

Pioneering Treatments—Again!

CMC first hospital in the world to offer new procedure to reduce stroke risk



Dr. Kim implanting the WATCHMAN in recipient Edith Hinds, the first woman selected for the ASAP TOO trial. EP Lab Tech Erika Lavard (left) assists with the procedure.

When Edie Hinds woke up from surgery, she raised her arms and cheered, “Yay! I got the WATCHMAN!”

On February 22, 2017, Edie became the first woman in the world to be enrolled in the ASAP TOO trial, which began the week prior at CMC. The trial is testing Boston Scientific’s WATCHMAN™ Left Atrial Appendage Closure (LAAC) device in patients who cannot tolerate blood thinning medications.

The WATCHMAN was developed for patients with non-valvular atrial fibrillation (AFib) as an alternative to the blood thinners they often take to reduce their stroke risk. AFib, or an irregular heartbeat, can cause blood to pool and clot inside the heart’s atrial appendage. That clot, if released, could cause a stroke. The WATCHMAN device closes off the left atrial appendage, preventing blood clots from forming without the need for blood thinners.

Edie was diagnosed with AFib in October of 2016. Working with her cardiologist at Laconia Cardiology and with CMC New England Heart & Vascular Institute (NEHVI) cardiologist Jamie Kim, MD, FACC, she began treatment at the New England Heart & Vascular Institute. It was soon discovered that Edie couldn’t tolerate blood thinners to reduce her stroke risk.

“I had a major fear of stroke. I know people who have suffered a catastrophic stroke,” Edie recalls. When Dr. Kim told her about the upcoming ASAP TOO trial, “I knew it was the only intelligent choice I could make.” ASAP TOO is putting a focus on enrolling female patients as part of a federal effort to ensure women are better represented in clinical trials.

CMC was the first commercial site in New England to implant the WATCHMAN device after its FDA approval in 2015, and quickly became one of the top implanting sites in the country. Until now, however, patients who had the procedure still needed to be on a course of blood thinners after surgery, meaning it was still off limits to those who can’t take the drug at all.



Edith “Edie” Hinds talking with NEHVI Clinical Research Coordinator Beth Cornelius, RN, BSN, the morning after her surgery.

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Medical News

Pioneering Treatments, continued from page 1

"These are the patients who need the treatment most of all," says William Rogers, Boston Scientific's Area Clinical Adviser for WATCHMAN. "With ASAP TOO, they now have an option."

After reading up on the trial, Edie met with Beth Cornelius, RN, BSN, the clinical research coordinator at NEHVI. "I realized then I would get excellent care," she recalls. "I wouldn't do it if it wasn't here."

The minimally invasive WATCHMAN procedure is performed in CMC's Electrophysiology (EP) Lab, often taking less than 90 minutes. The device is inserted in the left atrial appendage through a catheter. Patients are typically in the hospital overnight and return for a follow up visit in three months time. ASAP TOO trial patients will continue with in-office and telephone visits every six months for up to five years.

"Boston Scientific is fortunate to have such a strong partner who is focused on procedural efficiencies and clinical outcomes," says Boston Scientific Territory Manager Scott Pippin. "The medical device community has very high expectations for therapies like the WATCHMAN as an alternative treatment for patients. ASAP TOO marks yet another milestone that has been achieved due to this partnership."

CMC's WATCHMAN team is made up of NEHVI cardiologists, EP lab technicians, radiologists, nurses, and others. NEHVI cardiologist Connor Haugh, MD, FACC, conducted the first trial procedure February 15th. "We've had great success with the WATCHMAN," he said. "It's exciting to be able to extend this effective treatment to this group of patients—both for them and for us as their caregivers."

Edie admits that when she first enrolled in ASAP TOO, she was focused on improving her own health and reducing her stroke risk. "Now I see that I may be helping others, too." ■■



The WATCHMAN implant device

Total Heart Care— When You Need It

24/7
365

The only hospital in Manchester
to offer interventional cardiology
services for heart attack victims
24 hours a day, 365 days a year.

You don't know when or if you'll have a heart attack; yet, you do know that effective, appropriate, and timely treatment can save your life. That's why CMC offers interventional cardiology services for heart attack victims 24 hours a day, 365 days a year. Our nationally-recognized team of cardiologists from the New England Heart & Vascular Institute provides round-the-clock coverage for life-saving procedures. So take heart knowing CMC is here for you when you need it the most. ■■

What is Your Vascular Health?

Problems with the vascular system can lead to life threatening conditions like heart attack, stroke and limb loss. Routine vascular screenings can help in the early detection of these potentially serious problems. CMC's New England Heart & Vascular Institute (NEHVI) offers extensive vascular screening services in our state-of-the-art IAC Accredited Vascular Lab facility.

Anyone can experience vascular problems, though smoking, diabetes, high cholesterol, age, obesity and heredity can lead to increased risk.

A vascular screening appointment lasts about 45 minutes and includes an ultrasound to screen for abdominal aortic aneurysm and Doppler imaging to assess the carotid arteries. The ankle-brachial index (ABI) screens for peripheral artery disease by measuring blood pressure in the arms and ankles. Results are mailed within a week of screening. Cost: \$95.00.

For questions or scheduling, call the Surgical Care Group at 603.627.1887. ■■

Caring for you.

