



Changing the Experience of Amputation

One Patient at a Time



“They pushed me when I needed to be pushed, and backed off a little when I needed that.”

– Gary Lemire

Because the world is not flat, Next Step Bionics & Prosthetics helped fit Gary Lemire with a carbon fiber and titanium ankle that allows him to navigate stairs, drive his truck and walk through the woods.

Boxing Day—the day after Christmas—in 2014 was an especially memorable one for Gary Lemire of Manchester, NH. A longtime diabetes patient, his disease had progressed to the point where his right foot was seriously damaged—a bone poked through the bottom of the foot. Lemire’s medical team at Catholic Medical Center discussed the options with him, including a complicated surgery. “I told them no,” he recalls a year later. “I said, ‘Let’s take it off and start fresh.’”

Facing the loss of a leg

The amputation below the knee not only gave Lemire, 50, an active outdoorsman, new mobility, it also introduced him to CMC’s Amputee Care Program, which includes a broad range of services from inpatient to outpatient.

“The people there were great. I wouldn’t change a thing,” Gary says. “When I got ready to leave CMC—after a six-week stay following the surgery—I told the nurses they would be crazy to change the team in any way. These people all talked to me and worked with me in a way that made me feel like they really understood what I was going through. They pushed me when I needed to be pushed, and backed off a little when I needed that. They’re very, very knowledgeable. There were even some jokes, which can be a touchy subject after an amputation, but they all said just the right things.”

A bit bashfully, he adds, “I’m not saying I had a good time, but...I had a good time.”

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February is Heart Month

Ed Dunbar's Heart is Back in it Thanks to CMC's Center for Wellness

"My heart just wasn't in it"—for Ed Dunbar, the old cliché was nearly literally true. A serious heart condition forced him to retire from his computer consulting business in his early 50s. "At that point, it had become very difficult to climb the stairs to the second floor just to get to my desk," he recalls.

However, retirement did not seem to help his heart. In June 2010, Ed received an Implantable Cardioverter Defibrillator/Pacemaker, or ICD. "Before the ICD, my ability to move and breathe and function was decreasing rapidly towards the point of being a life-threatening situation," he says. The ICD was effective in halting the decline of his physical abilities, but Ed felt like he was not getting any healthier.

One step forward

That's when Ed, 58, got involved with the exercise program at Catholic Medical Center's Center for Wellness. He admits it was tough going at the start. "I could walk only two miles per hour for eight minutes on the treadmill, and I could only walk 1,200 feet in the six-minute walk test," he remembers. Under the guidance of Jamie Kim, MD, FAAC, a cardiac electrophysiologist, and Marilyn Daley, DNP, APRN, CHFN, Ed worked steadily for days, weeks, then months. Within a year, he could walk comfortably on the treadmill for 30-minutes at a five percent incline and could exercise for sustained periods on a stationary bike, a rowing machine, a stair-step machine and other exercise equipment. At the same time, dietitians at the CMC Center for Wellness helped Ed improve his diet, replacing saturated fats and salt with healthy vegetables.

Consulting with his cardiac physicians at CMC, Ed got news he didn't want to hear: he needed a heart transplant.



Cardiac patient Ed Dunbar plays an active role in his recovery by faithfully working out in the Center for Wellness several times each week.

Two steps back

Ed, who has lived in Manchester most of his life, was thrilled with his progress. But in mid-2012 he noticed that it was taking him longer to recover from his exercise sessions, and he was having difficulty digesting some foods. Consulting with

his cardiac physicians at CMC, Ed got news he didn't want to hear: he needed a heart transplant. "I started working out at the CMC Center for Wellness harder than ever," he says, and he believes that his exercise regimen at the Center for Wellness and the therapy he received

there helped delay what turned out to be, for Ed, the inevitable next step, receiving a portable continuous-injection Milrinone pump in November 2013.

Pump upgrades

With the new pump, he understood a heart transplant was inevitable, and he was discouraged. He even stopped exercising for a couple of months, which he admits was a bad idea. A visit to Tufts Medical Center in Boston brought news that he immediately needed a Left Ventricular Assistance Device, or LVAD, to keep his heart pumping. Back at the CMC Center for Wellness, Ed began working with Robert Capodilupo, MD, FACC, a cardiac specialist at CMC's New England Heart & Vascular Institute. "Sure enough, I started feeling better shortly thereafter. Things were going reasonably well, but eventually, despite the exercise, the heart failure caught up with me. My heart was only pumping at a rate of 2.2 liters per minute," says Ed. In the spring of 2014 he received the LVAD at Tufts and was placed on a heart transplant list, and later that year was admitted for a 24-session regimen at CMC's Phase II Cardiac Rehab program in order to build up strength and stamina for a heart transplant. Ed got his new heart at Tufts in March 2015.

