

Pre-Natal Care Offered in Group Setting

CMC Received Site Approval for CenteringPregnancy™

What kind of cold medicine can you take when you are pregnant? Why do you develop a brown line down the center of your belly? Which immunizations are recommended for both the mother and the father during the last trimester?

These were the topics of discussion for a group of ten women 33-38 weeks pregnant sitting in a circle at Catholic Medical Center's Pregnancy Care Center. They are part of an innovative group model of prenatal care called CenteringPregnancy™. CMC became certified as an official site of the CenteringPregnancy program in December 2014; it is the second site in NH to receive this recognition.

Dynamic Atmosphere for Learning

Instead of having individual visits once a month with a provider, a group of eight to ten women, who are at the same point in their pregnancy, come together for ten two-hour sessions. They measure their own weight and blood pressure. Behind a privacy screen a midwife measures their belly and monitors the baby's heart via ultrasound. Then they settle in to share what's on their mind. During this session they talk about protruding belly buttons and why some women develop a dark line down the middle of their round bellies.

"I could bring up just about any topic and everyone for the most part would be pretty comfortable," said Lisa who is 38 weeks pregnant with her third child. The group has open, honest and frank conversations about pregnancy, birthing and parenting. It takes on a different tone than what is commonly found in an exam room. It is more like "girlfriend talk."

"It is a circle of friendship," I think it is really like a pregnancy support group. I don't know how else to describe it," said Lisa. "I like coming here. I feel safe."



Before the group comes together to discuss different aspects of pregnancy, a nurse midwife listens to the baby's heart and checks his or her size and position.

Multifaceted Group Model Proven Successful

Each session includes an educational component on physical, mental, and social changes that accompany pregnancy such as introducing a newborn to older siblings or finding childcare. But they also address tougher issues like second-hand cigarette smoke and domestic violence.

Despite the casual atmosphere for learning about pregnancy, labor, delivery and breastfeeding, the CenteringPregnancy model is firmly rooted in science. It has been shown

continued on page 2

CMC Offers Advanced Technology to Screen Women with Dense Breasts for Cancer

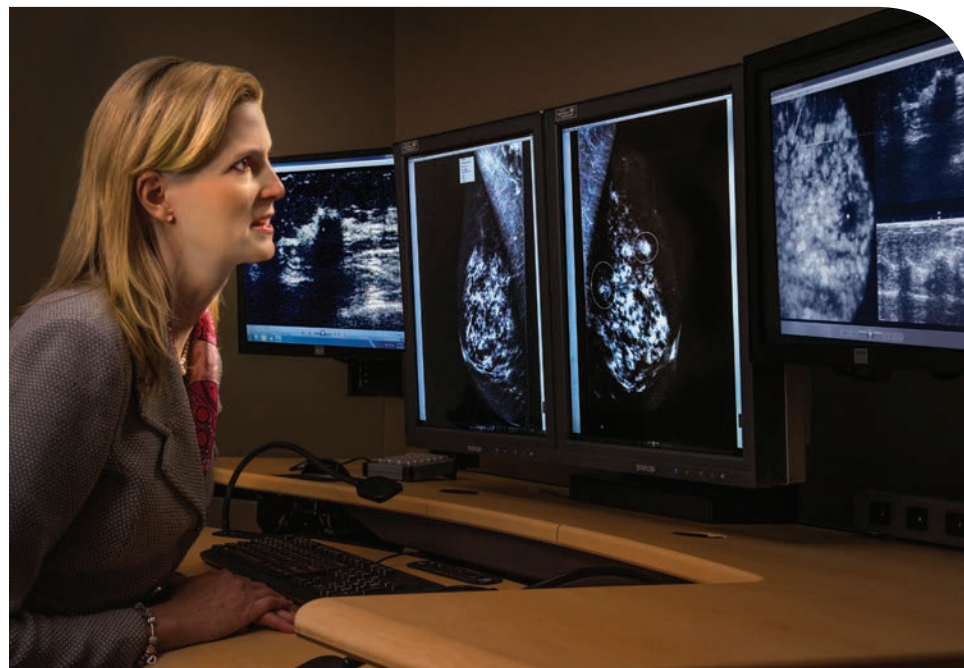
CMC offers new technology to identify irregularities in dense breasts without unnecessary X-ray exposure. Women with dense breast tissue can face cancer risks 4-6 times greater than women without increased density.

Breast Density: Understanding the Four Levels

Breasts are made up of fat and glands. Glandular tissue is dense and hard to see through. Fatty tissue is transparent like a veil. Cancer often occurs in the fibroglandular tissue, where it is appears as a white spot on a white background.

"Radiologists classify density into four different categories using a universal reference guide called BI-RADS," said Elizabeth Angelakis, MD, Chief of Breast Imaging, CMC Breast Care Center.

"Levels C and D, which are more than



Betsy Angelakis, MD, reviews 3-D mammograms to look for abnormalities in one of the two viewing rooms at the new Breast Care Center.

50 percent fibroglandular tissue, are recognized as dense breasts."

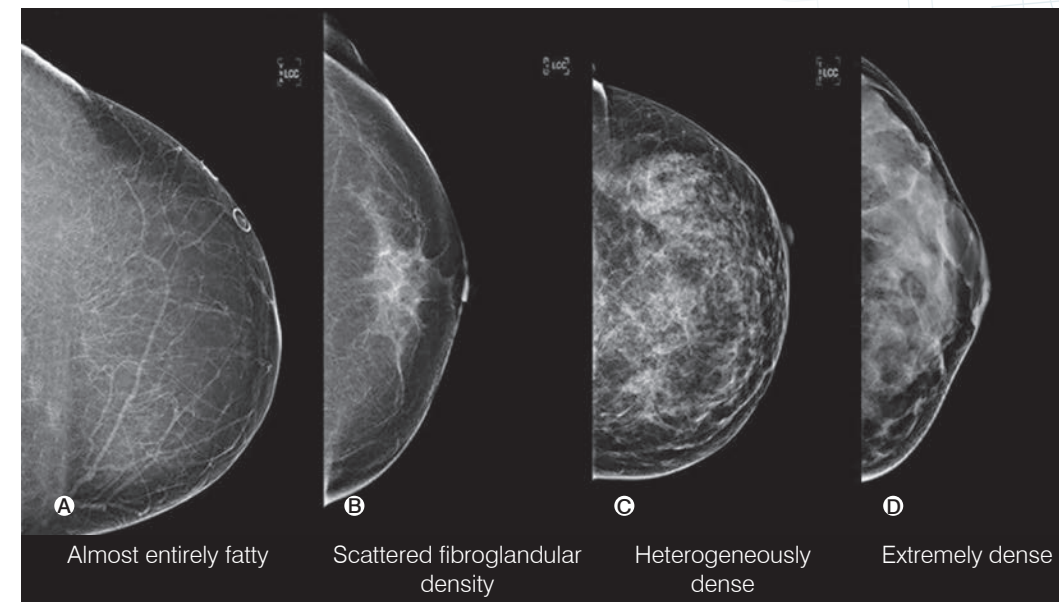
Some states require healthcare providers to inform women who have dense breasts that it may be harder to spot cancer on their mammogram. CMC informs women of their density level even though it is not required by NH law.