With heart.

Heartfelt Thanks

Runner saved by bystander trained in CPR

Ray Billings didn't feel like himself that morning, but he and his wife still laced up and headed out to Millennium Running's HPM Insurance Snowflake Shuffle at the Copper Door in Bedford. It was January 15 and Ray remembers, "My lungs were cold. I didn't want to run; I didn't feel up to it, but it saved my life."

Less than a mile in to the course, Ray started to feel very strange. People around him were asking if he was ok. "I didn't even realize I was already on the ground," he recalls. He was going into cardiac arrest. By the time his wife Kristine, who was also running, came upon the scene, Ray had turned purple.

Fortunately for Ray, runners have proven themselves time and again, springing into action in an emergency. "With more than 2,000 runners on the course, the first person to act when someone has an emergency is likely going to be another runner," says John Mortimer, the owner of Millennium Running who is a strong advocate for CPR education and has seen runners save lives in other races as well. In this particular race, several people stopped to help including Dr. Robert Capodilupo, a cardiologist at Catholic Medical Center's New England Heart & Vascular Institute.

"The most vivid image that comes to mind from that morning," recalls Dr. Capodilupo, "is how compassionately the local running community quickly reacted to the needs of a fellow runner. The great outcome achieved was not only due to the quick responses of many, but also the team effort displayed that day."

CMC Goes Mobile!

CMC has launched its first mobile application for patients, visitors and employees. CMC Connect allows you to schedule appointments, find CMC locations, view classes and events, explore career opportunities and stay connected with CMC via social media channels, all from the palm of your hand. The app is compatible with both iPhone and Android platforms and can be downloaded for free through Google Play store or the App Store by searching "CMC Connect." Stay connected from anywhere with CMC Connect! 🇺🇸



Ray Billings (center) participates in a recognition ceremony for the runners, physicians and first responders who saved his life at a road race in Bedford.

That team effort represented what the American Heart Association calls the Chain of Survival—five critical steps to saving a life: immediate recognition of a cardiac event and activation of the emergency response system; early CPR with an emphasis on chest compressions; rapid defibrillation; effective advanced life support and integrated post-cardiac arrest care. Where the runners left off, Bedford Fire Department first responders took over, providing Ray with defibrillation and advanced life support both on the scene and on the way to CMC's Emergency Department.

By the time the ambulance reached CMC, Ray was alert enough to give his name, date of birth, and his wife's phone number.

Ray was already aware of the importance of CPR, even before it saved his own life. "I've been meaning to become a certified trainer," he says, noting the paperwork to do so is sitting on his desk. Words cannot express how much Ray and Kristine, who have five children, appreciate that someone else knew what to do when he went into cardiac arrest. By becoming a certified trainer Ray will ensure others can get the same life saving care. 🇺🇸



Medical News




Christopher Lundquist, MD

New Physician SPOTLIGHT

Adding world-class physicians to our medical staff underscores our dedication to your care.

The Surgical Care Group welcomes Dr. Christopher Lundquist


Christopher Lundquist, MD earned his medical degree from Vanderbilt University School of Medicine, Nashville, TN and is board certified in Surgery. Dr. Lundquist completed his general surgery residency at the University of Cincinnati School of Medicine and an operative acute care surgery fellowship at Wake Forest University Baptist Medical Center, Winston-Salem, NC. 

New for You

Our patients share their stories in videos

Check out CMC's new resource for patient education. Our collection of videos helps prepare you for what to expect and lets you hear from real patients and providers about the life-changing care they've received from CMC.

Our Breast Care Center patient education videos are available: cmc-education-breast.org

Our patient story series is available: cmc-education-patientstories.org 




Migraine Relief in One Appointment

Are you one of millions of people who suffers from migraine headaches? CMC is now offering a procedure called the SPG (short for sphenopalatine ganglion) block for migraine relief. It is a minimally invasive, outpatient procedure with minimal side effects or complications.

The sphenopalatine ganglion is a group of nerves near the nose cavity that sometimes causes migraine, face and head pain. The SPG block delivers concentrated lidocaine, a pain reliever, directly to this group of nerves. Relief is often immediate and lasting without the need for other injections or medicines.

SPG block is effective for the treatment of migraines, sinus and cluster headaches as well as spinal headaches, atypical facial pain, and other conditions. The procedure takes about 20 minutes, is virtually pain free and has no required preparation. It can also be repeated as needed to reduce pain.



For additional information, contact CMC Radiology at 603.668.3545 x6623; or join us at our upcoming event: **Headaches Be Gone**, Tue, Jun 13, 6 PM (see page 7). 

Philanthropy

Bundles of Love

All of CMC's donors are very generous, but one in particular gave 92 times in 2016, for a value of \$11,500. These donations came from a small NH nonprofit called The Stork Project, initiated by Kathi Lewis. Together with the help of "donors, knitters, snappers, shoppers, shop owners, Girl Scouts, school groups, quilt guilds, service groups, friends and family," Kathi and The Stork Project donated 92 Welcome Bundles to 92 new babies born at CMC.

"I'm so proud that we had enough donations and help to give more than 500 bundles throughout NH in 2016, which means we helped more than a baby a day," said Kathi. Thank you to everyone who donates time, items and money to The Stork Project, as well the agencies that trust me and my mission, including the good people at CMC's Mom's Place. The care you have for your families, is truly inspiring."