Team wellness

By August, and following a six-week stay at the Phase II Cardiac Rehab program, Ed felt ready to return to the Center for Wellness—this time on a permanent basis. "For people with cardiac issues, I think the Center for Wellness is mandatory to maintain or improve heart health," the computer consultant comments, reflecting on his experience. "The consistent exercise helps me to control sugar levels, and also allows me

to enjoy a somewhat more liberal diet. I still keep salty and fatty foods relatively low."

His heart, Ed says, is definitely in it now because of the encouragement, care and therapy he received at CMC and the Center for Wellness. "Even though exercise is not necessarily all that much fun, I will continue to be at the Center for Wellness indefinitely, where I enjoy the support of many friends and staff. As long as I continue to come here, everything should keep getting better." 🇺🇸



Denise Houseman, MS, Exercise Specialist (left) and Cindy Audet, RN, BSN, Cardiac Rehabilitation Nurse Specialist (right) have helped to customize individualized fitness and education programs to help Ed regain strength and mobility with his new heart.

Straight From the Heart



In celebration of American Heart Month, this presentation is a humorous storytelling event of one woman's journey through a heart event that changed her life. Join CMC's Mary Wood-Gauthier, RN, MSN, as she shares her personal story and the risk factors that led to the gradual development of heart disease, how to recognize warning signs and what you can do to keep your heart healthy.

Wed, Feb 10, 6-7:30 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626

Know Your Numbers

A handful of important numbers may be the predictors and protectors of disease. Know and keep track of your numbers for blood pressure, blood sugar, cholesterol and body composition. These numbers reveal your risk for heart disease, diabetes, stroke and more. Be sure to ask your health care provider what tests you need and how often. If your numbers are too high or too low, your provider can help you get them to a healthier range.

Blood pressure

High blood pressure makes your heart work too hard. It can cause heart attack, stroke and kidney disease.

Normal blood pressure is less than 120 mmHg over less than 80 mmHg.

Blood sugar

The A1C Test shows you what your blood glucose has been over the last three months. High blood glucose levels can harm your heart and blood vessels, kidneys, feet and eyes. The A1C test result is reported as a percentage. The higher the percentage, the higher a person's blood glucose levels.

A normal A1C level is below 5.7 percent.

Body composition

BMI (Body Mass Index)

This useful measure of overweight and obesity is calculated from your height and weight. The higher your BMI, the higher your risk for many diseases.

A lower BMI helps reduce risk of disease.

- Normal 18-24
- Overweight 25-29
- Obese 30 and above

Waist measurement

Measuring waist circumference helps screen for risks related to obesity. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes. Place a tape measure around your middle, just above your hipbones. Measure your waist just after you breathe out.

Normal waist measurements are:

- Male less than 40 inches
- Female less than 35 inches

Cholesterol

LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause a heart attack or a stroke. HDL or "good" cholesterol may help remove cholesterol from your blood vessels. A simple blood test can tell you whether your cholesterol is high. Review your results with your doctor and set your individual goals.

Knowing your numbers helps you understand your risk for heart disease. You can also take other important steps to protect yourself such as eating right and exercising regularly. A good goal for exercise is 30 minutes on most days or 150 minutes a week. ■

Find Your Red

Dig out your red tie, jacket, scarf or red shoes and wear them on **National Wear Red Day®**, **Fri, February 5**. Help us raise awareness of the leading killer of women—heart disease.

Share your red! Share your photos online by including the tag #NHGoRed. ■



A Hospital Room Designed for You

New Hospital Wing Offers Spacious, Private Rooms



CMC President and CEO Dr. Joseph Pepe celebrates the official opening with a celebratory ribbon cutting.

In November, CMC proudly opened E-400, a new 10-bed medical/surgical unit with private rooms. The unit has been designed with patients and families in mind, giving people more privacy and space.

"We designed the rooms so that the half with the doorway contains all the clinical care functions and technology. The other half includes space designed for individuals and families with sleeper sofas, workstations, bookshelves, computers, USB ports, phones, closets and other conveniences," said Jennifer Torosian, RN, MSN, NEA-BC, Executive Director of Nursing, CMC. "Visitors won't feel 'in the way' of patient care."

The new unit offers a quiet, serene and healing environment. Soothing earth tones and rich textures offer home-like warmth and comfort. Patients have more control of lighting and can even choose soothing blue low light for resting. Carpeted hallways keep

traffic noises down. Routine tasks like bedding, laundry and medical supplies are tucked away behind cabinets reducing the clinical feel of the environment. There is even a recessed slot to tuck a walker into so it is always there but not in the way.

"The project is a pilot for us," said Joseph Pepe, MD, CMC President & CEO. "We are testing innovative approaches to increase comfort, safety and efficiency. In the months to come, we will be actively soliciting feedback from patients, visitors and staff to see what they think. This way we can integrate successful principles in other units."

The E-400 single patient rooms also include private bathrooms with storage for personal items and an integrated shower. "Independent self-care is a major component of a hospital patient's recovery," said Torosian. "By bringing the shower into the patient's bathroom we can promote daily living skills in a private environment with increased safety and support." Some of the rooms on E-400 even feature motorized lifts that help a person travel from the bed or chair into the bathroom.

