lower Level, Suite LL23

\$90 (12 weeks), registration required, call 603.626.2626

Drop-In Balance Screening

Receive a free balance screening, learn about your falls risk, and get more information about the Tai Ji Quan™: Moving for Better Balance program. No pre-registration is required, and all are welcome to drop-in at any time during the screening timeframe.

Wed, April 17, 1-3 PM

195 McGregor St., Lower Level, Suite LL23

FREE

NEW! Tai Ji Quan™: Moving for Better Balance

Using adapted movements from Tai Chi, you can improve your strength, endurance, coordination, and balance in this gentle but progressive, 24-week program. Open to any adults with balance concerns. No experience with Tai Chi or other forms of exercise is necessary. We recommend that participants be able to stand for moderate periods of time to participate. This program is brought to you through a partnership between

the YMCA Allard Center of Goffstown and CMC Community Education.
Mon and Wed, Apr 22-Oct 2, 2-3 PM

195 McGregor St., Lower Level, Suite LL23

FREE, registration required, call 603.626.2626



The Wellness Center

Whether you are a healthy individual interested in exercise or you want to control your risk factors, The Wellness Center has something for you. The Center offers a variety of programs to help you achieve your goals including classes that are medically supervised by healthcare professionals. Our staff, through their expertise and support, can help you play a major role in your own health and wellness! Come by for a tour, Mon, Wed or Fri

8:30 AM-12 PM or 3:30-5:30 PM

195 McGregor St., Lower Level, Suite LL23

Fee varies. For more information, call 603.663.8000



Health & Wellness

Nutrition and Weight Loss

Weight Loss Options at CMC's New England Weight Management Institute

If you've had difficulty achieving your weight loss goals, CMC's New England Weight Management Institute has a comprehensive program with both surgical and non-surgical weight loss options. Our non-surgical medical providers use the most up to date treatment strategies in conjunction with nutrition and exercise specialists to create a treatment plan tailored to your needs. Our experienced surgical team has performed more than 2,600 bariatric surgeries including gastric bypass, gastric sleeve, adjustable gastric banding, and revisional surgeries.

Surgical Weight Loss Options at CMC's New England Weight Management Institute

Find out if weight loss surgery at our New England Weight Management Institute is right for you at our free informational session. You'll hear from our experienced surgical team, which has performed more than 2,600 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding.

Free informational session.
Tue, Apr 2, Wed, May 1
or Tue, Jun 4, 4:30-6:00 PM
The Falls Event Center
21 Front Street, Manchester
Registration required, call
603.663.7377



OPTIFAST® - Medically Supervised Rapid Weight Loss Program

Achieve rapid weight loss with OPTIFAST®'s comprehensive, medically supervised, low calorie fasting program. On average, participants lose 50 pounds in 12 to 22 weeks. For those who may need alternate scheduling, daytime appointments can be arranged. Fee varies per individual. Medical monitoring is required. See below for free info session schedule.

Weekly support group and medical clinic occurs every Tuesday from 4:30-6:30 PM.

Call 603.663.6297 for more information.

"Opti-Mistic" Lifestyle - OPTIFAST® Partial Fast Program

This flexible program involves a combination of OPTIFAST® Meal Replacement products and self-prepared meals and snacks. Learn and implement proper meal structure from day one. Get consistent results with easy to follow meal plans and pay only for the cost of food*. Free optional monthly support group offered.

For more information, call 603.663.6297

*Cost is based on BMI & number of products required per week, call to get your personal quote



FREE OPTIFAST® Information Sessions

Learn about both the OPTIFAST® low-calorie Full Fast plan for rapid weight loss and the "Opti-Mistic" Lifestyle Partial Fasting plan. Bring your questions, sample OPTIFAST® products, and complete the first step to getting started on either plan.

Wed, Apr 3 & 17, May 1 & 15, June 5 & 19, 5:30-6:30 PM

The New England Weight Management Institute, 769 South Main St., 3rd Floor, Manchester

FREE, registration requested, call 603.663.6297

Parish Nurse Program

The CMC Parish Nurse Program is present in 21 local faith communities in the greater Manchester area, providing spiritual, physical, psychological and social care to their members and neighbors of varied ethnic and religious affiliations. Parish nurses provide a variety of health screenings, wellness education programs and patient advocacy. CMC Parish Nurse's main office is

located at Parish of Transfiguration and available by phone at 603.663.8004. Find our monthly calendar on the CMC website.