Nicole Pendenza, CMC's Director of Maternal/Child Health, Nursing Administrators and IV Therapy is also inspired by Kathi and The Stork Project Team. "Their dedication to making a difference, one baby at a time, is so pure and honorable. The families are always so pleased to receive the Welcome Bundles. We are glad to work with Kathi, and hope we can continue to provide the Welcome Bundles to our new families."

If you would like to help The Stork Project, please contact Kathi at Storkproject@aol.com or through Facebook. The families of babies throughout New Hampshire, including many born right here at CMC, will thank you. 🇺🇸

Save the Dates CMC's Wine & Beer Tasting Event

Bedford Village Inn

Thu, May 11, 5:30-8 PM

Benefits CMC's Poisson Dental Facility and Community Health Services

Tickets \$85

For tickets and sponsorship information, contact Keri Degen at 603.663.6056 or keri.degen@cmc-nh.org

CMC Golf Classic

Passaconaway Country Club

Wed, June 7, morning and afternoon flights

Benefits CMC's New England Heart & Vascular Institute
Player fee \$175

For player and sponsorship information, contact Brenda Cannon at 603.314.4758 or brenda.cannon@cmc-nh.org



Contents of one of the 92 Welcome Bundles donated by The Stork Project to new babies born at CMC in 2016. Each bundle includes approximately \$125 worth of bibs, hats, new and gently used clothing and a handmade quilt.

Pink Day Support



Dr. Joseph Pepe, CMC's President & CEO, and Dr. Connie Campbell, Surgical Director at CMC's Breast Care Center, get ready to drop the puck to start play between the Manchester Monarchs and the Adirondack Thunder at Pink in the Rink on February 11. The game celebrates breast cancer survivors and benefits CMC's Breast Care Center. (photo courtesy of: Rich Tilton Photography)



Southern New Hampshire University women's basketball Coach Karen Pinkos gives Dr. Connie Campbell, Surgical Director of Breast Health at CMC's Breast Care Center (BCC), tips before announcing her as a starter at SNHU's Pink Day game on February 11. SNHU donates a portion of the proceeds from the men's and women's Pink Day games to CMC's BCC. Dr. Campbell is grateful to support SNHU's efforts to raise awareness on the importance of breast health.


CATHOLIC MEDICAL CENTER
a member of GraniteOne Health

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 10, May 8, or June 12, 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 eight-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.

Tue, Apr 25-Jun 13, 6-7:30 PM

G3, Level G, CMC

\$49 (discount for couples available), registration required, call 603.626.2626

Myofascial Release: Improving Movement and Decreasing Pain

Fascia is thought of as being the connective web that holds us together. Myofascial tissues surround and support the muscles throughout the body but when the fascia has become too tight, it can lead to restricted flexibility, mobility problems, and pain. Myofascial release therapy focuses on releasing muscular shortness and tightness, providing pain relief and allowing the body to return to normal movement and greater function. Join Rebecca Hecox, PT who will explore current concepts and discuss how to apply simple movement patterns to enhance ability and prevent injury.

Mon, May 1, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Female Pelvic Pain: Diagnosis and Treatment

Many causes of female pelvic pain go undiagnosed and untreated. Join Dr. Renvyle who will discuss both the common and not so common causes of pelvic pain and their treatment with minimally invasive surgery.

Tue, May 9, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

New Solutions for Old Problems

Do you desire to understand and appreciate your natural fertility? Do you suffer from infertility, heavy or painful periods or PMS? Join Dr. Sarah Bascle as she discusses NaProTECHNOLOGY, a revolutionary approach to understanding your gynecologic health that focuses on diagnosing the root cause of your symptoms and treating these underlying causes to restore your normal fertility.

Wed, May 24, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Healthy, Wealthy and Wise: Options for Creating Retirement Income

During our working years we are programmed to "accumulate." In retirement, we need to learn how to "distribute" what we have accumulated. With the decrease in traditional pensions in the private sector, retirees need to understand how to utilize their retirement savings to enjoy their retirement. In this workshop presented by St. Mary's Bank, we will discuss the various options that are available beyond Social Security to create retirement income including:

- CD income
- Annuities
- RMD's (Required Minimum Distribution)
- Income tax implications
- Reverse Mortgages

Tue, May 30, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Caring for you.

With heart.



Headaches Be Gone!

Are you one of millions of people who suffer from headaches including migraine, cluster, or sinus headaches? Join Joseph Ullman, MD to learn about a minimally invasive, virtually painless procedure called SPG (sphenopalatine ganglion) block for the treatment of headaches. The sphenopalatine ganglion is a group of nerves near the nose cavity that sometimes causes migraine, face and head pain. An interventional radiologist can deliver concentrated lidocaine, a pain reliever, directly to this group of nerves in a procedure that takes about 20 minutes. Relief is often immediate and lasting and has virtually no side effects or complications

Tue, Jun 13, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

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

Massage

Research supports the benefits of massage as an effective treatment for reducing stress, pain and muscle tension.