Dense Breasts Screened with Tomosynthesis and Ultrasound

CMC uses mammography equipment called low-dose tomosynthesis. It creates a 3-D model rather than a shadow of the entire breast. It takes nine short X-ray exposures around a compressed breast. This 3-D mammogram is made up of many individual layers of tissue. Even though more pictures are taken, CMC's equipment uses the same X-ray dose as a flat 2-D test.

"Three-D mammography is superior to conventional 2-D mammography for looking at breast masses, particularly in dense tissue," said Dr. Angelakis. "The greatly improved clarity and detail helps radiologists spot cancer sooner, before it can spread, when treatment is easier and often more successful."

CMC also offers whole breast ultrasound. Ultrasound, when used in combination with mammography, can find cancer hidden by dense breast tissue. This approach uses sound waves to create 3-D pictures of breast tissue. It is also effective in taking additional images of suspicious findings.



The American College of Radiology has developed standardized categories that classify breast density into four levels.

Contributing Factors of Breast Density

The two most important factors that influence breast density are age and body weight. Breasts may become less dense with age. Body weight or body mass index (BMI) also affects breast density. Women who have more body fat tend to have fattier breasts and women with very little body fat tend to have denser breasts.

Book your mammogram appointment online: cmc-breastcare.org or call 603.663.5270.



CMC has installed low-dose 3-D tomosynthesis technology which takes more detailed images with less radiation exposure.



More participants, than patients, women in the CenteringPregnancy group take their own health metrics to monitor their pregnancy.

Pre-Natal Care, continued from page 1

through clinical research to reduce low birth weight and pre-term deliveries as well as increase breastfeeding rates. It also helps promote healthier behaviors among pregnant women. Each session integrates the three major components of care: health assessment, education, and support, into a unified program within a group setting.

The Centering model of care brings people together who share common goals, but their personal preferences and values make each group unique.

A transformation happens at both the personal and collective level that brings about better understanding, greater engagement, and self-confidence. All of that translates into better health outcomes.

A resource for all

The Pregnancy Care Center at CMC provides access to all women and their families regardless of their ability to pay.

For more information about CenteringPregnancy, call 603.663.6661.

Making Medical Decisions for Someone Else

New NH Law Broadens List of who Can Make Health Care Decisions

“At CMC, we encourage discussions with our patients about advance care planning,” says Wizner. “And our patients have been very receptive.”



Donella Lubelczyk, RN, BSN, ACM, Director Revenue Cycle helps Shannon Douglas understand the steps involved becoming a surrogate decision maker for a family member.

A new law in New Hampshire, effective January 1, 2015, fills an important void for patients and hospitals when a patient lacks capacity to make health care decisions and does not have an Advance Directive. The “Surrogate Decision Maker Law,” amends a previous statute to create a hierarchical list (on the right) of family members and friends who would be empowered as a surrogate to make medical decisions for patients in certain situations, for a limited time period.

“In the past, this was really a gray area,” says Georgelyn Wizner, MSW, Director of Social Work and Case Management at Catholic Medical Center. “People would ask, ‘What happens if I don’t have an Advance Directive or someone with Durable Power of Attorney for Health Care?’ Many wives, husbands and partners were surprised to find out that their role as a surrogate decision maker was not supported by law.”

Until the new law took effect, the only people who were legally authorized to make healthcare decisions for a patient who could not otherwise speak for themselves were: 1) a legal guardian appointed by the New Hampshire Probate Court or 2) Someone given authority under the Durable Power of Attorney for Health Care provision in an Advance Directive. The new law significantly broadens the list if a patient has not already designated someone to hold Durable Power of Attorney for Health Care.

Advance care planning and the completion of an Advance Directive can take an enormous amount of stress away from patients and families confronted with terminal or end-of-life decisions. But advance care planning is just as important for young, healthy people, experts say, because the unexpected is always a possibility, and having an Advance Directive on file with a primary care provider or

local hospital ensures that a person’s wishes about their care as well as who can speak for them when they can’t speak for themselves are followed.

For more information on completing an Advance Care Directive, contact the Catholic Medical Center Social Work/Case Management Department at 603.663.2049. ■

ADVANCED DIRECTIVES HIERARCHY

A surrogate decision-maker may be identified to make medical decisions on behalf of a patient in the following order of priority:

- The patient’s spouse, or civil union partner or common law spouse unless there is a divorce proceeding, separation agreement, or restraining order limiting that person’s relationship with the patient.
- Any adult son or daughter of the patient.
- Either parent of the patient.
- Any adult brother or sister of the patient.
- Any adult grandchild of the patient.
- Any grandparent of the patient.
- Any adult aunt, uncle, niece, or nephew of the patient.
- A close friend of the patient.
- The agent with financial power of attorney or a conservator appointed (in accordance with NH Revised Statute 464-A)
- The guardian of the patient’s estate.

CMC Wine & Beer Tasting Event

Benefitting the Poisson Dental and Community Health Services.

Thu, May 21, 2015
5:30-8 PM

Bedford Village Inn, Bedford, NH

A donation of \$80 per person.

Tickets & sponsorships available, contact Keri Degen: 603.663.6056.

CMC Golf Classic

Benefitting the New England Heart & Vascular Institute

Wed, June 3, 2015

7:30 AM Registration; 8:30 AM Shot Gun Start

Passaconaway Country Club, Litchfield, NH

\$150. per player, or \$600. per foursome

To play or sponsor, contact Brenda Cannon: 603.314.4758



CMC’s Outpatient Rehabilitation’s team at last year’s event (left to right) Victor Carbone, Joyce Santostefano, Lian St. John and Mark Rondeau.

