



## The Heart of a New Decade

### *Celebrating Heart Month – 2020*

**February is Heart Month**—one of our favorite times of the year at Catholic Medical Center! The innovative and dedicated team at the New England Heart & Vascular Institute is committed year-round to your heart health. From prevention and medical management to advanced treatments for heart conditions, you'll find comprehensive, high-quality care from trusted providers. Read on about some of the latest technologies and experience-tested procedures that contribute to ours being one of the leading heart and vascular programs in the country.



## Get Moving with CMC Sports Cardiology

Catholic Medical Center's New England Heart & Vascular Institute is launching a new program this winter to help active adults achieve their fitness goals. Our sports cardiology clinic is ideal for cardiac patients looking to begin an exercise program, for athletes who want to rule out an undiagnosed heart condition, or for healthy athletes in need of clearance for a sport or activity.

"There is no doubt about the incredible health benefits of exercise," says cardiologist Ido Preis, MD, FACC, who is beginning the program at CMC. "But patients have to understand what they're ready for and what their heart will allow them to do in order to realize those benefits."


The Sports Cardiology program provides comprehensive evaluation and care for both recreational exercisers as well as more advanced athletes, including those who have:

- An existing cardiac condition
- A personal or family history of cardiovascular disease
- Experienced cardiac symptoms (chest pain, shortness of breath, palpitations) during training



Your care begins with a consultation at CMC's convenient outpatient practice located at 160 South River Road in Bedford, NH. After careful screening, you'll be provided further evaluation as needed, including advanced cardiac imaging techniques. These may include echocardiography, cardiac MRI or CT, stress tests or cardiac PET.

"Having a good understanding of your heart's health, we can help you develop exercise goals that are both safe and allow you to improve your cardiovascular health," says Dr. Preis.

**For more information or to schedule an appointment, please call 603.669.0413** 

# Medical News

## A Closer Look

### *CMC adds new technologies to improve cardiac imaging*

Catholic Medical Center (CMC) now offers two technologies that allow physicians to get a closer look at the heart. Cardiac PET and cardiac MRI allow cardiologists and radiologists to see finer, more detailed images of the heart in patients who may not otherwise get answers from traditional cardiac testing.

CMC is the first facility in New Hampshire to offer cardiac PET. PET stands for positron emission tomography. It's a lower-radiation test that measures blood flow and captures high-quality images of heart muscle and tissue. Cardiac PET works by using a special camera and a small dose of an isotope, which is administered through an IV. The test helps doctors evaluate the damage done by a heart attack and diagnose coronary artery disease.

"In many instances, a stress test doesn't give us the information we need to make a solid diagnosis," says New England Heart & Vascular Institute (NEHVI) cardiologist Ido Preis, MD, FACC. "Sometimes a patient isn't able to take a stress test. Other times, for one reason or another, the image quality is poor. Cardiac PET produces high-quality images, giving us another tool to deliver the best care to every patient, every time."

Cardiac MRI is an especially helpful tool that uses MRI (magnetic resonance imaging) technology to evaluate heart structure. "It's the gold standard for studying the structures of the heart," says Vikas Veeranna, MD, who, along with Peter Shaw, MD, FACC, joined CMC to launch the cardiac MRI program.

It can sometimes be difficult to identify the cause of heart disease. Certain kinds of cardiomyopathy (a disease that leads to heart failure), for example, can run in families.

"Ten or fifteen years ago, these patients would have been put in a very broad category without a specific diagnosis. They didn't fit into standard treatment courses, either. Cardiac MRI



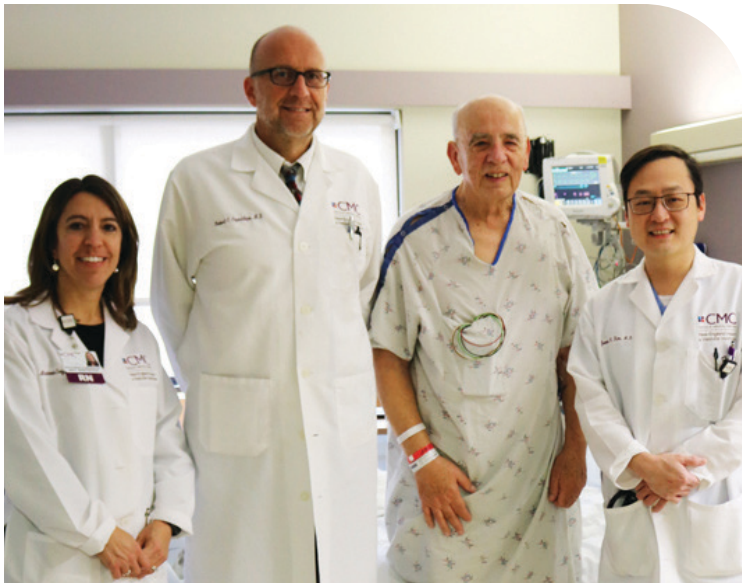
allows us to see very clearly what's going on in their heart so we can give them an individualized diagnosis and specialized therapy for their needs."

"Radiology is advancing cardiology to unprecedented levels of care," says CMC Radiology Section Chief Robert Sprague, MD. "These new imaging techniques not only produce better images, leading to better treatment, they are also less invasive and allow us to accurately assess patients more quickly and comfortably."