CMC completed the project in an accelerated five-month timeframe. ■



Each patient room in the new wing contains important safety features and amenities that will help to enhance each patient's experience.

100 Greats & CEOs to Know

CMC Earns Three Honors in National Review of Hospital Management & Cardiac Care

Becker's Hospital Review, a leading health care publication has honored Catholic Medical Center for leadership and quality care of cardiac patients. CMC President and CEO Joseph Pepe, MD, has been named among the nation's top "100 Physician Leaders of Hospitals and Health Systems 2015" and "130 Nonprofit Hospital and Health System CEOs to Know."

Becker's also recognized CMC as one of the "100 Hospitals with Great Heart Programs" because of its New England Heart & Vascular Institute (NEHVI).

"Our mission is to provide health, healing and hope to our patients and while we don't do this work for the recognition, it is an honor to be viewed as leaders in our field," said Joseph

Pepe, MD, President & CEO. "I am incredibly proud of the team at NEHVI for leading the way in exceptional cardiac care. We have the best heart team in the region; they are innovative leaders pioneering new approaches at the same pace as some of the finest academic medical centers in the nation. Our state is fortunate to have this caliber resource in eight different communities where NEHVI has offices. We work hard to provide access to high quality care, and we hope to continue serving New Hampshire well into the future." 🇺🇸



Watchful Eyes

CMC's Patient & Family Advisory Council

Who are we?

In every aspect of all CMC's initiatives, we first and foremost prioritize the perspective of the patients and families we serve. The Patient and Family Advisory Council is a group of committed patients and family members who serve as the VOICE of the patient.

What do we do?

Working with hospital staff, we are able to provide valuable insight, opinions and ideas to help Catholic Medical Center consistently deliver an exceptional patient experience while improving patient safety and the highest level of clinical quality to all patients. We participate in discussion groups to identify patient and family needs and concerns, provide feedback on current systems and processes in the hospital, generate new ideas to improve standard of care and act as catalysts and advisors to integrate patient-centered care across the organization.

Why do we do it?

Patients and their families are often the most knowledgeable members of the care team and can offer unique perspectives and valuable feedback regarding the standard of care they receive. Patient advisors represent the views of a diverse



Front row: (left to right) Sue Machos, Sue Manning, Yvonne Gillen, Robin (Byrd) Fallon, Joanne Leach. Back row: David Karam, Anastasia Luby, Bill Hooley, Barbara Pendleton.
Missing from photo: Ron Boisvert, Irene Heimburg, Barbara McGuire and Karen McLaughlin, Chair.

patient group, with members providing insight, which represents different genders, ages, incomes, geographic locations, information from personal inpatient or outpatient experiences and more.

How can YOU be involved?

For additional information about the Patient and Family Advisory Council, or to inquire about becoming an advisor, please send an email to Karen McLaughlin at kmclaugh@cmc-nh.org or call 603.663.6438. To explore other opportunities, please contact the Office of Volunteer Services. 🇺🇸

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Wrap around care for the journey

CMC's 23-bed Rehabilitation Medicine Unit offers specialized rehabilitative care following major surgeries such as amputations and is one component of the CMC Amputee Care Program. The Amputee Care Program is offered by an exceptional group of dedicated professionals who work together to bring the resources of many different specialties to patients undergoing an amputation including: Physicians and Vascular Surgeons, Wound Specialists, Nurses, Physical Therapists, Occupational Therapists, Behavioral Health Counselors, Social Workers, Registered Dietitians, Prosthetists, Health Educators and Peer Support Specialists.

The Program partners with Next Step Bionics and Prosthetics, also located in Manchester, which was important to Gary. He was fitted with a Next Step prosthetic shortly after the surgery, and in just a few days he was walking the halls, albeit slowly, of the unit. "Everybody in the unit was amazed," he says. "But I don't just sit around. I like to hunt and fish and camp, and so getting back on my feet again as quickly as possible was important to me."

Ongoing support and education

Gary returns to CMC's outpatient multidisciplinary Amputee Care Clinic, a monthly health, mobility and prosthetic screening program, to assist in his successful long-term progress and maintenance.

"The therapy and the rehabilitation could not have been better. Put it this way: when a problem occurred, the CMC staff knew just what to do to take care of it before anything got serious. They check my healthy leg, too, and they check how I'm walking to make sure I'm not favoring one leg or the other."

Several months later, Gary confides that he missed the start of deer season this year, "but only because the weather was lousy." He says he still sometimes has trouble walking easily on the uneven surfaces of New Hampshire's notoriously rocky trails, but he's confident he'll enjoy all his outdoor pursuits.