For information, or to schedule an appointment, call 603.641.6700

Greater Manchester Brain Injury & Stroke Support Group

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 month, 6-7:30 PM

RMU Level F, CMC

FREE, for more information, call 603.626.2626

Hearing Loss Support Group

Do you or does someone close to you have a hearing loss? According to the National Center for Health Statistics, 48 million American adults (20%) have some degree of hearing loss. The Hearing Loss Support Group provides support, and education about available resources, to help you learn how to maintain your independence and thrive!

2nd Tue of month, 2-3 PM

195 McGregor St. Lower Level, Suite LL22

FREE, for more information, call 603.626.2626

NH Retired Men's Association

For men who enjoy friendly association and seek an opportunity for socialization, information, and participation in small group activities. Refreshments and speakers each month.

Third Tuesday of month, 1 PM

Jutras American Legion Post

FREE, for more information, nhretiredmen.org



Health & Wellness

Holistic Health Series

Cooling the Fires Within

If you are overweight, physically inactive, consuming a diet that leads to inflammation, and have a family history of diabetes or heart disease, the future forecast for your health may be less than ideal. Join Abby Rosen, RD to learn about risk factors that lead to metabolic syndrome, diabetes and heart disease. Discussion will include how you can make lifelong modifications that are realistic and practical, and how food choices play an important role in prevention and reducing inflammation in the body.

Tue, April 25, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Anxiety: Strategies to Find Inner Peace

The haunting voice of anxiety often interrupts our management of daily activities. In this program, therapist Donna M. Longworth, MA, MLADC will provide education on the nature of stress and anxiety from a "mind-body" perspective, discuss characteristics of the various anxiety disorders and commonalities between them, and discuss the importance of integrative therapies in successful treatment, including nutrition, exercise, supplements, mindfulness and other stress management approaches.

Mon, May 22, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Self-Awareness, Self-Compassion and Mindfulness

Stress and emotional pain are part of the human experience. Fear, grief, and anger are strong emotions that can lead to anxiety and a negative state of mind. Mindfulness helps you to recognize and acknowledge difficult emotional reactions without judgment, giving you the opportunity to step back and see it as a part of the experience but not the entire experience. Join Nurse Educator Mary Wood-Gauthier, RN, MSN and discover how the practice of mindfulness can help develop your level of self-awareness and self-compassion that allows you to remain steady, calm and in control.

Tue, June 27, 6-7:15 pm

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

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 the information to manage fertility and to identify possible underlying reproductive disorders.

2nd Wednesday of month, 6:30-8 PM

ACR Conference Room, Level G, CMC

FREE, registration required, call 603.626.2626

Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on your goal to be smoke free. An individual session with a certified hypnotist is provided.

For reinforcement, a 40-minute CD is given for daily at home use.

Thursdays, 1 PM

Level D, CMC

\$115, registration required, call 603.626.2626

Fitness

Couch to 5K Challenge

Join CMC and Runner's Alley for nine weeks of training to help you prepare to run or walk a 5k race. We will train together twice per week and you will train once per week on your own. We'll provide plenty of encouragement along the way, and at the end of the training program we'll complete a 5k race together. Participation limited to persons age 14 and older (14-17 year olds must be accompanied by a parent at all trainings and on race day.) All participants will receive a team race day shirt. Proceeds will support community wellness programs. No refunds will be given after the start date.

Mon & Thu, Apr 10-Jun 8, 5:30-6:30 PM (Race Day, Jun 11)

\$75 (race fee not included), registration required, call 603.626.2626





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 CMC, 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, along with other health care organizations, conducts a **community health needs assessment** every three years. The assessment helps us prioritize and identify service gaps in our area, and develop and grow programs to address community needs. (To view a copy of the Greater Manchester Community Health Needs Assessment, please visit CatholicMedicalCenter.org)

The **substance use epidemic** has become a major concern for the state of New Hampshire and our community, in particular. CMC has responded aggressively by providing tools for medical staff to better care for persons with substance use disorders (SUD). These tools include embedding the NH Prescription Drug Monitoring Program (PDMP) into the hospital electronic medical record, educating patients on our pain treatment policy, revamping our prescribing protocols for opioids, increasing provider education on substance misuse and partnering with external resources. CMC offers an annual, day-long educational summit on substance misuse and pain management which attracts health care professionals from across the state.

CMC is the resource hospital for **Manchester's Operation Safe Station**. Anyone seeking assistance with substance use can safely go to a city fire station, be medically evaluated and either taken to a treatment facility or to CMC for medical management.

CMC offers patients struggling with SUD the opportunity to meet with a peer recovery coach to provide them support, education and resources. These recovery coaches continue to engage with the patient after discharge to offer support and encourage enrollment into treatment.

CMC is leading the **Transformation of Care 1115 Waiver** program for our region. This initiative has brought together health care providers and community organizations to integrate medical care and behavioral health care, including SUD, to transform how care is delivered and to improve the health of our community members.

CMC is proud to be an essential resource in addressing our community's health needs. CMC's Poisson Dental Facility provides comprehensive **oral health services** to persons who otherwise would not have access. Through a collaboration with the City of Manchester's Health Department and Easter Seals NH, we provide school-based dental care to children in need attending Manchester elementary and middle schools. CMC is also partnering with Dartmouth-Hitchcock and the Manchester Community Health Center to integrate oral health and pediatrics, improving both children's oral health and overall health. 