Save the Date! CMC Gala Event

Benefitting CMC Maternal Health Services

Fri, Oct 23, 2015

Cocktail reception 6-7 PM Dinner and Program 7-11 PM

Manchester Country Club, Manchester, NH

Tickets \$175 per person

Tickets and sponsorships available by calling Keri Degen at 603.663.6056.

Breast Care Center Survivor Appeal Success

CMC gratefully acknowledges the many donations we received in response to last year’s Breast Care Center appeal. Donations will help to ensure that future breast cancer patients receive necessary items such as wigs, prosthetics and educational materials, as well as other medical supplies, while undergoing treatment.

We would like to thank our generous donors who have made the following tribute gifts in memory of friends, family and loved ones:

In memory of:

Gina Frederickson Annis

Ruth Ansell

Gertrude Auger

Donna Campbell

Jean M. Celeste

Julia Cullen

Bob & Scott Evans

Rachel H. Gagnon

Timothy Michael Halliday

Pauline Hebert

Louise Kuslaka

Developments in Development



CMC welcomes Brenda Cannon, Development Officer.

The CMC Development team welcomes Brenda L. Cannon to the staff. Brenda brings extensive experience in customer service, relationship management and marketing. Brenda will focus on developing relationships with grateful patients and donors.

“I am proud to be a part of CMC and look forward to meeting with the people who are dedicated to supporting the care we offer and who will embrace the future of healthcare programs in our

community,” states Brenda. If you have any questions, no matter how small, please do not hesitate to contact me.” 603.314.4758 or bcannon@cmc-nh.org

Health Enrichment



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 13, May 4 or June 15, 9 AM-3 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$20. \$5 discount to AARP members.

Registration required, call 603.626.2626.

All Natural Family Planning!

Discover a highly effective way to manage your fertility without drugs or devices of any kind. A woman's body signals when she is entering and leaving her time of fertility. Knowing how to recognize these signs empowers couples to plan their family naturally and helps to identify and treat underlying reproductive disorders.

Wednesdays, Apr 22, May 20 or Jun 4, 6:30-8:00 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Personal Safety: Protecting Yourself from Scams, Shams and Scary Situations...

Officer Jacqueline Pelletier of the Goffstown Police Department will present specific steps you can take to stay safe, and situations you should avoid that put you at risk. Learn what to do if you find yourself in a threatening situation and how to protect yourself whether on a college campus, out on the town, or in your own neighborhood.

Tue, Apr 28, 6-7:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626.

Married and Loving It!

Learn new skills to strengthen your marriage relationship. Discover the four love languages, guidelines for sound financial management, sources of anger, conflict resolution and other influences that affect the relationship. Newlyweds to golden jubilee couples are welcome!

Tuesdays, May 5 thru May 26, 6-8PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Couples fee: \$25. Registration required, call 603.626.2626.



Good Eats for Great Kids

Meal times and good nutrition can be challenging for parents of growing children. This program will help you to take a step back and develop a Family Food Policy that includes delicious meals, cooking tips, snack ideas, and family participation.

Wed, May 13, 6-7:30 PM

Location: Catholic Medical Center

FREE, registration required, call 603.626.2626.

Healthy, Wealthy and Wise

Get back on track financially with tips for managing a budget, getting out of debt and saving for the future. An expert from St. Mary's Bank will show you how a little effort goes a long way toward financial wellness.

Wed, May 20, 6-7:30 PM

Location: Catholic Medical Center

FREE, registration required, call 603.626.2626.

"Mental Health First Aid"

Mental Health First Aid is an eight hour training course that teaches how to help someone who is developing a mental health problem or is experiencing a mental health crisis. In these two, four hour sessions, you will learn how to identify, understand and respond to signs of mental illness and addiction in this nationally recognized program.

Two-part series: **Sat, May 30 and June 6, 8:30 AM-12:30 PM**

Location: Catholic Medical Center

FREE, registration required, call 603.626.2626.

The 2015 Central NH Heart/Stroke Walk

Sat, June 6, Derryfield Park, Manchester, NH

See more at: nhheartwalk.org

Retired Men's Association

Third Tuesday of month

10:30 AM-12:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22.

FREE. For more information, nhretiredmen.org

Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention toward 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

Location: Catholic Medical Center

Fee: \$115.00.

Registration required, call 603.626.2626.

Massage

For information, or to schedule an appointment, call 603.641.6700.

Holistic Health Series

Spring into Wellness: Body Mind and Spirit

This program offers the opportunity to engage the whole person; mind body and spirit, to clarify your personal health goals and make them achievable. Participants will learn skills to de-stress and focus the mind, how to kick off a personalized exercise program, as well as reflection and relaxation techniques that nourish the spirit.

Thu, May 7, 6-8 PM

Location: 195 McGregor Street, Lower Level, Suite LL22
FREE, registration required, call 603.626.2626.



Introduction to Mindfulness

We often hear about the importance of “managing” our stress for the benefit of our health and well-being. Not feeling like we have time to engage in activities that might help us to cope better with our hectic lives can keep us in a vicious cycle of

“Mindfulness provides a toolbox for finding greater calm in mind and body while at the same time creating greater access to inner wisdom,” shares instructor Debra LeClair, PsyD.

feeling anxious and scattered. Decades of neuroscientific and medical research suggest that learning to cultivate mindfulness can expand our skills and abilities to handle stress, worry and illness while also increasing our level of joy and meaningful engagement with everyday living. As such, mindfulness practice

complements traditional medical, holistic and psychological treatments.

“Mindfulness provides a toolbox for finding greater calm in mind and body while at the same time creating greater access to inner wisdom,” shares instructor Debra LeClair, Psy.D. More recently, mindfulness has been brought into school settings, government institutions and workplaces that range from General Mills to Etsy to Harvard University. As part of a leadership program, mindfulness has been found to create positive changes in mental and physical health, job performance, interpersonal communication and confidence. Join us for this new series to learn more. See page 13.



Debra LeClair, PsyD

Caring for our Community with Heart

The heart of Catholic Medical Center is to provide health, healing and hope in a manner that offers innovative high quality services, compassion, and respect for the human dignity of every individual who seeks or needs our care as part of Christ’s healing ministry through the Catholic Church.