"I am not ready to give up. It's not the end. It is just a new beginning," says Lemire. 🇺🇸



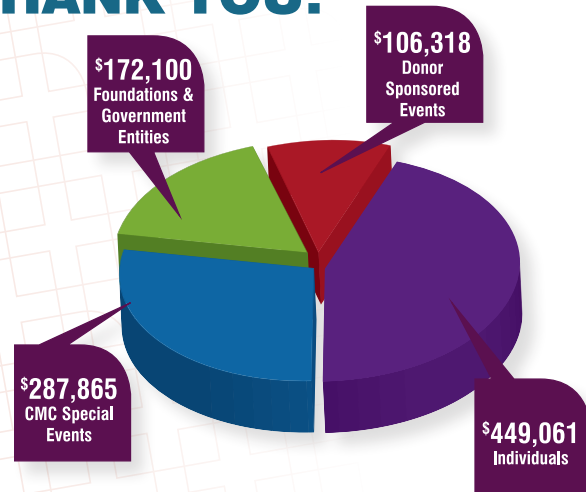
Gary Lemire worked with his Occupational Therapist, Wendy Beauregard, to achieve rehab goals to get him back to the fishing and hunting activities he enjoys.

How We Care

A Successful Fundraising Year for CMC

With the help of our employees, providers and donors, Catholic Medical Center is able to deliver its mission and strive toward its vision. CMC gratefully acknowledges the receipt of over \$1 million from individuals, foundations and government entities, local businesses, corporations and educational institutions. Between July 1, 2014 and June 30, 2015, CMC received 678 gifts from 413 donors, including \$56,997 in new gifts, and welcomed 124 new donors.

THANK YOU!



100% of these donations help support:

- Breast Care Center diagnostic screening equipment, patient information booklets, wigs and prosthetics for cancer patients
- Breast and cervical cancer screenings for low-income patients
- Emergency Department lifesaving equipment
- NEHVI cardiac technology and diagnostic equipment
- Pregnancy Care Center services for prenatal care for women at risk
- Poisson Dental Facility services for dental care for low-income patients
- Special Care Nursery family-centered programming and neonatal equipment
- West Side Neighborhood Health Center behavioral health services for low-income patients
- Fruit and Vegetable Assistance Program for low-income patients

Upcoming CMC FUNraising Events

Put your pink on! Come cheer on the Manchester Monarchs and Southern New Hampshire University (SNHU) and help support breast cancer care. A portion of the proceeds of the following events helps to support CMC's Breast Care Center.

- Manchester Monarchs Pink in the Rink, Sat, Feb 6, 2016, 7 PM
Verizon Wireless Arena, Manchester; tickets: manchestermonarchs.com
- Men's Ice Hockey, Sat, Jan 30, 2016, 6:30 PM, Ice Den, Hooksett
- Women's Basketball, Sat, Feb 6, 2016, 1:30 PM, SNHU Field House, Manchester
- Men's Basketball, Sat, Feb 6, 2016, 3:30 PM, SNHU Field House, Manchester



Hockey season is upon us, and it is time to lace up your skates and hit the ice! Come celebrate our Breast Cancer survivors on February 6th as they take the ice and cheer on the Monarchs in their pink jerseys, while supporting a great cause through Pink in the Rink.

CMC Gala raises over \$200K Supporting Maternal Health Services

At a festive evening at the Manchester Country Club on October 23, 2015, more than 350 supporters helped raise \$205,000 for the Pregnancy Care Center, The Mom's Place and the Special Care Nursery. Since the kickoff of this event in 2005, over \$2 million dollars has been raised in support of the prenatal and perinatal care programs at CMC.

In addition, CMC presented Richard Bunker with the Charles F. Whittemore Award in recognition of his philanthropic spirit and commitment to the community. "Richard has had a tremendous impact on philanthropy in New Hampshire, supporting many organizations, including serving as a long time board member and supporter of Catholic Medical Center, the Diocese of Manchester and Catholic Charities of NH," stated Alex Walker, CMC's Executive Vice President, Operations and Strategic Development.

A special thank you to the Gala Committee and to our generous Premier Event Sponsors:

- BAE Systems
- Bedford Ambulatory Surgical Center
- The Botnick Family Foundation
- Carpineto Wines
- Eastern Bank
- Digital Credit Union and the DCU Foundation
- Devine, Millimet & Branch
- EVR Advertising
- E&R Laundry and Dry Cleaners
- Harvey Construction Corporation
- Hooked Seafood Restaurant
- Ignite Bar & Grille
- iHeart Media
- Primary Bank
- Spectrum Marketing Companies

- St. Mary's Bank
- Triangle Credit Union
- Tufts Health Freedom Plan



The Most Reverend Peter A. Libasci, Bishop of Manchester, with CMC President and CEO, Joseph Pepe, MD, and the 2015 Charles F. Whittemore Award Recipient Richard M. Bunker.