Where heart meets health.

Please find our CMC Parish Nurse Programs at the following locations:

Parish of Transfiguration, Tue-Thu, 9 AM-3 PM, Closed Mon & Fri
Brookside Congregational Church, Manchester, 3rd Sun, 11:15-1:15 PM and 2nd & 4th Wednesday 12:30-2:30 PM
Congregational Church, Goffstown, Wed, 10 AM-12 PM
Divine Mercy, Peterborough, Thu, Apr 11, May 9, Jun 13, 9-10 AM
First United Methodist Church, Tue, 8:30-10:30 AM
Litchfield Community Church, 2nd Wed, 10 AM-12 PM
Sacred Heart Church, 3rd Tuesday 8:45-10:30 AM
Salvation Army, 3rd Thu, 9-11 AM
St. Andrew's Episcopal Church, 1st and 3rd Tue, 8-9 AM
St. Anne-St. Augustine Parish, 2nd and 3rd Tue, 10:30-11:30 AM & Sun Apr 7, May 19, and Jun 9, 11 AM-2 PM
St. Anthony's, 2nd & 4th Thu, 9-11 AM
St. Catherine of Sienna, Wed, 11 AM-12 PM
St. Elizabeth Seton, Bedford, 1st and 3rd Tue, 8:30-10:30 AM
St. John the Baptist, Suncook, Mon, 9-11 AM
St. Joseph Cathedral, 1st & 3rd Tue, 10-11:30 AM
St. Lawrence, Goffstown, Call for information
St. Matthew's Episcopal Church, Goffstown, Wed, 10 AM-12 PM
St. Pius X Church, Fri, 8:30-11 AM
St. Raphael's, Tue, 12:30-1:30 PM & Burns High Rise, 1:30-2:30 PM
Immaculate Conception Parish, Nashua, April 13, 6 PM & April 14, 8-11 AM; May 4, 6 PM and May 5, 8-11 AM; June 8, 6 PM and June 9, 8-11 AM
Food for Children at the JFK Coliseum Manchester, Apr 27, May 18, and Jun 22, 9-11 AM

Bike Skills Safety Fair

Bring your bike to go through a skills-safety course and learn about bike safety. Fun for all ages.
In Partnership with MPD, Bike Manchester and Bike Walk Alliance NH.
Sat, Jun 1, 9:30-11:30 AM
575 Candia Road, Manchester
FREE

Chair Exercises

Congregational Church, Goffstown, Wed, 10 AM
Parish of the Transfiguration, Thu, 9:30 AM
St. Elizabeth Seton, Bedford, Tue, 9:00 AM
FREE



Diaper Drive for Our Place

Our Place is a Catholic Charities program that supports the health and well being of underserved and at risk parents and children.
Thu, May 23, 9-11 AM
Call 603.663.8004 for more information



Free Foot Clinic

Manchester Community College nursing students will provide free:

- Foot assessments
- Foot soaking
- Nail filing
- Referrals, as needed

Fri, April 26, 9-11 AM
St. Pius X Parish, Sarto Center, 575 Candia Road, Manchester
Please call to register: 603.663.8004

Grief & Loss Support Group

This confidential group is to provide a monthly opportunity for people who have experienced the death of a loved one to engage in mutual support. The group is open-enrollment and people can attend whenever they wish. Participants do not need to be members of Immaculate Conception Church. The group is facilitated by a licensed mental health counselor and will include educational, support, and spiritual components.
Sat, Apr 13, 10 AM-12 PM
Sat, May 4, 10 AM-12 PM
Sat, Jun 8, 10 AM-12 PM
Immaculate Conception, 216 East Dunstable Road, Nashua
FREE, call 603.663.8004 for information.