At Catholic Medical Center, we recognize our role in keeping Manchester healthy. We are highly invested in programs that address the health of our community, with a particular emphasis on those most in need. To better serve the community, CMC conducted a community health needs assessment in 2013 to identify and prioritize the community’s needs for services. (For a copy of the Greater Manchester Community Health Needs Assessment, please visit CatholicMedicalCenter.org)

CMC provides a variety of health services, education, and preventative screenings including:

Our **Community Health Services** team provided a Fruit and Vegetable Assistance Program to families who were least likely to have access to fresh produce due to financial constraints or access. Through this program, we collaborated with the Organization for Refugee and Immigrant Success to provide fresh produce for approximately 40 families at the Pregnancy Care Center and West Side Neighborhood Health Center. CMC provided vouchers to be redeemed for fresh produce each week at the local Farmer’s Markets during the 23-week growing season. This program was a win-win situation as it not only provided healthy food options



Caring for moms, dads and babies is a priority at CMC. We have strong outreach and education programs that support families throughout the birthing and parenting process.

for the underserved, but also supported refugee farmers.

The **Health Care for the Homeless** (HCH) program provides primary medical care, behavioral health services, addiction counseling, nurse case management, social services and health education to approximately 1,300 homeless individuals in Manchester. The mission of HCH is to guarantee access to high quality, comprehensive health care for all people who are homeless in Manchester, in a way that respects their dignity. With the addition of a Community Health Worker to the team, more homeless individuals are being identified and connected to HCH for care. The HCH Manchester program

is made possible through generous support from the Manchester Health Department and Catholic Medical Center.

The **Poisson Dental Facility** provides comprehensive oral health care services for children and adults in need of dental care who would otherwise not have access due to the numerous barriers associated with oral health care. The program has been improving the oral health of the underserved in the Manchester area since it was started in 1983. This year the program expanded services to women at the Pregnancy Care Center and West Side Neighborhood Health Center.



CMC COMMUNITY BENEFIT SERVICES

- CMC Call Center & Physician Finder Services
- Breast and Cervical Cancer Program
- Community Education and Wellness
- Fertility Health Education Services
- Medication Assistance Program
- Health Care for the Homeless
- Parish Nurse Program
- Poisson Dental Facility
- Pregnancy Care Center
- Special Care Nursery
- West Side Neighborhood Health Center

CMC is working to expand access to essential medical care through its main campus as well as community-based primary care practices, such as Goffstown Family Practice (pictured above).

The **West Side Neighborhood Health Center** provides primary care and behavioral health services to under and uninsured patients in our community.

The West Side Neighborhood Health Center (WSNHC) specializes in caring for refugees, from newborns to the elderly, providing a medical home for this population.

The **Pregnancy Care Center** provides supportive prenatal care to all women and their families, regardless of their ability to pay. Our mission is to improve pregnancy outcomes by serving those most in need and those unable to access services in a traditional prenatal

setting. The **Pregnancy Care Center** now offers Centering Group Prenatal Care.

The **Medication Assistance Program** helps uninsured and underinsured patients obtain long-term prescription medication through pharmaceutical companies. In Fiscal Year 2014, the Medication Assistance Program staff helped 435 patients obtain over 3,200 prescriptions with a value of over \$1.2 million dollars.

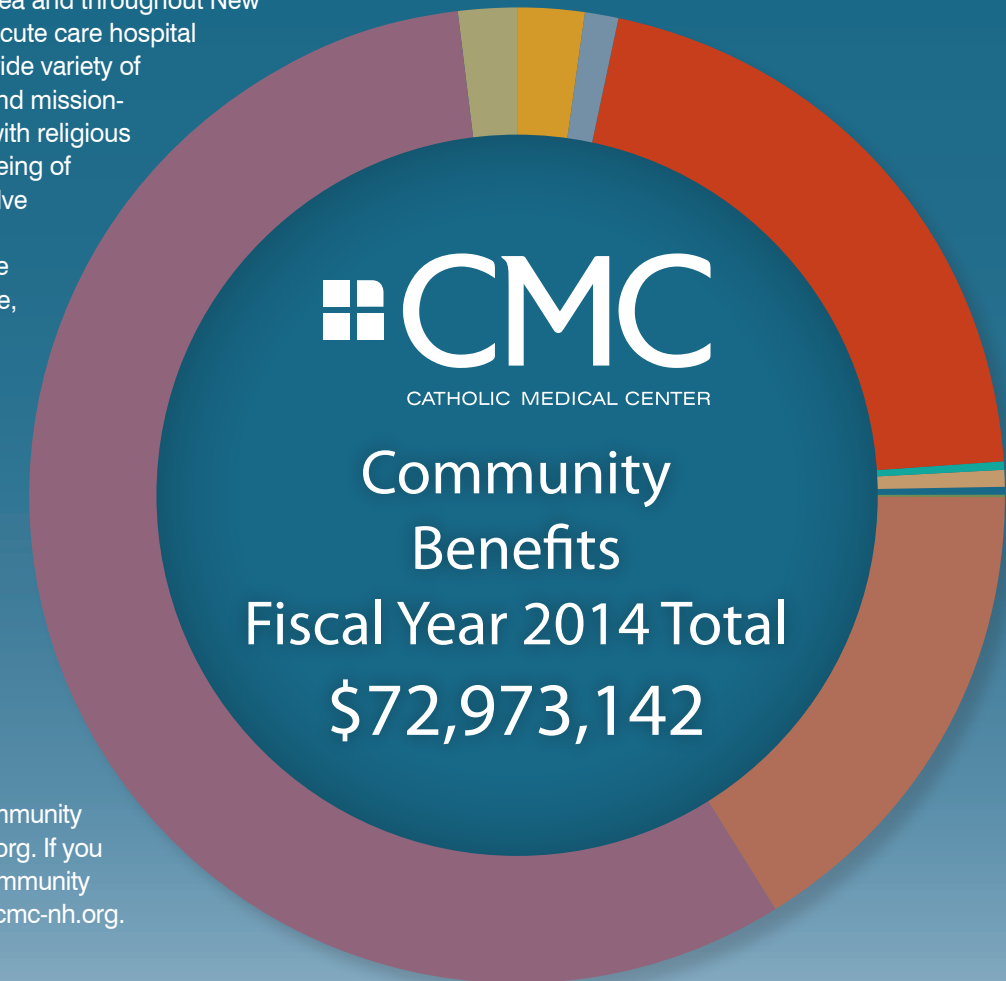
Our broad range of community-focused programs provided more than \$72.9 million in community benefit services in Fiscal Year 2014. 