The evening also included the 2015 President's Society reception to honor our most generous individual (non-corporate) donors. These donors include:

- Dr. Craig and Kristen Berry
- Robert L. Boyd
- Frank and Irene Buhl
- Attorney Eleanor Wm. Dahar
- Thomas Della Flora
- Mary T. Desrochers
- Dr. Robert Dewey and Ms. Pamela VanArsdale
- Edward and Sarah Dudley
- Bob and Doreen Duhaime
- Drs. Louis Fink and Pamela Grich



CMC Board members Eleanor Wm. Dahar, Esq. and Matt Kloury with Victor Dahar, Esq. and Mrs. Eleanor Dahar.



From left: Lori and Rich Ashooh, Tricia Benton, Alex Walker, Mike Benton, Renee and Rick Botnick, Andy and Melissa Crews.

- Dr. Philip and Michelle Fitzpatrick
- Larry and Pat Gammon
- Dr. David and Kathleen Goldberg
- Dr. William and Jane Goodman
- Peter and Connie Gosline
- Stephen U. Hanlon, MD
- Powen Hsu, MD
- Robert J. Larkin, MD
- Gordon and Valrie Lewis
- Paul and Karen Mertzic
- Lu and James Mulla
- Carolanne O'Sullivan and Bill Sturgis
- Dr. Jennifer and Jonathan Packard
- Dr. Joseph and Anne-Marie Pepe
- Merryl Rosenfeld
- Dr. Robert Rzepka and Renata Sydor-Rzepka
- Kenneth and Grace Solinsky
- Glen Steeves, MD
- John B. Sullivan, Jr.
- Mr. and Mrs. Robert Vlasic
- Alex and Lisa Walker

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, Jan 11, Feb 8, Mar 14 or Apr 11, 9 AM-4 PM
195 McGregor St., Lower Level, Suite LL22
\$20 (\$5 discount to AARP members)
Registration required, call 603.626.2626



Making It Stick: A Winning Strategy for Sustaining an Exercise Plan

You want to stick to your exercise plan this year but sometimes the most difficult muscle to train is the brain. Learn what works for you and some scientifically validated ideas to make a lasting commitment to fitness. You will leave with a written plan.
Mon, Jan 25, 6-7:30 PM
Roy Auditorium Level C, CMC
\$10, registration required, call 603.626.2626

Looking for Answers to Your Reproductive Problems?

Discover a highly effective system to understand YOUR fertility cycle! A woman's body signals when she is entering and leaving her time of fertility. Knowing how to track these signs empowers a woman with information to manage fertility and to identify many of the underlying reproductive disorders that may be causing pelvic pain, abnormal bleeding and infertility.
Mon, Jan 25, Feb 22 or Mar 21, 6:30-8 PM
195 McGregor St., Lower Level, Suite LL22
FREE educational session (\$20 fee for fertility kit if you enroll in extended program), registration required, call 603.626.2626

S.A.D.—Seasonal Affective Disorder

Seasonal Affective Disorder is a type of major depression that comes and goes based on seasons. If you notice a pattern of blues that set in each winter, join Jill Leppanen-Lerner, LCMHC to learn more about this condition and how it is treated.
Wed, Feb 3, 6-7:30 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626

Straight from the Heart

This encore presentation is a humorous story-telling of one woman's journey through an event that changed her life. Join Mary Wood-Gauthier, RN, MSN to discuss the risk factors that led to the gradual development of heart disease, how to recognize warning signs, and what you can do to keep your heart healthy.
Wed, Feb 10, 6-7:30 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626

The Perfect Storm: How Lifestyle, Diet and Inflammation May Forecast a Future with Diabetes and Heart Disease



Jonathan Eddinger, MD

If you are overweight, physically inactive, experiencing insulin resistance, consuming a diet that leads to inflammation or have a family history of diabetes or heart disease, the future forecast for your health may be less than ideal. Join Jonathan Eddinger, MD, Lori Muller, RD and Amie Stephens, 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 preventing and reducing inflammation in the body.
Wed, Feb 17, 6-7:30 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626

Three Beliefs: Presentation for NH Catholics on End-of-Life Decisions and Advance Directive Planning

Marc Guillemette, Director of Catholic Identity at CMC, will discuss the new edition of the Diocese of Manchester's Three Beliefs – A Guide for New Hampshire Catholics on End-of Life Decisions. During the presentation, there will be a review of the Church's teaching regarding care and medical treatment at the end of life. Copies of the Three Beliefs, which includes a New Hampshire Advanced Directives form, will be distributed and reviewed.
Mon, Feb 22, 6:30-7:30 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626

Allergy or Intolerance? When Food is a Problem

Although symptoms for food allergies and food intolerance may seem similar, there are differences. A true food allergy can produce very serious, potentially life threatening reactions while food intolerance may range from uncomfortable to miserable. Join Sue Sheehy, RDN, LD to learn the difference and how you can protect yourself and your family.
Tue, Mar 15, 6-7:30 PM
Level G, CMC
FREE, registration required, call 603.626.2626