Historic Church Tour

Join us on a tour of three local houses of worship to learn about their architecture, history, culture, and traditions.
Tue, May 7, 8:45-9 AM Arrive at Mount Calvary Cemetery, 474 Goffstown Road, Manchester
9-9:45 AM Mount Calvary Cemetery Chapel Tour
9:45-10 AM Drive to Grace Chapel, 7 Silver Avenue, Hooksett
10-11 AM Grace Chapel Church Tour
11-11:20 AM Drive to Mount Carmel, 235 Myrtle St, Manchester
11:20 AM-12 PM Mount Carmel Chapel Tour
FREE

Indoor Walking, 1-2 miles

Parish of Transfiguration, Tue, 9:30 AM
FREE

Health & Wellness

Prayer Shawl Program

Immaculate Conception, 2nd Wed 6-8 PM
Parish of Transfiguration, 1st Wed, 10:30 AM-2 PM
Sacred Heart, 2nd Tue, 10:30-11:30 AM
St. Elizabeth Seton, 1st Mon, 6-7:30 PM
St. Joseph Cathedral Rectory, 3rd Tue, 1-2 PM
St. Lawrence, 3rd Thu, 10 AM
St. Pius X, 1st Fri, 9 AM
St Raphael's, 2nd Wed, 7 PM
FREE

S.H.I.N.E.

S.H.I.N.E is a senior support group offering sociability, education, nutritious food and exercise.
Wed, 10:30-11:45 AM
St. Matthew's Parish House
5 N. Mast Street, Goffstown
FREE

For more information about any of the above Parish Nurse Programs, please call 603.663.8004

BeWell Cancer Survivorship Program

Caring for You During Your Cancer Journey—Body, Mind and Spirit



Be Well Cancer Survivorship Education and Support Series

The cancer experience is a process of stages that link together through diagnosis, treatment

decisions, completing treatment, recovery, and lingering concerns about sustaining remission. Our monthly classes will offer insight and information on integrated approaches to care that address the emotional, spiritual, social, and lifestyle challenges of living with cancer or chronic illness. The purpose of the program is to promote the ability to recognize and to harness inner strengths, develop a healing perspective, and improve the quality of life throughout the journey. Care givers and family support members are

welcome. Participants can come to any or all of the classes. Topics include mindfulness, stress management strategies, nutrition, music therapy, art therapy, aromatherapy, self care and compassion and more.

3rd Wed of the month, 12-1 PM

195 McGregor St., Lower Level, Suite LL22

FREE registration preferred, call 603.626.2626 or 623.6535, or sign up at the Wellness Center.

Free Wig Bank

For cancer patients coping with hair loss from cancer treatment (all wigs are new and have been donated by the American Cancer Society).

Norris Cotton Cancer Center. FREE, appointment required

Call Allyson Foor, Patient Navigator 603.629.8756

Living with Cancer Support Group

This support group provides education and support for patients, their loved ones and caregivers who are undergoing treatment for cancer.

2nd Wed of the month, 3-4 PM

FREE, registration required before day of group, call 603.629.8683



Oncology Exercise Program

This program is for patients who are undergoing cancer treatment or are in the recovery phase following treatment. Our staff will develop a personal exercise program for you to maintain your strength through and beyond your journey with cancer.

Mon, Wed, Fri, ongoing, various class times

The Wellness Center, 195 McGregor St., Lower Level, Suite LL23

FREE 90 day membership, registration required, call 603.663.8000

Thriving with YogaCaps

A gentle, therapeutic, mat-based yoga class for individuals and their caregivers who have had or have cancer. No previous yoga experience needed.

Thursdays, 6:30-8 PM

The Wellness Center, 195 McGregor St., Lower Level, Suite LL23

FREE, registration required, call 603.674.3770

Where **heart** meets health.

Lymphedema Support Group

To empower, inspire and assist in the needs of patients, caregivers and healthcare providers faced with all forms of lymphatic issues.

Tue, Jun 4, 5:30-6:30 PM

Breast Care Center, 9 Washington Place, Suite 203, Bedford

For more information or to schedule an appointment, call Becky at 603.641.6700

To learn more about the BeWell Cancer Survivorship Program and to see a complete listing of our services and classes go to CatholicMedicalCenter.org/BeWell or call 603.663.6535.

Screenings

Functional Movement Screening

CMC's Outpatient Rehabilitation Center offers a screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30-minute screening uses seven movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included will be a review of the findings and individualized corrective exercises to assist in restoring maximal function.