CARING FOR OUR COMMUNITY

Catholic Medical Center is a not for profit, tax exempt licensed 330 bed full service hospital with an affiliated medical staff of over 500 physicians serving the residents of the greater Manchester area and throughout New Hampshire. We serve as a sophisticated acute care hospital and healthcare organization providing a wide variety of healthcare services in a highly technical and mission-oriented environment. Our history is rich with religious connection and commitment to the well-being of the human race, and we work hard to evolve to meet and exceed patient expectations. Currently, Catholic Medical Center has one of the highest case mix indexes in the state, which means that we serve some of the most critically ill patients in the state of New Hampshire.

Along with the sophisticated clinical quality and leading edge medical technology, Catholic Medical Center provides vital programs and services to meet the needs of our community's most vulnerable and medically underserved populations. In Fiscal Year 2014, CMC provided over \$72.9 million dollars in support to care for the patients in our community.

To read our complete Fiscal Year 2014 Community Benefit Report visit CatholicMedicalCenter.org. If you have questions or comments about our community benefit activities, please e-mail us at info@cmc-nh.org.



COMMUNITY BENEFIT REPORT 2014 STATS

Medicaid/Medicare Shortfall \$41,667,094	Community Building Activities \$192,690
Leveraged Revenue \$1,207,470	Financial Contributions \$431,751
Community Health Improvement Services \$1,686,598	Clinical Research \$127,881
Health Professions Education \$756,853	Community Benefit Operations \$95,411
Subsidized Health Services \$15,096,733	Charity Care \$11,710,661



\$41,667,094

UNCOMPENSATED COSTS OF GOVERNMENT PROGRAMS:

(Includes Medicare/Medicaid Shortfall)

Government funding of Medicare and Medicaid does not cover the full cost of providing health care services to residents who qualify for these programs. The shortfall between the costs incurred by Catholic Medical Center for providing these services and government reimbursement totaled more than \$41 million during fiscal year 2014. This sizeable community benefit fills the gap in providing much-needed healthcare services to children, expectant women, adults with dependent children, people with disabilities, and seniors age 65 and over who qualify for assistance.



\$1,686,598

COMMUNITY HEALTH IMPROVEMENT:

CMC reaches out to the community by partnering with numerous agencies to address community health needs. We regularly provide community-based health education, prevention and screening programs based on needs identified in the 2013 Greater Manchester Community Health Needs Assessment.

Our community health improvement and support programs include:

- Community health education
- Community physical fitness programs
- Health screenings at little or no cost to community members, including breast, cervical and skin cancer screenings
- Fruit and Vegetable Assistance Program
- New England Heart and Vascular Institute
- Parish Nurse Program
- Patient transportation services
- Fertility Health Education Services
- Wellness programs for the homeless



\$15,096,733

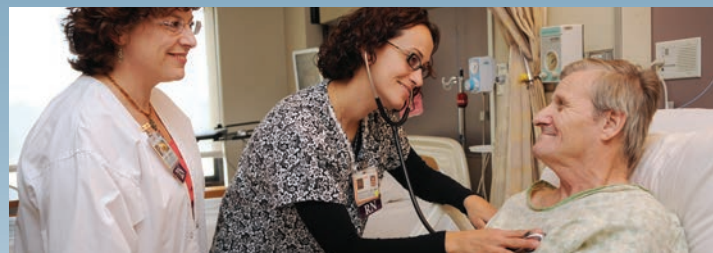
SUBSIDIZED HEALTH SERVICES:

In keeping with the mission of the organization, Catholic Medical Center offers a variety of programs that serve those most in need; the poor, the uninsured and underinsured.

Subsidized Health Services include:

- Health Care for the Homeless
- Medication Assistance Program
- Poisson Dental Facility
- Subsidized Continuing Care
- West Side Neighborhood Health Center
- Women's and Children's Services (Pregnancy Care Center and Special Care Nursery)

CMC underwrites these services and seeks grant support to increase access to care for those in need.



\$11,710,661

CHARITY CARE:

CMC has a generous charity care policy assisting patients with incomes up to 200% above the federal poverty level by providing free or discounted health services. Charity or uncompensated care is a community benefit that is truly a lifeline for those who qualify for assistance.

Caring for you. With heart.

Introduction to Mindfulness for Stress Reduction Series

Non-stop distractions, multiplying worries and the pressures of work and home magnify our tension and take away from our quality of life, both physically and mentally. In contrast, the source of joy and full engagement with one's life starts with being able to stay connected to the present moment. Over the last few decades, mounting evidence has shown that mindfulness meditation can train the mind to find what it needs to thrive in the experience of being right here, right now. As an ongoing practice, mindfulness also complements traditional medicine, holistic health and psychological treatments to calm the nervous system while reducing stress and negative thinking. Over the 4-week course, experience mindful practices to bring deeper peace, focus and purpose into your daily living.

Four-week series: **Thursdays, May 14 thru Jun 4, 6-7:15 PM**
Location: 195 McGregor Street, 3rd Floor, Suite 312
Fee: \$99. Registration required, call 603.626.2626.

Acupuncture: A Therapeutic, Complimentary Approach to Wellness

Do you suffer from conditions like sciatica, neck pain, tendonitis of the elbow, headaches, anxiety or even PMS? Join Vlasta Zdrnja, MD to learn how acupuncture is used to promote natural healing, reduce or relieve pain and improve the function of affected areas of the body.

Thu, Jun 11, 6-7:30 PM
Location: Catholic Medical Center
FREE, registration required, call 603.626.2626.

Anxiety: Strategies to Find Inner Peace

The haunting voice of anxiety often interrupts our management of our daily activities. In this program Jill MacGregor, APRN will discuss the role anxiety plays in our lives, the diagnosis for "General Anxiety Disorder" and the role of integrative therapies such as nutrition, exercise, supplements, mind-body therapy and mindfulness can have in reducing and managing anxiety.

Tue, Jun 23, 6-7:30 PM
Location: Catholic Medical Center
FREE, registration required, call 603.626.2626.

Introduction to Yoga

Yoga designed for those who always wanted to try it. This single class offered monthly will demonstrate how yoga can improve your flexibility, balance, ability to relax and manage stress.

First Monday of the month, 6-7 PM
195 McGregor Street, Lower Level, Suite LL22
Fee: \$15. Registration required, call 603.626.2626.