Community BENEFIT REPORT FY16

We would like you to meet a few of our patients who have experienced our services along their health journey:

John's Story




"John" is a middle-aged man referred to CMC Behavioral Health Services from a private therapist in 2014 for a medication evaluation. At the time of his referral, he was suffering from acute symptoms of panic, depression and anxiety. He had recently relocated to New Hampshire, separated from his spouse and changed divisions at work. His primary care provider had been prescribing his psychiatric medication for years and had diagnosed him with acute panic

attacks. By the time he arrived at Behavioral Health Services, he was passive about his life and was paying little attention to his overall health.

Soon after getting help from Behavioral Health Services, John took a medical leave of absence from work and began treatment for his

crippling anxiety. Over the last two and a half years, he's remained committed to his medication regimen and, trusting his psychiatrist, has continued to work toward a more balanced mind-body state despite adjustments to his prescriptions.

Last year, John added psychotherapy to his treatment and reports great success. He routinely relies on the strategies he has learned in psychotherapy to help deal with stress. During this same period of time, he was referred to CMC Primary Care to treat his newly diagnosed vitamin-D deficiency, and to the CMC Sleep Institute where it was determined John has a sleep disorder. He now uses a BiPAP machine to breathe better at night and reports a significant increase in energy and reduction in his depression and anxiety. His psychiatrist believes John has demonstrated more initiative and has become more actively involved in the management of his health.

John's next goal is to lose weight, which he plans to do through CMC's New England Weight Management Institute. He expresses appreciation for the support he and his family have received from Catholic Medical Center providers who have collaborated extensively with his plan of care. 

Ashley's Story




Ashley was scared when she first found out she was expecting a baby. She had been struggling with addiction since she was 15, when she was put on pain medication following a car accident. Like many others who become dependent on prescription medications, Ashley turned to street drugs when the pills she was using became too expensive. At 23, she was living a life she never imagined or wanted.

Ashley began her care at CMC's Pregnancy Care Center (PCC) while she completed time in jail. After her release, she was accepted into a residential treatment program and continued her prenatal care at the PCC. She was committed to staying off drugs and being healthy for herself and her baby. She attended regular group meetings, counseling and social work appointments at the PCC. Ashley was

engaged in her care and looked forward to becoming a mom. For the first time in years, she said she had something to live for.

Ashley attended all the prenatal and parenting education classes that are offered at The Mom's Place, including the KISS class (Keeping Infants Safe and Secure), which allowed her to receive a free Pack-n-Play to keep her baby safe while sleeping. Ashley openly shared her experience with other moms in group sessions and encouraged them on their journey. She met with nurses in the Special Care Nursery before her birth so that she could learn everything she needed to know about comforting her baby, who was at risk for Neonatal Abstinence Syndrome (NAS).

Ashley says giving birth was the most amazing moment of her life and she was so happy to be clean and be the mom she wants to be. Ashley was grateful to be able to room with her baby for the duration of their hospital stay while nurses monitored his progress and helped Ashley comfort and care for him. Ashley wants others to know resources are available, people are willing to help and recovery is possible. She says, "never give up on yourself." 

Caring for you.

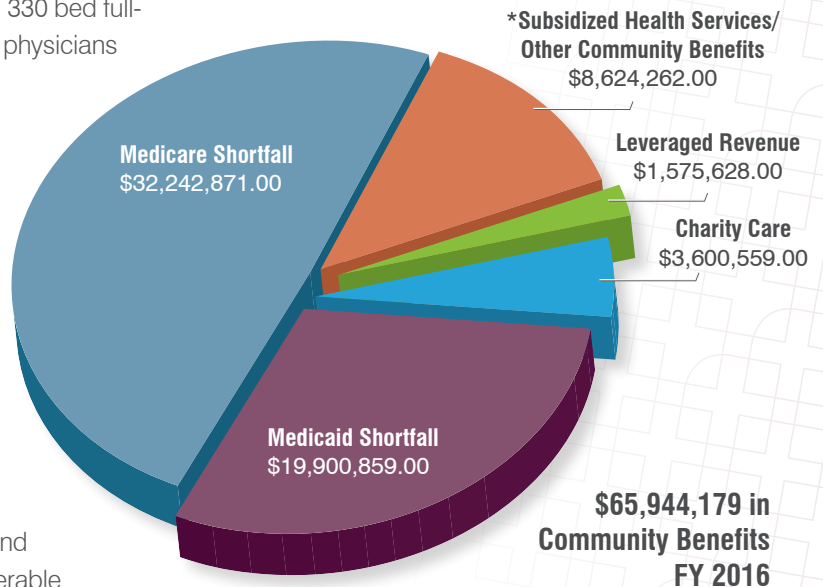
With heart.



Caring for Our Community

We are an independent not for profit, tax exempt, licensed 330 bed full-service hospital with an affiliated medical staff of over 700 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 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. CMC is one of New Hampshire's largest medical centers with one of the highest case mix indexes, which means we serve some of the most critically ill patients in the state.

Along with the sophisticated clinical quality and leading edge medical technology, CMC provides vital programs and services to meet the needs of our community's most vulnerable and medically underserved populations. In Fiscal Year 2016, CMC provided over \$65.9 million dollars in support to care for the patients in our community.