Back for the Future: Posture and Back Pain

Daily postures and repetitive routines may predispose us to back injury. Physical Therapist Mark Rondeau will discuss different back postures and appropriate exercises that help avoid injury. He will also discuss how to treat both chronic back pain and an acute back injury.
Wed, Mar 23, 6-7:30 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626



Troublesome Veins: An Update on Treatment Options

Varicose veins are the blue, swollen, twisted veins most commonly seen in the legs. Patients may sometimes develop symptoms, which include pain, aching, swelling and heaviness or more serious problems such as blood clots and skin ulcers. The goal of treatment is to relieve symptoms, prevent complications and improve appearance. Join Patricia Furey, MD to learn about risk factors, signs and symptoms, and treatments available for these troublesome veins.
Tue, Mar 29, 6-7:30 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626

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, 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 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

NH Retired Men's Association

Social hour with refreshments and an informative speaker with topics of interest for retirees.
Third Tuesday of month
10:30 AM-12:30 PM
195 McGregor St., Lower Level, Suite LL22.
FREE, for more information: nhretiredmen.org

Massage

For information, or to schedule an appointment, call 603.641.6700

Holistic Health Series

Hypnosis for Smoking Cessation

Hypnosis fine-tunes your attention and may help you to be smoke free. Includes an individual session with a certified hypnotist and a 40-minute CD for daily home use.
Thursdays, 1 PM
Level D, CMC
\$115, registration required, call 603.626.2626

2016 Wellness Kick Off

Achieving your New Year's resolutions for a healthier lifestyle may be tough. Learn how to engage the mind, body and spirit to clarify your personal health goals, make positive lifestyle adjustments and see achievable results.
Thu, Jan 21, 6-7:30 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626

CREATE! A Calmer You

Join artist Steven Durost, PhD, LCMHC, REAT for this fun and interactive workshop on engaging our creative side to reduce stress and anxiety. Learn how expressive art can release tension and reduce racing thoughts. No art experience is needed.
Tue, Jan 26, 6-7:30 PM
Roy Auditorium Level C, CMC
\$10 (includes all materials), registration required, call 603.626.2626

Managing Tension and Anxiety through Guided Relaxation and Music Therapy

Join Board Certified Music Therapist Tamilyn Little, MT-BC who will guide participants through relaxation exercises with music. You will learn strategies each week that you can incorporate into daily living to help you de-stress and calm anxiety through music. No musical skills are needed.
Tue, Feb 9 - May 29, 6:15-7:00 PM
195 McGregor St, 3rd Flr, Suite 312
\$99, registration required, call 603.626.2626

Zentangle Your Heart

Celebrate Heart Month! Zentangle is a unique art form that is relaxing and engaging, and stress reducing. Learn a new strategy to untangle your day and create a lovely art piece that can double as a special Valentine. No artistic talent is required.
Tue, Feb 9, 6:30-8:30 PM
Roy Auditorium Level C, CMC
\$26, includes all materials, registration required, call 603.626.2626

Happiness is a Muscle

Did you know that you can literally change your mind? If you find negative thinking patterns are hurting you or holding you back, positive psychology and the science of happiness may help change your life. You will learn specific tools that help you think differently, manage stress, reduce anxiety, thrive and be happier.
Mon, Mar 14 - May 2 (no class Mar 28) 6-7:30 PM
195 McGregor St, 3rd Flr, Suite 312
\$99 (7 weeks), registration required, call 603.626.2626



Introduction to Mindfulness for Stress Reduction Series

Non-stop distractions, multiplying worries and pressures magnify our tension and take away from our quality of life. In contrast, the source of joy and full engagement with one's life starts with being able to stay connected to the present moment. Mindfulness calms the nervous system while reducing stress and negative thinking. Over the four-week course, learn practices to bring deeper peace, focus and purpose into your daily living.
Thu, Mar 31 - Apr 21, 6-7:15 PM
195 McGregor St, 3rd Flr, Suite 312
\$99, registration required, call 603.626.2626

The Center for Wellness

Staying Strong, Living Long

With a focus on strength, flexibility and balance, we'll use hand weights, leg weights and resistance tubing. Perfect for the older adult or those new to exercise.
Tue & Thu, 9-10 AM
195 McGregor St, Lower Level, Suite LL22
\$15 per month, registration required, call 603.626.2626



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, Jan 11 - Mar 14, 7-8 PM or
Tue, Jan 19 - Mar 8, 6:30-7:30 PM or
Thu, Feb 4 - Mar 24, 5:30-6:30 PM or
Mon, Apr 4 - May 23, 7-8 PM or
Tue, Mar 29 - May 17, 6:30-7:30 PM or
Thu, Apr 14 - June 2, 5:30-6:30 PM
195 McGregor St., Lower Level, Suite LL22
\$60 (8 weeks), registration required, call 603.626.2626

ZUMBA Gold®

This energetic, dance based fitness program combines a mixture of Latin, and world rhythms for a great aerobic workout. This class is perfect for active older adults looking for a modified, lower intensity Zumba class.