\$25. For more information or to schedule an appointment, call 603.641.6700

Vein Screening

Your legs can tell a lot about your overall health. If you've been wondering about the cause of your varicose veins, aching, itchiness, pain, heaviness and/or swelling in your legs, join the experts at CMC's Vein & Vascular Specialists for a complimentary 10-minute vein screening clinic.

2nd Thu of the month, 5-6 PM

Vein & Vascular Specialists, 160 S. River Rd, Bedford

FREE, to schedule an appointment, call 603.665.5150



Vascular Screening

Vascular problems can lead to life threatening conditions like heart attack, stroke, and limb loss. Vascular disease occurs when plaque builds up in the arteries and diminishes blood flow. Risk factors include smoking, age and high cholesterol. Symptoms can be hard to detect, but most often occur in the legs and may include; trouble or

pain with walking, poor wound healing, cool skin or sores on the legs, visual problems, and high blood pressure. \$50, call 603.665.5150 to schedule an appointment.

Lung Cancer Screening

Lung cancer is the number one cause of cancer related death in the US and in the world. Lung cancer kills more women than breast, ovarian and uterine cancer combined and more than prostate cancer for men. If you are aged 55-77, have a 30 pack year smoking history (calculated by your provider), currently smoke, or have quit within the last 15 years, you may be eligible for a FREE lung cancer screening. Check with your provider to see if you qualify or call 603.663.5219 for more information.

Patient Assistance Services

Breast and Cervical Cancer Screening

Breast and cervical cancer screenings are an essential tool of early detection and an important part of women's health. CMC's Breast and Cervical Cancer Screening program offers free screenings to women who have a low income and no insurance.

Breast Care Center, CMC

Registration required. To see if you qualify, call 603.663.8726

Medication Assistance Program

The Medication Assistance Program helps uninsured and underinsured patients obtain long-term prescription medication from major pharmaceutical companies.

CMC staff assists patients in determining eligibility and completing the necessary paperwork.

Patient eligibility criteria in general includes: US residency, limited household income and must not be eligible for any other type of prescription coverage including Medicaid, VA and private insurance. For an appointment, call 603.663.8752



Health & Wellness

Pregnancy, Birth And Beyond

The Mom's Place childbirth and parenting programs are offered by nurses specially trained to work with families on their birth and parenting journey. Join us to learn, grow and connect with others. Pre-registration is required. **For more information on any of our classes or services or to register please call 603.626.2626 or visit CatholicMedicalCenter.org/classes-and-events**

Pure and Natural Fertility Care

Discover a highly effective system to understand and manage your fertility without chemicals or devices. A woman's body signals when she is entering and leaving her time of fertility. Knowing how to track these signs empowers a woman with information to manage fertility and to identify possible underlying reproductive disorders. A highly effective and natural way to achieve or avoid pregnancy.

Women's Wellness & Fertility Center
88 McGregor Street, Suite 201
FREE

Welcome Visits at the Mom's Place

Are you unsure where to go for your prenatal care? Do you want to learn more about having your baby at CMC and what to expect during your stay?

Expectant moms and partners or support persons are encouraged to join us, ask questions, meet staff, explore our birthing suites and learn the essentials about your stay.

We look forward to welcoming you!
FREE



Preparation for Breastfeeding

Prepare for your breastfeeding experience at our officially designated Baby-Friendly™ hospital. Learn basics for getting started to meet both the infant's and mother's needs.

FREE

Preparation for Birth

In this series, parents-to-be prepare their bodies, minds, hearts and changing relationship for labor, birth and early postpartum. This class helps parents learn practical information about labor and birth and fosters awareness, flexibility, determination and resourcefulness. It builds coping practices and facilitates a deeper connection between the birthing mom and her partner or support person. This class offers you what you can't get from a book or online. A tour of The Mom's Place and birth suites is included in this in-depth series. Refreshments are provided.

\$130



CPR and Safety Class

for Caregivers of Infants and Children

Learn how to prepare and care for infants and children in emergencies, including life-threatening situations. Learn about injury prevention, basic life-saving skills, and CPR with a Special Care Nursery registered nurse in a relaxed environment. This program is appropriate for expectant parents or parents and caregivers of infants and children up to the age of 8. This is a non-certification class.