*Subsidized Health Services

- Behavioral Health Services
- Poisson Dental Facility
- Pregnancy Care Center
- Primary Care for underserved/underinsured
- Special Care Nursery
- West Side Neighborhood Health Center

*Other Community Benefits

- Community Health Improvement
- Health Professions Education
- Clinical Research
- Financial Contributions
- Community Building Activities
- Community Benefit Operations

CMC underwrites the above services through its own funding, donor and grant support. The goal is to offer high quality health care while also reducing the cost to those in need in the greater Manchester area.





Community BENEFIT REPORT FY16



Uncompensated Costs of Government Programs

(Includes Medicare/Medicaid Shortfall)

Government funding of Medicare and Medicaid does not cover the full cost of providing healthcare services to residents who qualify for these programs. The shortfall between the costs incurred by CMC for providing these services and government reimbursement totaled more than \$52 million during fiscal year 2016. This sizeable community benefit fills the gap in providing much-needed health care to children, expectant women, adults with dependent children, people with disabilities, and seniors age 65 and over who qualify for assistance.

Charity Care

CMC has a generous charity care policy assisting patients with incomes up to 200% of the federal poverty level in FY 2016 and 300% of federal poverty level in FY 2017, 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.

CMC Community Benefit Services

- Behavioral Health Services
- Breast and Cervical Cancer Program
- Community Education and Wellness
- Fertility Health Education Services
- Health Care for the Homeless
- Medication Assistance Program
- Parish Nurse Program
- Poisson Dental Facility
- Pregnancy Care Center
- Special Care Nursery

Community Benefit Report 2016 Stats

To read our complete 2016 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.

Caring for you.

With heart.

Fitness

Pilates 101

Toning, flexibility, better posture, and core strength are just some of the benefits of a Pilates mat class. This exceptionally good workout will form the foundation for a lifetime of healthy habits.

Thu, Jun 8-Aug 24, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

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



ZUMBA®

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

Thu, Jun 8-Aug 24, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

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

Yoga 101

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 to improve strength, agility and the ability to manage the stress.

Tue, Jun 6-Aug 29, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$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 designed for various fitness levels looking for a slower-paced class with a focus on stretching postures and gentle flows. All levels are welcome.

Tue, Jun 6-Aug 29, 3:45-4:45 PM or

Tue, Jun 6-Aug 29, 6:30-7:30 PM or

Wed, Jun 7-Aug 23, 5:45-7:00 PM or

Thu, Jun 8-Aug 24, 10:15-11:30 AM

195 McGregor St., Lower Level, Suite LL22

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

Yoga Flow

In this class based on the Vinyasa flow style of yoga, we will build strength, stamina, and flexibility by using gentle, flowing sequences. We will end with stretching postures and relaxation exercises to reduce tension and calm our minds. All levels are welcome.

Mon, Jun 5-Aug 21, 6:45-7:45 PM

Wed, Jun 7-Aug 23, 4:00-5:00 PM

195 McGregor St., Lower Level, Suite LL22

\$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. This class will focus on improving overall body strength with a strong focus on the core, including abdominal and back muscles.

Tue, Jun 6-Aug 29, 5:30-6:30 PM or

Thu, Jun 8-Aug 24, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

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



Health & Wellness

The Wellness Center

Whether you are a healthy individual interested in exercise or wanting 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

Nutrition and Weight Loss

Nutrition Solutions

The Outpatient Nutrition Center can help you cope with a multitude of health issues as it relates 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 (swallowing difficulty), kidney disease, wound healing, nutrition in pregnancy, and more.

195 McGregor Street, Suite 312

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

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, New England Weight Management Center, may be right for you. Our experienced surgical team has performed more than 2,200 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Tue, Apr 4, May 2 or Wed, Jun 7

Roy Auditorium Level C, CMC

Registration required, call 603.663.7377

Weighing in on Your Weight Loss Options at CMC

Learn about programs CMC offers to help you achieve your weight loss and long-term weight maintenance goals. We offer individual RD counseling, bariatrician monitored medical weight loss, OPTIFAST low calorie Full Fast for rapid weight loss and the Opti-Mistic Lifestyle Partial Fast plan. The information session is step one for both Optifast programs.

Wed, Apr 5, 19, May 3, 17, June 7, 21

Mon, Apr 24, May 22, June 26

5:30-6:30 PM

New England Weight Management Institute, 769 South Main St., 3rd Fl., Suite 300, Manchester

FREE, registration required, call 603.663.6297 or 603.663.6931

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

Achieving rapid weight loss can help provide the motivation to transform health and make long-term lifestyle changes. On average participants, lose 50 pounds in 12 to 22 weeks. This comprehensive, medically supervised, low calorie fasting program offers a weekly group and medical clinic. For those that may need alternate scheduling, daytime appointments can be arranged.

Tue, 4:30-5:30 PM, (clinic), 5:30-6:30 PM (group)

New England Weight Management Institute, 769 South Main St., 3rd Fl, Suite 300, Manchester

Fee varies per individual. Medical screening required, call 603.663.6297

Opti-Mistic Lifestyle - OPTIFAST® Partial Fast Program

This flexible program involves a combination of OPTIFAST® Meal Replacements and some of your own foods. Specific guidance is given to support low glycemic food choices, hormonal balance and reduced insulin.

Support Group is offered the 2nd Wed of each month, 5:30-6:30 PM. Free.