Tue, Jan 19 - Mar 8, 10:15-11 AM or

Tue, Mar 29 - May 17, 10:15-11 AM

195 McGregor St., Lower Level, Suite LL22

\$50 (8 weeks), registration required, call 603.626.2626

Yoga 101 Series

Curious about what yoga is all about? Learn the basic yoga postures and how to modify them to your own level of fitness. Learn the benefits of practicing yoga regularly to improve strength, agility and the ability to manage the stress of everyday life.

Tue, Jan 19 - Mar 8, 12-12:45 PM or

Tue, Mar 29 - May 17, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$60 (8 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. Poses and sequences will offer many modifications.

Tue, Jan 19 - Mar 8, 3:45-4:45 PM or

Wed, Jan 27 - Mar 16, 6-7:15 PM or

Thu, Feb 4 - Mar 24, 10:15-11:30 AM or

Tue, Mar 29 - May 17, 3:45-4:45 PM or

Wed, Apr 6 - May 25, 6-7:15 PM or

Thu, Apr 14 - Jun 2, 10:15-11:30 AM

195 McGregor St., Lower Level, Suite LL22

\$60 (8 weeks), registration required, call 603.626.2626

A Strong Core & 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.

Thu, Jan 14 - Mar 8, 5:30-6:30 PM or

Tue, Jan 19 - Mar 10, 3:45-4:45 PM or

Tue, Mar 29 - May 17, 5:30-6:30 PM or

Thu, Mar 31 - May 19, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

\$60 (8 weeks), registration required, call 603.626.2626

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 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 & Wed, Apr 11 - Jun 8, 5:30-6:30 PM (Race Day Jun 12)

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

603.626.2626

The Fitness Center

Whether you are a healthy individual interested in fitness or wanting to reduce your risk factors, The Fitness Center has something for you. The Center offers a variety of programs to help you achieve your goals including classes supervised by healthcare professionals.

Come by for a tour, Mon, Wed or Fri

8:30 AM-12PM 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

A Healthy Weigh Workshop

Can gut bugs regulate your hunger? Your long-term weight management is strongly influenced by your gut micro-flora. Learn how to reseed and nurture your intestinal garden. We'll discuss prebiotics, probiotics, gut health, diet, stress, antibiotics & more.

Mon, Mar 21, 5:30-7:30 PM

Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester

\$15, registration required, call 603.626.2626

Weighing in on Your Weight Loss Options

A free info session to learn about the various nutritional programs CMC offers to help you achieve your weight loss and long-term weight maintenance goals. Get full details on all OPTIFAST plans.

Mon, Jan 11, Feb 8 or Mar 28

Wed, Jan 6, Jan 20, Feb 3, Feb 17, Mar 2 or Mar 16

5:30-6:30 PM

Obesity Treatment Center, 769 South Main St., 3rd Flr., Suite 300, Manchester

FREE, 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. Group sessions meet weekly.

Tue, 5:30-6:30 PM

Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester

Fee varies per individual. 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 of your own healthy foods.

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 1,950 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Wed, Jan 13 or Mar 9, Thu, Feb 11 or Tue, Apr 5

Roy Auditorium Level C, CMC

Registration required, call 603.663.7377

Parish Nurse Program

The CMC Parish Nurse Program provides spiritual, physical, psychological and social care. 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 Program serves people of all ages, and welcomes people of all ethnic and religious affiliations. Find our monthly calendar at CatholicMedicalCenter.org

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, 2nd and 4th Tue, 9:45-11:15 AM

Blessed Sacrament Church, 1st and 2nd Wed, 1:30-3 PM

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

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

Congregational Church Goffstown, Thu, 10AM-NOON

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

St. Anne-St. Augustine Parish, 2nd or 3rd Tue, 10:30-11:30 AM

St. Anthony Church, Thu, 9-11 AM

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

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

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

St. Lawrence, 1st and 3rd Thu, 9-11AM

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

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

St. Raphael's, 3rd Tue, 12:30-1:30 PM and Burns High Rise 1:30-2:30 PM

Sacred Heart, 1st Mon, 8:45-10:00 AM

SHINE

Supportive services for older adults.
Wed, 10:30-11:45 AM
St. Matthew's Episcopal Church, Goffstown
FREE

Prayer Shawl Program

Parish of Transfiguration, 1st Wed 10:30 AM-12 PM
St. Joseph Cathedral Rectory, 2nd Tue, 1-2 PM
St. Matthew's Episcopal Church, 1st Fri @ St. Pius X, 9 AM
St. Elizabeth Seton, 1st Mon 6:00-7:30 PM
FREE

Chair Exercises

Tue, Jan 12, Jan 26, Feb 9, Feb 23, Mar 8 & Mar 22
9:45-11:15 AM
Bedford Presbyterian Church
St. Elizabeth Seton, Bedford, NH
Tue, 9-10 AM
Parish of the Transfiguration & St. Anthony Church
Thu, 9:30 AM
FREE