Food As Medicine: A Diet for Healing

Most of today's chronic health conditions, such as diabetes, irritable bowel syndrome, gastric reflux, thyroid and auto immune disorders are connected to eating habits. Each two-hour workshop is a motivational food and lifestyle focused journey to rebuild health and age well.

Ketogenic Diet, Tue, May 19, 7-9 PM
Gut Health: Tue, Jun 2, 7-9 PM
Thyroid Health: Tue, Jun 16, 7-9 PM
Brain Health: Tue, Jun 30, 7-9 PM
Location: Obesity Treatment Center, 769 South Main St., 3rd Floor, Manchester
Fee: \$19 per session or all for \$45. Registration required, call 603.626.2626.

The Wellness Center

ZUMBA® Fitness Program

This energetic, dance based program combines a mixture of Latin, hip hop, salsa, and much more for a great aerobic workout.

Mon, Apr 20 to Jun 15, 7-8 PM or Tue, Apr 14 to Jun 2, 6:15-7:15 PM or Thu, Apr 16 to Jun 4, 5:30-6:30 PM or Mon, Jun 22 to Aug 10, 7-8 PM or Tue, Jun 23 to Aug 11, 6:15-7:15 PM or Thu, Jun 25 to Aug 13, 5:30-6:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$60 (8 weeks). Registration required, call 603.626.2626.

Yoga 101 Series

Have you been curious about what yoga is all about? Here is your chance to learn the basic yoga postures and how to modify them to your own level of fitness. Take time out of your busy day to refresh and learn the benefits of practicing yoga regularly to improve strength, agility and ability to manage the stress of everyday life.

Tue, May 5 to June 23, 12-12:45 PM or Tue, Jul 14 to Sep 8, 12-12:45 PM

Location: 195 McGregor St., Lower Level, Suite LL22

Fee: \$60 (8 weeks). Registration required, call 603.626.2626.



Gentle Yoga

Designed for various fitness levels. A gentle way to experience flowing postures. Poses and sequences will offer many modifications.

Tue, Apr 28 to June 16, 3:45-4:45 PM or Wed, Apr 29 to June 17, 7-8:15 PM or Thu, Apr 30 to Jun 18, 10:15-11:30 AM or Tue, Jun 30 to Aug 11, 3:45-4:45 PM or Wed, Jul 1 to Aug 18, 7:00-8:15 PM or Thu, Jul 2 to Aug 20, 10:15-11:30 AM

Location: 195 McGregor St., Lower Level, Suite LL22

Fee: \$60 (8 weeks). Registration required, call 603.626.2626.

The Fitness Center

The Fitness 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 play a major role, for those just starting out or those looking to advance their health and wellness

Come by for a tour, Mondays, Wednesdays or Fridays 8:30 AM-12 PM or 3:30-5:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL23

Fee varies. Registration required, call 603.663.8000.

Nutrition and Weight Loss

A Healthy Weigh: My 30-Day Blitz

Challenge yourself to a 30-day detox from foods, fluids and behaviors that keep you overweight and feeling sluggish. Are you ready for a rapid change? This 30-day blitz is an exciting beginning toward a healthier slimmer you.

Wednesdays, May 6 to May 27, 5:30-6:30 PM or

Wednesdays, Jun 3 to Jun 24, 5:30-6:30 PM

Location: 195 McGregor St., 3rd Floor, Suite 312

Fee: \$69 (4-week education series only)

Registration required, call 603.626.2626.

SPECIAL! New Combination Weight Loss Package!

A Healthy Weigh: My 30-Day Blitz (see dates listed above) and a one-month membership to The Fitness Center. Studies show that weight loss and weight maintenance depend on both a healthy diet AND exercise! Join us for four Healthy Weigh nutrition classes and add a 30 day membership to The Fitness Center where you'll enjoy a variety of classes including aerobics, cardio equipment, strength training and stretching. This combination package is the gateway to your transformation.

Location: Healthy Weigh Classes - 195 McGregor St., 3rd Floor, Suite 312

Fitness Center Classes - 195 McGregor St., Lower Level, Suite LL23

Fee: Introductory Price, \$99!

Registration required, call 603.626.2626.



One-on-One With Healthy Weigh: 4 Visit Package

Four individual appointments with a Registered Dietician for weight loss and creating a personalized health supporting lifestyle and household.

Ongoing

Location: Obesity Treatment Center, 769 South Main Street, 3rd Floor, Manchester

Fee: \$249. Registration required, call 603.663.6931.

Metabolism Matters

Weight management success is just a simple measurement away. Your metabolism + your daily physical activity = the calories you burn daily.

Ongoing

Location: Obesity Treatment Center, 769 South Main Street, 3rd Floor, Manchester

For more information, or to schedule an appointment, call 603.663.6297.

Weighing in on Your Weight Loss Options at CMC

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

Ongoing

Location: Obesity Treatment Center, 769 South Main Street, 3rd Floor, Manchester

FREE, registration required, call 603.663.6297.

Optimistic Lifestyle - Partial Fast Program

Weight management is an ongoing process requiring intermittent behavioral, nutritional and exercise intervention. Persistence, not perfection, is the key. This flexible program involves some OPTIFAST® meal replacements and some of your own healthy food.

Location: Obesity Treatment Center, 769 South Main Street, 3rd Floor, Manchester

FREE weekly weigh-ins. Fee for food products varies.

Registration required, call 603.663.6297.

OPTIFAST® - CMC'S Medically Supervised Rapid Weight Loss Program

Have you repeatedly lost and regained the same pounds? There is more to losing weight than just dieting. Nutrition, behavior and exercise are the keys to successful weight management. CMC's medically supervised rapid weight loss program is here for you. Pre-screening session is required. Fee: Varies per individual.

Tuesdays, 5:30-6:30 PM

Location: Obesity Treatment Center, 769 South Main Street, 3rd Floor, Manchester

Registration required, call 603.663.6297.

Surgical Weight Loss Options at CMC's Bariatric Surgery Center of Excellence

If you've had difficulty achieving your weight loss goals, weight loss surgery at our Bariatric Surgical Center of Excellence may be right for you. Our experienced surgical team has performed more than 1,700 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Tuesday, April 7

Wednesday, May 13

Wednesday, June 10

Monday, July 6

Location: Roy Auditorium, Level C, Catholic Medical Center

Registration required, call 603.663.7377.