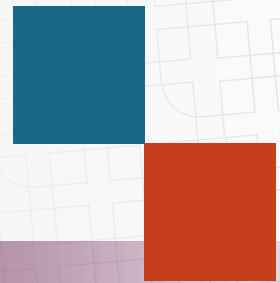
New England Weight Management Institute, 769 South Main St., 3rd Fl, Suite 300, Manchester

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

For more information, call 603.663.6297

Caring for you.

With heart.



Parish Nurse Program

The CMC Parish Nurse Program is present in 19 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. **Find our monthly calendar on the CMC website, or for more information Parish Nurse Programs, please call 603.663.8004.**

Please find our services at the following locations:

Parish of Transfiguration (CMC Parish Nurse Main Office, 603.663.8004)

Mon, 9 AM-1 PM, Tue-Thu, 9 AM-3 PM, Closed Fri

Bedford Presbyterian Church, 3rd Monday 5:30-7:30 PM

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

Congregational Church, Goffstown, Wed, 10 AM-12 PM

Divine Mercy, Peterborough, TBA

First United Methodist Church, Tue, 8:30-10:30 AM

Litchfield Community Church, 2nd Saturday 8-11AM

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

St. Anne's-St. Augustine Parish, 2nd or 3rd Tue, 10:30-11:30 AM; after Sunday Mass

St. Anthony's Church, Reopens April 13, 2017

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's Cathedral, 1st Tue, Senior Group, 10-11:30 AM

St. Lawrence, Goffstown, 1st & 3rd Thursday of the month, 9-11 AM

St. Matthew's Episcopal Church, Goffstown, Wed, 10 AM-12 PM

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

St. Philip Greek Orthodox Church, Nashua, Wed 10 AM-12 PM; last Sun, 11:30 AM-1 PM

St. Raphael's, Tue, 12:30 -1:30 PM & Burns High Rise 1:30-2:30 PM

Sacred Heart, 2nd & 4th Mon; 8:45-10 AM

Historical Church Tour

The historical church tour will begin at Goffstown Harvest Church, 542 Mast Road, Goffstown at 9:30 AM, and will tour a total of three churches. Lunch will be provided.

Please bring a canned good to support our community pantries.

Tue, May 23, 9:30 AM-1:15 PM

Alzheimer's Support Group

Alzheimer support group for patients and caregivers.

4th Wed of each month, 10:30-12 PM

Parish of Transfiguration

FREE

S.H.I.N.E.

This supportive service for older adults provides a weekly experience of social interaction, information sharing, and health guidance.

St. Matthew's Episcopal Church, Goffstown, Wed, 10:30-11:45 AM

FREE

Prayer Shawl Program

This supportive service for older adults provides a weekly experience of social interaction, information sharing, and health guidance.

Parish of Transfiguration, 1st Wed, 10:30 AM-12 PM

St. Joseph Cathedral Rectory, 2nd Tue, 1-2 PM

St. Pius X, 1st Fri, 9 AM

St. Elizabeth Seton, 1st Mon, 6-7:30 PM

St. Raphael's

St. Lawrence, 3rd Thu, 10AM

FREE

RxRelax Seated Therapeutic Yoga

1st & 3rd Thu, 9 AM, St. Lawrence, Goffstown

FREE

Chair Exercises

Wed, 10 AM, Goffstown Congregational Church

Tue, 9:00 AM, St. Elizabeth Seton, Bedford

Thu, 9:30 AM, Parish of the Transfiguration

FREE

Indoor Walking, 1-2 miles

Tue, 9:30 AM

Parish of Transfiguration

FREE



Health & Wellness

BeWell Cancer Survivorship Program

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

Fighting Cancer with Good Food

If you have been diagnosed with cancer, giving your body the right nutrients it needs to stay strong and fight cancer can make all the difference. If you are receiving treatment, you may encounter side effects that make it hard for you to eat. Join Ann Saltalamacchia, RD who will share tips to help you eat better, get the right nutrition your body needs to withstand these side effects, and lead you on the road to recovery.

Wed, May 17, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

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 603.629.1828



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 the month, 6-8 PM

FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.1828

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.

Second Wednesday of the month, 3-4 PM

FREE, registration required, 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

Gentle Yoga

A gentle, therapeutic, mat-based class for individuals who are currently undergoing or have recently completed treatment for cancer. Experience how yoga can lower tension and anxiety while promoting a sense of calm and wellbeing.

Tuesdays, 1-2 PM

195 McGregor St., Lower Level, Suite LL22

FREE 90-day membership, registration required, call 603.663.6535

YogaCaps

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

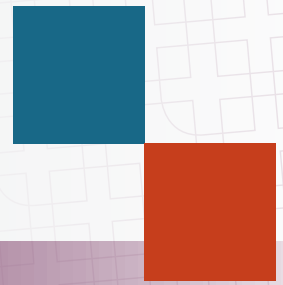
Thursdays, 6:30-8 PM

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

FREE, registration required, call 603.674.3770

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With heart.



Lymphedema Support Group

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

Tue, Jun 6, 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

Screenings

Functional Movement Screening

CMC is now offering a screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30-minute screening will utilize seven movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included in this 30-minute session 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 Clinic

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 New England Heart & Vascular Institute for a complimentary 15-minute vein screening clinic. Our board-certified vascular surgeons and vascular sonographers will help you identify potential problems and recommend treatment options so you can maintain your overall health.