Bringing these technologies to NEHVI is part of CMC's commitment to be at the forefront of cardiac care. "State-of-the-art imaging is a major driver in how we manage patients," says NEHVI Executive Medical Director Louis Fink, MD, FACC. "It helps us in our medical management, our surgical expertise, and in our understanding of heart disease."

That has significant implications for both the treatment of individual patients and for prevention for the population as a whole. Heart disease is still a leading cause of death in the United States and in New Hampshire, even though people are more frequently surviving heart attacks and other cardiovascular events. When doctors are able to dig deeper and better understand the causes of heart disease and heart failure, says Dr. Veeranna, "we can do more to prevent these kinds of episodes from happening." ■■

# Where **heart** meets health.



## Celebrating with Our Patients

### *Milestones for NEHVI*

**CMC's New England Heart & Vascular Institute recently celebrated milestones in two of its standout programs. Within one day of each other, teams performed their 100<sup>th</sup> CardioMEMS™ procedure and implanted their 300<sup>th</sup> WATCHMAN™ device.**

The CardioMEMS™ HF System helps patients manage their congestive heart failure. The implanted device wirelessly sends information to the patient's caregivers, who can then adjust medications when certain readings indicate that heart failure symptoms are about to get worse. CMC was the first hospital in northern New England to offer CardioMEMS™ after its FDA approval.

David Woodward (pictured right) was the 100<sup>th</sup> patient and had the procedure on his 81<sup>st</sup> birthday. Interventional cardiologist Dr. Robert Capodilupo led the team that did the minimally invasive surgery.

"If it wasn't for this technology, I would have died 15 years ago," says David, who lives near Berlin and takes comfort knowing that he can get leading-edge technology right here in New Hampshire. "It's so convenient to be able to come here to Manchester, not to Boston, especially for the elderly

whose transportation may be a problem. And being in and out in the same day is amazing."

The very next day, Dr. Jamie Kim led the cardiac electrophysiology team in their 300<sup>th</sup> WATCHMAN™ procedure. The WATCHMAN™ is a small device, implanted through a catheter, that helps prevent stroke by reducing the risk of blood clots in certain patients with atrial fibrillation (AFib). The WATCHMAN™ closes off a part of the heart called the left atrial appendage, which is where most stroke-causing blood clots form in people with AFib. CMC was the first hospital in New England to implant the device after FDA approval and has become a leading program.

"Wow, that's pretty good," said patient Edward Juengst (pictured left) upon learning he was the 300<sup>th</sup> procedure. "Good to know it's not (Dr. Kim's) first time. I felt confident after meeting him, but after hearing 300, I said 'let's go!'"

"Being the first to offer a treatment or a procedure is an exciting thing," says NEHVI Executive Medical Director Louis Fink, MD, FACC. "Watching that first grow into 100s is incredibly rewarding. It affirms that we are providing top-quality care to patients and that our teams are experts in what they do." ■■

# Medical News

## Better Legs, One Call Away

Pamela Russell wished for a long time that she could do something for her varicose veins. They left her legs achy, numb and tingly by the end of the day. She was also bothered by spider veins around her ankles. When she received a postcard about a free screening at CMC's Vein & Vascular Specialists, she realized relief might be in sight. She called and set up a 15 minute appointment. "Boy, am I glad I did!" she says.

Pamela made an appointment with Diane Desmarais, APRN, who performed the screening. Desmarais says that Pamela's response is typical of many of her patients. "When patients do come in for a screening, they often are relieved that there's a reason for their symptoms that can be treated."

Desmarais recommended further consultation with Patricia Furey, MD,

FACS, Chief of Vascular Surgery at CMC. Pamela recalls, "When I first met with Dr. Furey, what struck me was she was so smart, but also very friendly. She took the time to explain the varicose vein treatment she was recommending."

Dr. Furey says many patients who suffer with terrible achy legs can experience significant relief with treatment. "Sometimes simple compression stockings help but in other cases, more significant treatment is warranted. Afterwards, they often remark that they shouldn't have waited so long to feel better."

After she healed from the procedure for her varicose veins, Pamela decided to return to the office to have her spider



veins treated. In just two visits, the look of those veins had significantly improved.

Pamela is thankful that she acted on that postcard. She was so impressed with the outcome that she wrote Vein & Vascular Specialists a Facebook review. "I don't often do that, but I want others to know they can feel better coming to such a great practice!" 🇺🇸

**WELCOMING...** We're excited to add these talented providers to the CMC family! To learn more about them, please visit [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org) and use the **Find A Doctor** tab!

### Family Physicians of Manchester



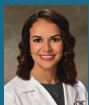
Kirk Duwel,  
DO, MS, FACP

### New Hampshire Gastroenterology



Angel Fernandez-Segura,  
MD

### Hospital Medicine



Brittany Carter,  
MD

### New England Heart & Vascular Institute



Thomas Gervais,  
PA-C



Amir Shaikh,  
MD



Peter Shaw,  
MD, FACC



Vikas Veeranna,  
MD

### Queen City Medical Associates



Lea Gottfredsen,  
DO, FACO

### Surgical Care Group



Steven Porbunderwala,  
MD, FACS

### Health Care for the Homeless Wilson Street Integrated Health



Amanda Egli,  
APRN

### Webster Street Internal Medicine



John Rice,  
MD

# Where **heart** meets health.

## Understanding Screenings

### *When should you have your first colonoscopy?*

*Hatem Shoukeir, NH Gastroenterology*

Colorectal cancer is the 2<sup>nd</sup> most common cause of cancer death in men in the U.S. and 3<sup>rd</sup> most common cause of cancer death in women. But these rates have declined since 1990, largely due to an increase in colorectal cancer screening. Colorectal cancer can be cured if it's caught early, and the screening options are more accurate and comfortable than ever. Screening methods include colonoscopy, CT colonography, and stool testing like the FIT test and Cologuard.