Parish Nurse Program

The CMC Parish Nurse Program is present in 17 local faith communities in the Greater Manchester Area, providing spiritual, physical, psychological and social care to their members and neighbors. Parish Nurses provide a variety of health screenings including blood pressure, hearing and weight screenings, as well as wellness education programs and patient advocacy. The CMC Parish Nurse Program serves people of all ages, and welcomes people of all ethnic and religious affiliations. Find our monthly calendar: catholicmedicalcenter.org/community-health/parish-nurse

Please find our services at the following locations:

Parish of the Transfiguration (CMC Parish Nurse Main Office)
603.663.8004. Monday, 9 AM-1 PM, Tuesday–Thursdays,
9 AM-3 PM, Closed Friday

Bedford Presbyterian Church, Tuesdays, 9:45-11:15 AM

Blessed Sacrament Church, Wednesdays, 1:30-3 PM

Brookside Congregational Church, Thursdays, 10-11:30 AM

1st United Methodist Church, Tuesdays, 8:30-10:30 AM

**Immaculate Conception Parish, Penacook, Sundays, 9-10:30 AM,
Thursdays, 8:30-10 AM**

St. Andrew's Episcopal Church, 1st and 3rd Tuesdays, 8-9 AM

St. Anne - St. Augustine Parish, 2nd Tuesdays, 10:30-11:30 AM

St. Anthony Church, Thursdays, 9-11 AM

St. Elizabeth Seton, 1st and 3rd Tuesdays, 8:30-10:30 AM

St. George Greek Church, 2nd Wednesdays, 9:30-11 AM

St. John the Baptist, Suncook, Mondays, 9-11 AM

**St. Joseph Cathedral, 1st Sundays, 9:30-10:30 AM
& 11:30 AM-1 PM**

St. Matthew's Episcopal Church, Wednesdays, 9 AM-12 PM

St. Pius X Church, Fridays, 8:30-11 AM

St. Raphael's, 3rd Tuesday, 12:30-1:30 PM

Sacred Heart, Fridays, 8:30-9:30 AM

S.H.I.N.E.

Supportive services for older adults.

Wednesdays, 10:30-11:45 AM

Location: St. Matthew's Episcopal Church, Goffstown
FREE

Indoor Walking Program

Tue, 9:30 AM-10:30 AM or Wed, 9:30 AM-10 AM

Location: Parish of the Transfiguration
FREE

Chair Exercises

Tuesdays, 10 AM-11 AM

Location: Bedford Presbyterian Church

Tuesdays, 9:30 AM-10:30 AM

Location: St. Elizabeth Seton, Bedford, NH

Thursdays, 9:30 AM-10:30 AM

Location: Parish of the Transfiguration & St. Anthony Church
FREE

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

Diabetes Education

If you have pre-diabetes or diabetes, diabetes education is key to successful self-management. At the Diabetes Resource Institute at CMC, our Certified Diabetes Educators provide outstanding diabetes education and nutrition counseling. Education is customized to meet your needs and is provided in group and individual appointments. To schedule an appointment with one of our educators please call our office at 603.663.6431. We are open Mon-Fri and offer early morning and late day appointments for your convenience. *Please note referral from a primary care physician is required.*

Cancer Education And Support

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).

Location: Norris Cotton Cancer Center

FREE, appointment required, call 629-1828.

"I'm a Survivor"

Discussion and support group geared towards those patients who have completed or are living with a long-term diagnosis of cancer.

FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.8683.

Look Good, Feel Better

This program focuses on teaching women how to cope with skin changes and hair loss during cancer treatment using cosmetic and skin care products donated by the cosmetic industry.

Last Tuesday of month, 6-8 PM

FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.8683.



Living with Cancer Support Group

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

FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.8683.

Oncology Exercise Program

Our staff will develop a personal exercise program for you to maintain your strength through and beyond your journey with cancer.

Ongoing

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

Fee varies, registration required, call 603.663.8000.

YogaCaps

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

Thursdays, 6:30 PM-8 PM

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

FREE! Registration required, call 603.670.0302

Patient Assistance Services

Breast and Cervical Cancer Screening

FREE screenings for women with limited income, who have no health insurance or a high deductible. Registration required.

Sat, 8 AM-12 PM or Wed, 4-6 PM (please call for dates)

Location: Catholic Medical Center

To see if you qualify, call 603.626.2626.

NH Colorectal Cancer Screening Program

FREE screenings are now available to qualified individuals in New Hampshire through the New Hampshire Colorectal Cancer Screening Program. If you're due for a follow-up colonoscopy, or it's time to have your first, the entire cost could be paid by the program.

For more information, call 603.653.3702.

Medication Assistance Program

The Medication Assistance Program helps uninsured and underinsured patients obtain long term prescription medication from major pharmaceutical companies. Catholic Medical Center 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, please call 603.663.8752.

Pregnancy, Birth and Beyond

The Mom's Place childbirth and parenting programs are offered by nurses especially trained to work with families on their birth and parenting journey. Join us to learn, grow and connect with others. For program dates and times or more information on any of our classes or services, please call 603.626.2626 or email Farrah at fdeselle@cmc-nh.org.

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 and mother's needs. **Fee: \$30 or \$15 if taken in addition to Preparation for Birth Series. Registration required, call 603.626.2626.**

Cesarean Birth Class

This program is designed for women who are having a planned cesarean birth or who have a high likelihood of cesarean birth. Discussion involves the preparation for cesarean, expectations and how to actively participate in the process of birth, risks and common fears associated with cesarean birth, postpartum and recovery. Parents are encouraged to bring their own questions and concerns and are given the opportunity to develop decision making tools. A tour of The Mom's Place is included. **Fee: \$30. Registration required, call 603.626.2626.**

Preparation for Birth

In this series parents-to-be prepare their body, mind, heart and relationship for labor, birth and early postpartum. This class allows time for parents to learn about many ways of birthing, the hospital setting and themselves including their hopes as well as worries. It builds coping practices and facilitates a deeper connection between the birthing mom and her partner or support person of choice. This class offers you what you can't get from a book or online. Classes are capped at five couples to allow for individual attention. Refreshments are provided. A tour of The Mom's Place including an exploration of rooms is included in this in depth series. **This class is offered as either a 4-week evening series or a 2-day Saturday workshop. Fee: \$120. Registration required, call 603.626.2626.**

Birthing Again

This class offers parents the opportunity to give special attention to a pregnancy and birth following other births. The main areas addressed are; preparing the self, relationship and siblings for the new baby and changes that come; refreshing pain coping practices and partner support; and processing past birth experiences and their impact on the upcoming birth.