Indoor Walking, 1-2 miles

Tue & Wed, 9:30 AM
Parish of Transfiguration

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

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).
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.
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.
The Fitness 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.
Thu, 6:30-8 PM
The Fitness Center, 195 McGregor St., Lower Level, Suite LL23
FREE, registration required, call 603.674.3770

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, Mar 8, 5:30-6:30 PM
Breast Care Center, 9 Washington Place, Suite 203, Bedford
For more information or to schedule an appointment, call 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. We also review the findings and offer individualized corrective exercises to assist in restoring maximal function.
\$25.
For more information or to schedule an appointment, call 603.641.6700

Patient Assistance Services

Breast and Cervical Cancer Screening January is Cervical Cancer Awareness Month

The most important thing you can do to help prevent cervical cancer is to get screened. FREE screenings for women with limited income, who have no health insurance or have a high deductible. Registration required.
Breast Care Center, CMC
To see if you qualify, call 603.626.2626 or visit:
dhhs.nh.gov/DPHS/cdpc/bccp/index.htm

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

Preparation for Breastfeeding

Prepare for your breastfeeding experience at our *officially designated Baby-Friendly™ hospital*. Learn basics for getting started, to meet the infant and mother's needs.
Thu, Jan 7 or Thu, Feb 4, 6:30-8 PM or Thu, Mar 3, 6:30-8 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.
Thu, Jan 14, 6:30-8:30 PM
Level E, CMC
\$30, 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, Jan 23 & Jan 24, or Mar 12 & Mar 13
9 AM-2:30 PM (2 sessions)
Tue, Jan 5 - Jan 26, Feb 2 - Feb 23 or Mar 8 - Mar 29
6-8:30 PM (4 sessions)
Level E, CMC
\$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. 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.

Thu, Jan 21, 6-9 PM
Level E, CMC
\$40, registration required, call 603.626.2626



Childbirth Education Reunion

In this reunion gathering, families who have attended any of the Childbirth Education classes are welcome to come and reunite with other new families to introduce their newborns to the community. Enjoy the opportunity to connect, feel supported and share stories of the joys and surprises of parenthood. Light refreshments will be served.

Sun, Mar 20, 10 AM-12:30 PM
Level E, CMC
FREE, registration required, call 603.626.2626

CPR and Safety Class for Caregivers of Infants & 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, parents and caregivers of infants and children up to the age of eight. This is a non-certification class.

Sat, Mar 5, 9:30 AM-12 PM
Level E, CMC
\$30 (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 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.

Thu, Feb 11 or Mar 10, 6-8:30 PM or
Sat, Jan 9 or Feb 6, 9:30 AM-12 PM
Level E, CMC
Couples: \$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 6-week session or drop in \$10 per class, ongoing.
Registration required, call 626.2626

Yoga with Your Baby or Tot

Research shows that infants and young children who experience touch and physical attention from caregivers have improved learning and self-regulation as they develop. Take a break from the busy day to discover a special connection and learn more about what you can do at home to give your baby the best start. No yoga experience is needed. Blankets and yoga mats are provided or bring your own if you prefer.

Baby Yoga (six weeks to crawling)

Through gentle guided movement, massage, and song, parents will bond with their infant while encouraging emotional and physical development. Classes are laidback and soothing crying babies, changing and feeding during class is the norm. Join us to relax, have fun and connect with other new parents.

Mon, 10:30-11:15 AM
Level E, CMC
\$50 for 6-week session or \$10 for drop in, ongoing

Tots (crawlers—36 months)

Crawlers and walkers move through simple yoga poses while sitting, walking, jumping and standing with the assistance of their parents.

Mon, 9:30-10:15 AM
Level E, CMC
\$50 for 6-week session or \$10 for drop in, ongoing
Level E, CMC
To register, call 603.626.2626

Becoming a Big Sister or Big Brother

This class prepares children, ages two to six 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 handprint and take home a keepsake certificate. Children are welcome to bring a doll or stuffed animal to join them.

Sat, Jan 9, Jan 6 or Mar 5, 12:30 AM-1:15 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 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. Light refreshments will be served. Infants up to crawling are encouraged to join their moms.

FREE, registration required, call 603.626.2626



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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.

CMC Launches “Room Service” for Patients



Say goodbye to boring hospital food! Hospital dining has come a long way. Today our hospital cafeteria is a healthy, economical choice for savory meals and wholesome snacks. Now we are taking it even further and borrowing dining approaches from the restaurant industry.

CMC recently launched its new Spoken Menu Program. This personalized service offers patients a wide range of choices at every

meal from a brand new colorful menu. We have created a new role called nutrition ambassadors to take patient meal orders on a tablet at the bedside, deliver and pick up food.

Each order is prepared on an individual basis just like a restaurant. We are excited to expand our meal service to patients and hope that mealtime will be a greater source of nourishment, pleasure and satisfaction.

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