When and how often you should be screened depends on your level of risk.

- An average-risk screening is for a patient who has no symptoms and no personal or family history of colorectal cancer.
- A high-risk screening is for someone who has a family history of polyps (small clumps of cells growing together) or colorectal cancer.
- Surveillance colonoscopy is performed in someone with a personal history of polyps, colorectal cancer, or an inflammatory bowel disease like Crohn's disease.
- Diagnostic colonoscopy is performed after a positive screening test, such as FIT or Cologuard, or for symptoms such as rectal bleeding.

It's generally recommended that average-risk patients have their first



screening at age 50 and repeat once every ten years. However, organizations like the American Cancer Society have recently started to suggest testing as early as age 45. But it's not clear whether the benefit of early testing outweighs the harm, cost, and inconvenience to the patient.

It can be argued that the benefit of screening at a younger age is to find cancer at its earliest stage, when it is easiest to cure. Cancerous polyps can be removed during the colonoscopy. Earlier detection lowers the need for surgery and chemotherapy, which also lowers the cost of medical expenses that come with more advanced-stage treatment.

Age remains the best predictor to determine the need for screening. Those who are 55-59 years old have a five-fold risk of colorectal cancer over those who are not yet 50. While highly effective at detecting and curing cancer, a colonoscopy may have limited benefit to younger populations. A major concern of unnecessary, early screening is that it diverts resources

away from the older population who are at higher risk. The more efficient and cost effective approach might be to assess 45-49-year-olds for their personal risk factors and defer those who are low risk until age 50. ■■

## What's your risk?

*Questions to discuss with your provider:*

- Do you have a direct relative who has had colorectal cancer or Lynch syndrome-related cancer before age 50?
- Have you had colorectal cancer or polyps before age 50?
- Do you have 3 or more relatives with colorectal cancer?
- Other important factors to discuss include: high body mass index, metabolic syndrome, cigarette smoking, diet and use of certain medications.

# Medical News

## Making Impossible Possible

### Paving the way for new careers & opportunities

Ashley George knew the path she wanted to take, she just wasn't sure how she would get there. Thankfully, CMC's Apprenticeship Program helped her map the way.

With nearly eight years of experience in homecare, Ashley aspired to take the next step in her career. But, as a single mom, it seemed impossible to balance school, work and expenses. "When my homecare client entered hospice care it was perfect time to make a transition," recalls Ashley. "I was inquiring with my aunt, who is a nurse at CMC, if she knew of any opportunities and she mentioned the LNA Apprenticeship Program. It sounded like a perfect match."

CMC, in partnership with ApprenticeshipNH and the Community College System of New Hampshire, has developed a Licensed Nursing Assistant (LNA) Apprenticeship Program. The six-week program, a blend of classroom, on-line courses, lab and clinical work and on the job training, helps prepare students to earn a New Hampshire Nursing Assistant License and enter a full-time position at CMC.

"This is a win-win for the students and for CMC," says Holly Mailloux, MSN, RN, CCRN, Director, External Education & Staffing Support Services. "There is simply a huge talent shortage nationwide, in the state and locally. This program can offer a life-changing opportunity for the participants and help us fill vital patient care roles."

"The fact that you become a full-time CMC employee, with a salary and benefits, from day one of the program made all the difference to me," adds Ashley. "It was the perfect opportunity with the resources I needed."

Ashley is now a full-time LNA in the float pool, where she is involved in variety of patient care experiences within several hospital units. She is hopeful her experience will help her land in the emergency department.

"Ashley is a shining example of how this 'earn while you learn' model—making a livable wage while gaining valuable work experience—can make all the difference in someone's life," says Holly. "Apprenticeship programs also show how health organizations can work together to create opportunities for our community and our citizens. Our intent is for apprentices to be long-term employees by investing in their training and their futures."

In addition to LNAs, CMC also offers a Medical Assistant Apprenticeship Program and is actively exploring more career paths that could be a fit for apprenticeships and help the organization prepare to meet our future workforce needs.

"I am doing what I am passionate about," smiles Ashley. "I want my daughter, and people who are considering applying to the program, to know anything is possible and you can make it happen." 🇺🇸



Ashley George, LNA

**Now enrolling for  
the March 2020 LNA  
apprenticeship program,  
*no experience necessary!***

Application deadline is early February.  
Current CMC employees may also apply.

Learn more at  
[CatholicMedicalCenter.org/Apprenticeships](https://CatholicMedicalCenter.org/Apprenticeships)

# Where **heart** meets health.

## Quick, Healthy Meals for Busy Families

Lori Muller, RD, CMC Diabetes Resource Institute

Providing quick and healthy meals is the ultimate challenge for busy parents. Your kids are always on the go, and you have many demands on your time. But family meals are probably more essential than ever, given our hectic lives.

Research shows that children who eat family meals get more fruits and vegetables, less saturated fat, and have an overall higher-quality diet. Gathering at the table allows you to connect with loved ones during your busy day. Parents and other caregivers serve as role models, and mealtime helps younger family members to learn good table manners and healthy eating habits.