Fee: \$30. Registration required, call 603.626.2626.

Preparation for Birth after Cesarean Birth

Learn about unique needs when preparing for birth following a cesarean. This program covers specific topics allowing for time to consider options and gain decision making tools as a part of birth preparation. Women and their birth partners are also encouraged to register for the Preparation for Birth Series. **Fee: \$30 or FREE if taken in addition to Preparation for Birth Series. Registration required, call 603.626.2626.**

Childbirth Education Reunion

Families who have attended our Childbirth Education classes are invited to reunite with other new families to introduce their newborns to the community. Parents will be guided in sharing their "first birth story" and will take home a keepsake to share with their child for years to come. Light refreshments will be served. **FREE, registration required, call 603.626.2626.**

CPR and Safety Class for Caregivers of Infants and Children

This is a non-certification course designed for parents and caregivers to learn first aid and safety essentials and the basics of CPR. Discuss injury prevention and basic life-saving skills with a Special Care Nursery registered nurse in a comfortable, relaxed environment. This program is appropriate for expectant parents or parents and caregivers of infants and children up to the age of 8. **Fee: \$30 (Fee includes two parents or one parent with caregiver). Registration required, call 603.626.2626.**

Parenting Your Newborn

This program helps prepare parents to be and new parents of infants up to 3 months for the physical and emotional needs of their baby. 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 as well as the challenges and to build your confidence in parenting your newborn. **Couples fee: \$40 or \$20 if taken in addition to Preparation for Birth Series. Registration required, call 603.626.2626.**

NEW! Baby Yoga (six weeks to pre-crawling)

Baby yoga is a class designed for parents and caregivers to take a break from their busy day and connect with their baby. Through gentle guided movement, massage, and song, parents will bond with their infant while encouraging emotional and physical development. Class sessions are laidback and provide an opportunity to connect with other parents in the community. Soothing crying babies, changing, and feeding during class is the norm! Come join us to relax, have fun, and meet others also adjusting to the new world of parenthood!

No yoga experience is needed! Blankets and yoga mats are provided or bring your own if you prefer. **Fee: \$60 (5-week series). Registration required, call 603.626.2626.**

NEW! Tots Yoga (crawling-36 months)

Tots yoga is a class designed for parents and caregivers to take a break from their busy day and connect with their child in a fun and active way! This class offers a playful environment that uses movement and song to encourage and support their physical and social explorations! Crawlers and walkers move through simple yoga poses while sitting, walking, jumping, and standing [with the assistance of their parents]. Class sessions are laid back and provide opportunity to connect with other parents in the community. Soothing crying children, changing, and feeding during class is the norm! Come join us to relax, have fun, and meet other parents! No yoga experience is needed! Yoga mats are not used in this class. **Fee: \$60 (5 week series). Registration required, call 603.626.2626.**

The Mom's Place Welcome Visit

Want to learn more about having your baby at CMC? Not sure where to go for your prenatal care yet? Are you already settling in with a provider and want to learn more about what to expect during your stay? Explore the birthing rooms with a childbirth education nurse, find out where things are, the essentials about your stay, including what to bring, visitation policies; receive answers to any questions or concerns you may have. **Couples fee: \$10. Registration required, call 603.626.2626.**

Becoming a Big Sister or Big Brother

This program introduces children, ages 2-1/2 to 6 to the idea of becoming a new big sibling. They will receive a warm welcome to The Mom's Place and 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 may bring a doll or stuffed animal to join them. **Family fee: \$10. Registration required, call 603.626.2626.**

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 is offered to provide 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. Join us to talk, listen and be in a nurturing environment. Infants up to crawling are encouraged to join their moms. **FREE! Registration required, call 603.626.2626.**

Community Health Services

Catholic Medical Center reaches beyond the walls of the hospital and into the community, assisting individuals with health information and access to healthcare.

Breast and Cervical Cancer Program	626.2626
Community Education and Wellness	626.2626
Fertility Health Education	663.8706
Healthcare for the Homeless	663.8718
Parish Nurse Program	663.8004
Poisson Dental Facility	663.6226
Advance Directives	626.2626
Medication Assistance Program	663.8752
West Side Neighborhood Health Center	663.5382

Healthcare Resources Call 626.2626

Allergy	General Surgery	Podiatry
Ambulatory Medicine	Hematology/Oncology	Primary Care
Anesthesiology	24/7 Hospitalist	Psychiatry
Bariatrics	Medicine	Pulmonary Disease
Behavioral Health	Infectious Disease	Radiology
Breast Care	Laboratory	Rehabilitation
Cardiology	Neurology	Sleep Center
Cardiovascular Surgery	Neurosurgery	Social Work
Colorectal Disease	Newborn Care	Stroke Care
Dental	OB/GYN	Surgical Care
Dermatology	Obesity Treatment Center	Thoracic Surgery
Emergency Medicine	Ophthalmology	Urgent Care
• 24/7 Trauma Center	Orthopaedic Surgery	Urology
Endocrinology	Pain Management	Vascular
ENT (Otolaryngology)	Pathology	Wound Care
Gastroenterology	Plastic Surgery	

Support Groups Call 626.2626

Aphasia
Breast Feeding Success
Greater Manchester Brain Injury and Stroke Support Group
"I'm A Survivor"
Living with Breast Cancer
Living with Cancer
Living with Loss: A Bereavement Support Group
Mommy and Me
Sleep Apnea Support Group
Survivors of Suicide Loss Support Group
Weight Loss Surgery

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. ©2015 CMC. All rights reserved.

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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Provider Profile

Destined for medicine, Tai carries on family tradition

Why I chose medicine?

My mom was a head nurse; my brother an MD, my twin sister is now a Physician Associate (PA) in United Kingdom. For me, I enjoy helping people to become well physically but equally important is mental well being.

What I do when I am not working?

I enjoy travelling to different places and countries. I have become very partial to the warmer climates, especially this past winter.

What is the best part of being a doctor?

The best part of being a provider is helping people. I want to make a difference; God has put me here to make a difference. I will, with God's help, make a difference.

Tai Slyne, APRN is board certified by the American Academy of Nurse at Goffstown Family Practices. Tai enjoys caring for patients of all ages with a special interest in adolescent and family focused healthcare. To schedule an appointment, please call Goffstown Family Practice at 603.314.4500.



Tai Slyne, MSN, APRN puts children and parents at ease in her primary care practice with her focus on communication.



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