2nd Thursday of every month, 5-6 PM

FREE, call 603.627.1887 to reserve your spot

Patient Assistance Services

Breast and Cervical Cancer Screening

CMC offers FREE breast and cervical cancer screenings to women who meet certain requirements.

Breast Care Center, CMC

FREE, registration required, to see if you qualify, call 603.626.2626

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, call 603.663.8752

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. For more information on any of our classes or services please call 603.626.2626 or email Farrah at fdeselle@cmc-nh.org.

Welcome Visits at The Mom's Place

Do you want to learn more about having your baby at CMC and what to expect during your stay? Are you unsure where to go for your prenatal care? 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, registration required, call 603.626.2626



Health & Wellness

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.

Thu, Apr 6, May 4 or Jun 1, 6:30-8:30 PM

Level E, CMC

FREE, registration required, call 603.626.2626.

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 and are given the opportunity to develop decision-making tools.

Call for dates

Level E, CMC

\$40, registration required, call 603.626.2626



Preparation for Birth

In this series, parents-to-be prepare their body, mind, heart 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. Refreshments are provided. A tour of The Mom's Place and birth suites is included in this in-depth series.

Sat & Sun, April 1&2, May 6 & 7, June 24 & 25
9 AM-2:30 PM (2 sessions)

Tue, Apr 4th-25th, or May 9-30, or June 6-27th
6-8:30 PM (4 sessions)

Level E, CMC

\$130, 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. 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.

Call for dates

Level E, CMC

\$40, registration required, call 603.626.2626

CPR and Safety Class for Caregivers of Infants and Children

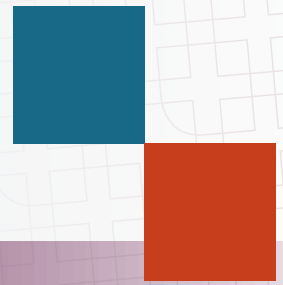
Learn how to prepare and care for infants and children in emergencies including life-threatening situations. Learn about injury prevention, basic life-saving skills, and CPR with a Special Care Nursery registered nurse in a comfortable, relaxed environment. This program is appropriate for expectant parents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

Sat, Jun 4, 9 AM-12 PM

\$20 per person, registration required, call 603.626.2626

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With heart.



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.

Wed, Apr 12, Thu, May 25 or Jun 22, 6-8:30 PM

Level E, CMC

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

Registration required, call 603.626.2626

Prenatal Yoga

Join other expecting moms and enjoy the wonderful benefits of yoga during this very special time! This gentle class helps ease the stresses and discomforts of the changing pregnant body while also teaching to quiet your mind and connect with your baby. Prenatal yoga helps keep your core toned, encourages correct posture and balance, releases tension, and enhances circulation. Classes help prepare your mind and body for labor and birth.

What to bring/wear: yoga mat, water, comfortable clothing

All stages of pregnancy welcome. No prior yoga experience needed.

Mon, 6:15-7:15 PM

Level E, CMC

\$50 for six-week session or drop in \$10 per class, ongoing.

Registration required, call 603.626.2626

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.

Sun, Apr 9, 3:30-4:40 PM, Sat, May 13, 1:30-2:30 PM or

Sun, Jun 4, 2-3 PM

Level E, CMC

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 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.

Special Care Nursery Classroom, Level E.

Mondays 1- 2:30 PM

FREE, registration required, call 603.626.2626




TEAM UP WITH CMC & the American Heart Association – JUNE 3

CMC
CATHOLIC MEDICAL CENTER
100 McGregor Street
Manchester NH 03102

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CMC is a proud sponsor of the 2017 American Heart Association Heart and Stroke Walk, Saturday, June 3rd at Derryfield Park in Manchester. Our president and CEO, Dr. Joseph Pepe is chairing this fun, family and pet-friendly walk, that brings together hundreds of people—survivors, local businesses, families and friends committed to raising awareness, and supporting the life-saving work of the American Heart and Stroke Association.

Funds from the Heart and Stroke Walk support cutting-edge scientific research, public and professional educational programs and public health advocacy efforts. CMC's team raised over \$24,000 for last year's walk, which had more than 1,200 participants. For additional information, visit heart.org/nh. 



Dr. Joseph Pepe, CMC's President & CEO, proudly shares CMC's winning Hospital Cup trophy from the 2016 Heart Walk.

CMC is proud to support Life Is Why in New Hampshire



life is why™
New Hampshire




CMC Volunteers Jane and Jennifer assist visitors in our Gift Shop.

Brighten Someone's Day – And Your Own!

Catholic Medical Center's Gift Shop, located in the CMC lobby, is looking for dedicated individuals to share their time and talents.

Gift Shop volunteers assist visitors and staff with their purchases, help restock inventory, deliver flowers, and perform other retail duties.

Hours are flexible. Join us for the opportunity to meet new people, learn new skills, and have fun by joining CMC's growing group of volunteers. For more information, contact Sue Tremblay, Director of Volunteer Resources at 603.663.2048 

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.

 CatholicMedicalCenter

 @cmchealth

 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. ©2017 CMC. All rights reserved.