... Here are some simple strategies and tips to help you get quick, healthy meals on the table in no time.



## Rise and Dine: Why Breakfast Matters

Experts agree, if there is a most important meal, it must be breakfast. Studies suggest that children who skip the morning meal run a greater risk of being overweight.

In addition, it is next to impossible to make up for the nutrients lost by skipping breakfast. The effect of breakfast on academic performance is also a no-brainer. After 10 hours or so without food, eating in the morning fuels the brain and body for the day ahead.

An ideal breakfast supplies adequate complex carbohydrate, protein, and some healthy fat to support proper growth and good health.

If you or your children don't like typical breakfast foods, don't worry. Go for a nontraditional breakfast such as whole grain crackers, cheddar cheese, and grapes. Or serve leftovers, a small piece of cheese pizza and a glass of 100% juice, or a half sandwich with milk and fruit.

Try starting the day with one of these balanced meals:

- Whole-grain toast topped with 1 to 2 Tbsp peanut butter or 1 ½ ounces melted cheddar cheese and 1 cup cubed fruit.
- Whole wheat English muffin egg sandwich: Layer ½ of the English muffin with a sliced hard cooked or fried egg, ¼ cup cheddar cheese, and top with other half. Microwave until cheese is melted.
- Plain oatmeal cooked with milk instead of water and topped with ¼ cup raisins or fruit and chopped almonds or other nuts.
- Egg burrito: Roll a whole wheat tortilla with 1 scrambled egg & top with 2 tablespoons salsa and ¼ cup shredded reduced-fat cheese. Serve with ½ cup 100% orange juice or fruit of choice
- Breakfast parfait: Layer 1 cup low-fat yogurt; ½ cup crunchy whole-grain cereal; and 1 cup fresh, chopped fruit, or whole fresh or frozen berries.
- Banana smoothie: In a blender, combine 1 cup 1% low-fat or fat-free milk or yogurt with a medium banana, 1 teaspoon vanilla extract and 1 ice cube. Blend well and drink immediately.

# Medical News

## Quick, Healthy Meals at Dinner

No matter the meal, planning is key for preparing quick and nutritious dishes. Keeping a well-stocked kitchen will save time in the long run and avoid the frustration of scrambling for ingredients.

You can rely on convenience items such as frozen vegetables, store-roasted whole chicken, and a few side dishes like pre-washed mixed greens, when time is tight. And one slice of thin crust cheese or vegetable pizza served with a large garden or fruit salad will please and nourish your children.

You can also save time by cooking with leftovers in mind. For example, you might roast a turkey one night with red potatoes, and green beans, and then use the leftovers with frozen vegetables to make a turkey potpie in a ready-made pie crust. Consider doubling a batch of chili, soup or stew and refrigerate or freeze the leftovers when you want to quickly reheat a meal on busy days.

Here are some tips for building quick healthy meals for dinner:

- Store-bought roasted chicken, fresh or frozen vegetables, and a quick-cooking grain, such as whole wheat couscous or quick-cooking brown rice.
- Fast tacos: Sauté one pound of ground turkey or lean beef, season and serve with taco shells, salsa, shredded cheese, shredded lettuce and chopped tomato. Consider adding rinsed, canned beans to the seasoned meat. Add fruit and milk.
- Thin-crust cheese pizza topped with veggies; garden salad with Italian dressing. Serve with milk or 100% juice.
- Breakfast for dinner! Top whole-grain frozen waffles with low-fat vanilla yogurt and fruit. Serve with milk.
- Lean beef or ground turkey breast burgers or prepared veggie burgers on whole-wheat buns with a veggie side. Serve with milk.
- Pasta and prepared marinara sauce combined with leftover chopped roasted or grilled chicken or garbanzo beans and a garden salad. Serve with milk.

## Meatball Subs

Yields: 4, Prep Time: 15 minutes, Total Time: varied

### Ingredients:

Frozen meatballs  
4 hero rolls, sliced lengthwise  
1 cup or more marinara sauce  
1 cup shredded mozzarella cheese  
¼ cup Parmesan cheese

- Cook meatballs per package directions or heat in crock pot on low with marinara sauce to taste.
- Toast rolls and warm marinara in small saucepan (if not prepared in crock pot). Spoon marinara sauce over meatballs and top with mozzarella. Heat in oven (400 degrees) until cheese is melted.
- Place meatballs in toasted hero rolls and sprinkle with ¼ cup Parmesan before serving.
- Serve with a side salad or cut up raw veggies and fruit.

## Glazed Pork Tenderloin

Yields: 4, Prep Time: 10 minutes, Total Time: 40 minutes

### Ingredients:

2 pound pork tenderloin  
1/3 cup orange juice plus orange slices for garnish  
Kosher salt and freshly ground black pepper  
1/3 cup brown sugar  
2 tsp. Italian seasoning

- Preheat oven to 400 degrees and grease a large baking sheet. Arrange tenderloin on the pan with orange slices under the edges; season generously with salt and pepper.
- In a medium saucepan, bring orange juice, brown sugar, garlic, and Italian seasoning to a boil; reduce heat and simmer until reduced by half, 5 to 7 minutes. Pour mixture over pork.
- Bake for 25 minutes, then switch to broil and cook 5 minutes more. Slice and serve immediately with rice pilaf and vegetables.