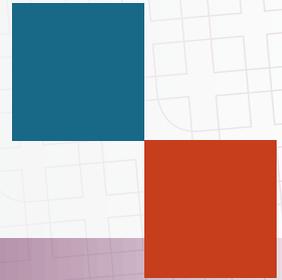
\$20 per person

Parenting Your Newborn

This program helps prepare parents-to-be and new parents for the physical and emotional needs of their baby and their own experience as parents. Topics include normal newborn appearance and behavior, crying and soothing, sleep, feeding, recognizing illness, common concerns and building coping practices. This class offers you an opportunity to explore the expected joys and challenges of parenting, to have open, lively discussions about today's parenting topics, and build confidence in parenting your newborn.

Couples fee: \$40 or \$20 if taken in addition to Preparation for Birth Series.

Where **heart** meets health.



Becoming a Big Sister or Big Brother

This class prepares children, ages 2 to 6 to become new big siblings. They will receive a warm welcome to The Mom's Place including a tour especially for them. Siblings-to-be will learn what to expect at the hospital and at home, make a hand print and take home a keepsake certificate. Children are welcome to bring a doll or stuffed animal to join them.

Family fee: \$10



Lactation Services

Officially designated Baby-Friendly™ hospital, CMC offers one-on-one education and encouragement for new moms before the birth, during the hospital stay and after going home.

FREE. Lactation Line is 603.663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667

A Mother's Journey: A Group for Growing Moms and Babies

This weekly program provides support for new moms as they begin or continue on their parenting journey. Each week focuses on a different topic that is important to moms in our community and culture, including postpartum emotions. Join us to talk, listen and be in a nurturing environment. Light refreshments will be served. Infants up to crawling are encouraged to join their moms. FREE

Cesarean Birth Awareness

This program is designed for couples looking to deepen their knowledge about cesarean birth. Discussion will include practical strategies that may help prevent the need for a cesarean birth. We also discuss preparation for a cesarean birth (should it become necessary), expectations, risks, common fears associated with cesarean birth, and how you can actively participate in the process of birth. Postpartum expectations and recovery are included. Parents are encouraged to bring questions and concerns. \$40

Exploring and Preparing for Vaginal Birth after Cesarean (VBAC)

Have you had a cesarean birth and are expecting again? Is VBAC an option for you? Come and learn more to help you make the decision and to prepare your mind, body and heart for the journey ahead. Topics include: labor process, preparing your body, partner support, pain coping practices, and preparing for the unexpected and unknown. FREE

Birthing Again

This class offers parents the opportunity to give special attention to a pregnancy and birth following other births. Topics include preparing yourself, relationships and siblings for the new baby and changes to come as well as pain coping practices and partner support. Time is provided for processing past birth experiences and their impact on the upcoming birth. \$40

For more information on these classes or to register please call 603.626.2626 or visit CatholicMedicalCenter.org/classes-and-events



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health



**New
 Urgent Care
 Locations
 Now Open!**

**OPEN 8 AM-8 PM,
 7 days a week**

CMC and ClearChoiceMD Urgent Care are partnering to bring you two new, convenient care options in Greater Manchester. The Goffstown center, located at the corner of Mast Road and Daniel Plummer Road is now open. A second location in Hooksett, located on Cinemagic Way is opening soon.

ClearChoiceMD Urgent Care is based in New London, New Hampshire, and currently operates 10 other walk-in centers across the region. The co-branded locations in Hooksett and Goffstown are the first ClearChoiceMD Urgent Care facilities in the greater Manchester area.

CMC already operates an urgent care at Washington place on South River Road in Bedford.

Open 7 days a week, 365 days a year
 Weekdays—Mon-Fri: 8 AM–8PM
 Weekends—Sat-Sun: 9 AM–5 PM



Walk-in or
 schedule an
 appointment
 online

Bedford Medical Park 5 Washington Place
 Suite 1B Bedford, NH 03110
 603.314.4567

your thoughts

We welcome your comments and encourage your ideas about future stories in Healthy Living News. Please contact us at CatholicMedicalCenter.org or e-mail info@cmc-nh.org.

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CMC Connect App

Catholic Medical Center is a fully accredited hospital of the Joint Commission. Requests for a public information interview can be made by contacting the Joint Commission at jointcommission.org. ©2019 CMC. All rights reserved.