# Where **heart** meets health.



## ▶ A Well Stocked Kitchen

You can rustle up quick, healthy meals in minutes when you keep these basics on hand. Take this shopping list with you on your next trip to the supermarket.

- Eggs
- Canned light tuna and canned salmon
- Whole-grain breads
- Grated hard cheese, such as reduced-fat cheddar
- Whole-grain cereal
- Frozen or canned fruit and vegetables
- Frozen boneless, skinless chicken breast
- Canned beans, such as garbanzo and black beans
- Balsamic vinegar
- Peanut butter or sunflower seed butter
- Milk
- Bread crumbs or crushed whole-grain cereal for breading
- Olive oil
- Marinara spaghetti sauce
- Low-fat plain yogurt
- Pasta
- 93% lean ground beef (freeze)
- Ground 100% turkey breast meat

# Philanthropy



From left: CMC Board Chair, John Cronin, CMC President & CEO, Dr. Joseph Pepe, Rev. Gayle Whittemore, and iHeartMedia New Hampshire President Joe Graham, the 2019 Whittemore Award recipient.

## CMC Donors Raise \$220K for Maternal and Infant Services Programs

At a glittery Gala celebration on October 18 at the Manchester Country Club, Catholic Medical Center's leaders, sponsors, and friends raised money to support CMC Maternal Health Services and presented the Charles F. Whittemore Award to Joe Graham, iHeartMedia New Hampshire President. The Whittemore Award honors and individual or company for their philanthropic spirit and commitment to Catholic Medical Center.

Alex Walker, CMC's Executive Vice President and Chief Operating Officer, spoke about the impact sponsors and donors have on the moms and littlest patients at CMC.

"I'm proud to announce that, so far this year, CMC has raised over \$430,000 to help expand access to women's health care services in New Hampshire. This includes programs in cardiology, breast and cervical cancer screening, prenatal care, maternal healthcare and addiction recovery support for pregnant women. This Gala – CMC's signature event – has contributed more than \$220,000 (the most ever raised) to that impressive total, supporting maternal health programs like the CMC Pregnancy Care Center, The Mom's Place and Special Care Nursery and Roots for Recovery. These programs provide prenatal care, childbirth education, infant safety classes, neonatal care for infants, social support and addiction recovery services, if needed." ■■

### A special thank you to the event's sponsors:

#### Maternal and Infant Services Program Benefactors

##### Prenatal Care Benefactors

The Botnick Family Foundation  
The Flatley Foundation  
Oleonda Jameson Trust

##### Stronger Together Sponsor

Dartmouth-Hitchcock Health

##### Healthy Baby Mission Sponsor

Citizens Bank

#### Gala Event Sponsors

##### Print Sponsor

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##### Espresso Bar Sponsor

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##### Favor Sponsor

Manchester Urology Associates

##### Private Honoree Reception Presenting Sponsor

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Carpineto Winery

##### Private Honoree Reception Cocktail Sponsor

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##### Wine Glass Sponsor

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Executive Health and Sports Center

##### General Reception Presenting Sponsors

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Richard Bunker

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Sullivan Construction

##### General Reception Cocktail Sponsor

Southern NH Radiology Consultants

##### Hope Sponsors

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Dr. Joseph and Anne-Marie Pepe  
McLane Middleton GPS  
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##### Dessert Sponsor

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##### Charles F. Whittemore Award Sponsor

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##### Design Sponsor

Tufts Health Freedom Plan

##### Entertainment Sponsor

EVR Advertising

# Where **heart** meets health.



Together  
we're  
making a  
**difference.**




## Employees Raise \$142,000 to Help CMC Patients and the Community

CMC medical staff and employees work hard every day to make sure our patients receive the best, most compassionate, care possible. And then they give more. During the three-week Gift of Heart employee giving campaign in November, 462 employees donated \$142,038 to support our patients, our community and each other.

Gretchen Mathieu works in CMC's Radiology Department. She supports CMC and the community because, "there is always someone out there that is in more need than us. We are blessed."

This is the fourth annual Gift of Heart campaign which is done in partnership with Granite United Way. Many employees designate their donations to provide support where it is needed most at CMC, BeWell Cancer Survivorship Program, Health Care for the Homeless Program, the Poisson Dental Facility, the Pregnancy Care

Center, Cardiac Wellness/Employee Fitness Center, and/or CMC veterans programs. They could also support patients' unmet needs through the Hope and Healing Fund or designate their donations to Granite United Way, or any other nonprofit organization.

Jennifer Higgins Pitre, Vice President of Philanthropy said, "This community benefits so much from the work our employees do every day. We are proud of our role as a healthcare leader and are pleased so many of our employees generously give to help our patients and our community." 

## **You're Invited**

### **January 21 Wine Dinner**

Please join us for an evening of Tuscan wine and food on Tuesday, January 21, 2020. Catholic Medical Center invites you to a Wine Dinner featuring Carpineto Wines at the Bedford Village Inn in Bedford, NH. The evening will begin with a cocktail reception at 5:30 PM followed by a 6 PM five-course dinner with wine pairings.

Antonio M. Zaccheo Jr., son of Carpineto co-founder Antonio Mario Zaccheo Sr., will be serving his family's wine to benefit CMC's expansion projects.

*The cost per ticket is \$125.00, and all guests must be over 21 years of age to attend. Event proceeds will benefit the expansion of the CMC campus. Tickets may be purchased online at [catholicmedicalcenter.org/2020winedinner](https://catholicmedicalcenter.org/2020winedinner) or by contacting Keri Degen at 603.663.6056 or [keri.degen@cmc-nh.org](mailto:keri.degen@cmc-nh.org).*

## All of the impact.

### None of the taxes.

Learn more about supporting CMC with your IRA by contacting Jennifer Pitre, Vice President of Philanthropy, at [jennifer.pitre@cmc-nh.org](mailto:jennifer.pitre@cmc-nh.org) or 603.665.2569.

# 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, Jan 13, 9 AM-4 PM

195 McGregor St., Lower Level, Suite LL22

\$20 (\$5 discount to AARP members)

Registration required, call 603.626.2626

### Fad Diets

When it comes to weight loss, we'd all like a quick fix. Advertising promotes quick fix diets that sound too good to be true and the problem is, they probably are. Join



Amie Stephens, RD for a discussion about how to spot a fad diet, problems with fad diets, and tips on eating approaches that will help you learn how to make long-term changes to manage your weight in a healthy way.

Tue, Jan 21, 12:30-1 PM, 1-1:30 PM

195 McGregor St., Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

### Hospice: A Conversation

Most people have heard of hospice. They know that it is a specialized form of health care for people at the end of life. Many even know a family member or friend who has been helped by hospice, but there remain many misconceptions and myths. Hospice & palliative certified physician Dr. Emily Burns and social worker Julie Stone, both from Home Health & Hospice Care will discuss hospice basics and dispel the myths so that you can better understand the benefits and learn how to access this service.

Wed, Jan 29, 6-7:30 PM

Roy Auditorium, CMC, Level C

FREE, registration required, call 603.626.2626

### Is it time for a joint replacement?

Dr. Ricardo Gonzales from Dartmouth-Hitchcock Health and Dr. Kathleen Hogan from the New Hampshire Orthopaedic Center will discuss hip and knee replacement as well as advances in postoperative pain control and care.



When should you consider having your joints replaced? What can you expect while in the hospital? Have your questions about joint replacement answered by fellowship-trained surgeons.

Wed, Mar 18, 6-8 PM

Roy Auditorium, CMC, Level C

FREE, registration required, call 603.626.2626

### SPEAK OUT® and The LOUD Crowd®!

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

For more information call: Larissa J. Hebert, M.A., CCC-SLP,

Speech-Language Pathologist

Outpatient Rehabilitation Services

603.641.6700

### Helping You Manage Your Cholesterol

The Cholesterol Management Center can help you manage your cholesterol and reduce your cardiovascular risk. Our team works to provide a lifestyle plan of diet and exercise that is tailored to you rather than a "one size fits all" plan. If needed, we work with you on a medication treatment plan to meet your individual needs, tolerances and cholesterol goals. To schedule an appointment or obtain a physician referral, please call our office at 603.663.6549, option 2.

# Where **heart** meets health.

## **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 provider is required. To receive a copy of our monthly eNewsletter, email [diabetesconnection@cmc-nh.org](mailto:diabetesconnection@cmc-nh.org). To schedule an appointment call 603.663.6431

## **Greater Manchester Brain Injury & Stroke Support Group**

This monthly support group is specifically for brain injury & stroke survivors, their family members and their caregivers. The program provides a constructive, creative and safe opportunity for participants to share their experiences, exchange resources and develop strategies for coping.

2<sup>nd</sup> Tue of month, 6-7:30 PM

RMU, CMC, Level F

FREE, for more information, call 603.626.2626

## **Healthy, Wealthy and Wise: Making the Most of Social Security**

Recent legislation has changed some of the strategies used in attempts to maximize Social Security benefits. An expert from St. Mary's Bank will discuss the following:

- When you can start receiving benefits and what is the effect of the decision?
- What are spousal and survivor benefits?
- How are benefits calculated and are they taxable?
- Are there strategies to maximize benefits?
- Are there income strategies available that allow you to delay Social Security benefits using your own assets?

Tue, Mar 24, 6-7:15 PM

Roy Auditorium, Level C, CMC

FREE, registration required, call 603.626.2626

## **Holistic Health Series**

### **Zentangle Your Heart**

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

Zentangle's creative

and relaxing method of art. By using this easy to learn method of repetitive patterns and pen strokes, you'll create an abstract piece of art while allowing yourself to become more relaxed and focused, which is good for your heart. In this session, you will create a lovely, heart-themed work of art that you will be proud to bring home or perhaps use as a Valentine for a loved one. Even if you think you can't draw, you can Zentangle.

Tue, Feb 11, 6-7:30 PM

195 McGregor St., Lower Level, Suite LL22

\$25, registration required, call 603.626.2626



### **Is Stress Beating Your Heart?**

The "fight or flight" response is meant to protect us from perceived threat to our safety. Unchecked, this reaction can have effects that are damaging to our cardiovascular system. Learn to recognize the physical effects and symptoms that can manifest at any stage of your adult life. We will also learn several strategies that help us to manage our daily stress and help keep our heart, body and mind healthy. Join us to find a strategy that will work in your life.

Tue, Feb 25, 6-7:30

Roy Auditorium Level C, 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

CMC, Level D

\$115, registration required, call 603.626.2626

# Health & Wellness

## Fitness

### *Staying Strong, Living Long!*

This class is perfect for those new to exercise or for adults looking to stay strong and active. Use of hand weights, leg weights and resistance tubing will be incorporated into the class to focus on strength, flexibility and balance. Ongoing... join at any time.



Tuesdays & Thursdays, 9-10 AM

195 McGregor St., Lower Level, Suite LL22

\$20 month, registration required, call 603.626.2626

### *Parkinson's Dance Class*

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

Tuesdays, 1-2:15 PM

195 McGregor St., Lower Level, Suite LL22

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

### *Barre Above*

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

Thu, Apr 2-Jun 18, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

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

### *Chair Yoga*

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



Thu, Apr 2-Jun 18, 1-2 PM

195 McGregor St., Lower Level, Suite LL22

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

### *Half Hour Power*

Join us for a half hour workout to get your blood pumping and metabolism going. Test your balance, endurance and strength in this 30 minute circuit. Class is Limited to six participants.

Tue, Feb 11-Mar 17, 9:30-10 AM, 11:30 AM-12 PM or 4:30-5 PM

Tue, Apr 7-May 12, 9:30-10 AM, 11:30 AM-12 PM or 4:30-5 PM

Tue, May 26-Jun 30, 9:30-10 AM, 11:30 AM-12 PM or 4:30-5 PM

195 McGregor St., Lower Level, Suite LL22

\$35 (6 weeks), registration required, Call 603.626.2626



### *Power Hour*

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

Thu, Apr 2-Jun 18, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

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

# Where **heart** meets health.

## **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. This class is designed for those who are ready for a more vigorous exercise program.

Tue, Mar 31-Jun 16, 5:30-6:30 PM or  
Thu, Apr 2-Jun 18, 3:45-4:45 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? In this beginner level class you will learn basic yoga postures and how to modify them as needed. Take time out of your busy day to refresh and learn the benefits of practicing yoga to improve strength, agility and the ability to manage stress. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Mar 31-Jun 16, 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 a slower-paced class with a focus on stretching postures and gentle flows. You will be guided through a variety of postures, moving between sitting, standing and laying down, using props as needed. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Mar 31-Jun 16, 10:15-11:15 AM or  
Tue, Mar 31-Jun 16, 3:45-4:45 PM or  
Tue, Mar 31-Jun 16, 6:30-7:30 PM or  
Thu, Apr 2-Jun 18, 10:15-11:15 AM  
195 McGregor St., Lower Level, Suite LL22  
\$90 (12 weeks), registration required, call 603.626.2626

## **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 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 St., Suite 312  
To schedule an appointment or obtain a physician referral, call 603.663.8739

# **New England Weight Management Institute**

## **Surgical Weight Loss Options**

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 2,800 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding.

Upcoming Surgical Information Sessions  
Mon, Jan 6; Tue, Feb 4; Thu, Mar 5  
4:30-6:30 PM  
CMC, Roy Auditorium  
FREE, registration required, call 603.663.7377

# Health & Wellness

## Medical Weight Loss Options

NEWMI's medical weight loss program is run by physicians board-certified in Obesity Medicine.

We use evidence-based non-surgical treatment to help our patients achieve a healthier weight. Our comprehensive program includes nutritional, exercise, and behavioral counseling. When appropriate, treatment may include medications that can help with weight loss. We also screen for and address lifestyle factors, medical conditions and medications that can contribute to weight gain. We strive to take an individualized approach, creating a plan for each patient that is sustainable and effective for long-term weight loss and health.

For more information, call 603.663.7377



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

Achieve rapid weight loss with OPTIFAST®'s comprehensive, medically supervised, low calorie fasting program. On average participants lose 50 pounds in 12 to 22 weeks. Weekly support group and medical clinic occurs every Tuesday from 4:30-6:30 PM. For those who may need alternate scheduling, daytime appointments can be arranged. Fee varies per individual.

For more information or to register for a free information session, call 603.663.6297

## OPTIFAST® - CMC'S Partial Fast Program

This flexible program involves a combination of OPTIFAST® Meal Replacement products and self-prepared meals and snacks. Learn and implement proper meal structure from day 1. Get consistent results with easy to follow meal plans. Pay only for the cost of food\*. FREE optional monthly support group offered.

For more information or to register for a free information session, call 603.663.6297

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

Upcoming OPTIFAST® Information Sessions

Wed, Jan 8 & 22, Feb 5 & 19, Mar 4 & 18

The New England Weight Management Institute,  
769 South Main St., 3<sup>rd</sup> Floor

## Parish Nurse Program

The CMC Parish Nurse Program is present in 21 local faith communities in the greater Manchester area, providing spiritual, physical, psychological and social care to their members and neighbors of varied ethnic and religious affiliations. Parish Nurses provide a variety of health screenings, wellness education programs and patient advocacy. CMC Parish Nurse's main office is located at Parish of Transfiguration and available by phone at 603.663.8004. Find our monthly calendar on the CMC website.

*\*Parish Nurse programs will be canceled if Manchester Schools are closed due to inclement weather.*

### Please find our services at the following locations:

Parish of Transfiguration, Tue-Thu, 9 AM-3 PM, Closed Mon & Fri  
Brookside Congregational Church, Manchester, 3<sup>rd</sup> Sun, 11:15 AM-1:15 PM  
Congregational Church, Goffstown, Wed, 10 AM-12 PM  
Divine Mercy, Peterborough, 2<sup>nd</sup> Thu, 9-10 AM  
First United Methodist Church, Tue, 8:30-10:30 AM  
Litchfield Community Church, 2<sup>nd</sup> Wed, 10 AM-12 PM  
Salvation Army, 3<sup>rd</sup> Thu, 9-11 AM  
St. Andrew's Episcopal Church, 1<sup>st</sup> and 3<sup>rd</sup> Tue, 8-9 AM  
St. Anne-St. Augustine Parish, 2<sup>nd</sup> and 3<sup>rd</sup> Tue, 10:30-11:30 AM; Sun  
Apr 19 and Jun 29, 11 AM-2 PM  
St. Catherine of Sienna, Wed, 11 AM-12 PM  
St. Elizabeth Seton, Bedford, 1<sup>st</sup> and 3<sup>rd</sup> Tue, 8:30-10:30 AM  
St. John the Baptist, Suncook, Mon, 9-11 AM  
St. Joseph Cathedral, 1<sup>st</sup> & 3<sup>rd</sup> Tue, 10-11:30 AM  
St. Lawrence, Goffstown, Call for information  
St. Matthew's Episcopal Church, Goffstown, Wed, 10 AM-12 PM  
St. Pius X Church, Fri, 9-11:30 AM  
St. Raphael's, Tue, 12:30-1:30 PM & Burns High Rise, 1:30-2:30 PM  
Immaculate Conception Parish, Nashua, Sat, Jan 25, Feb 22, and Mar  
14, 6 PM; Sun, Jan 26, Feb 23 and Mar 15, 8:30-11 AM

## Grief & Loss Support Group

The goal of this confidential group is to provide a monthly opportunity for people who have experienced the death of a loved one to engage in mutual support. The group is open-enrollment and people can attend whenever they wish. Participants do not need to be members of Immaculate Conception Church. The group is facilitated by a licensed mental health counselor and will include educational, support and spiritual components.

Jan 18, Feb 15 and Mar 21, 8:30-11 AM

Immaculate Conception, 216 East Dunstable Road, Nashua  
FREE, call 603.663.8004 for information.



# Where heart meets health.

## **S.H.I.N.E.**

S.H.I.N.E is a senior support group offering sociability, education, nutritious food and exercise.

Wed, 10:30-11:45 AM

St. Matthew's Parish House

5 N. Mast Street, Goffstown

FREE

## **Prayer Shawl Program**

Immaculate Conception, 2<sup>nd</sup> Wed, 6-8 PM

Parish of Transfiguration, 1<sup>st</sup> Wed, 10:30 AM-2 PM

Sacred Heart, 2<sup>nd</sup> Tue, 10:30-11:30 AM

St. Elizabeth Seton, 1<sup>st</sup> Mon, 6-7:30 PM

St. Joseph Cathedral Rectory, 3<sup>rd</sup> Tue, 1-2 PM

St. Lawrence, 3<sup>rd</sup> Thu, 10 AM

St. Pius X, 1<sup>st</sup> Fri, 9 AM

St Raphael's, 2<sup>nd</sup> Wed, 7 PM

FREE

## **Chair Exercises**

Congregational Church, Goffstown, Wed, 10 AM

FREE

## **Senior Fitness**

Parish of the Transfiguration, Tue, 8:45 AM

FREE

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

# **BeWell Cancer Survivorship Program**

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

## **Returning this spring - Breast Cancer Thriver's Club**

This successful four-part education and support series will return in the spring, offering breast cancer patients and survivors the opportunity to connect and learn from each other's experiences. Look for details in the spring edition of Healthy Living News.

## **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

## **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.

2<sup>nd</sup> Wed 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

## **Thriving with YogaCaps**

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

Thursdays, 6:30-8 PM

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

Suite LL23

FREE, registration required, call 603.674.3770

## **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.

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

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

603.641.6700

**To learn more about the BeWell Cancer Survivorship Program and our services visit: [CatholicMedicalCenter.org/BeWell](http://CatholicMedicalCenter.org/BeWell) or call 603.663.6535.**

# Health & Wellness

## Patient Assistance Services

### *Breast and Cervical Cancer Screening*

FREE, breast and cervical cancer screenings save lives.

Breast Care Center, CMC

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. Pre-registration is required.

For more information on any of our classes or services or to register please call 603.626.2626 or visit [CatholicMedicalCenter.org/classes-and-events](http://CatholicMedicalCenter.org/classes-and-events).

### *A Welcome Visit to the Mom's Place*

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

persons are encouraged to join us, ask questions, meet staff, explore our birthing suites and learn the essentials about your stay. We look forward to welcoming you!

FREE



### *Becoming a Big Sister or Big Brother*

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

Family fee: \$10



### *Birth Preparation—Series or Weekend Classes*

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

Refreshments are provided.

\$130

### *Birthing Again*

This class offers parents the opportunity to give special attention to a pregnancy and birth following other births. Topics include preparing yourself, relationships and siblings for the new baby and changes to come as well as

pain coping practices and partner support. Time is provided for processing past birth experiences and their impact on the upcoming birth.

\$40



### *Breastfeeding Class*

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

FREE

# Where heart meets health.

## ***CPR and Safety Class for Caregivers of Infants and Children***

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

\$20 per person

## ***Cesarean Birth Class***

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

\$40

## ***Grandparenting Class***

Are you expecting a grandbaby in your family? Come join us to learn how to navigate your new role as a grandparent—including current guidelines for infant care, safety, car seats, safe sleep and bonding with your grandbaby.

\$30 per person or per couple

## ***Lactation Services***

Officially designated Baby-Friendly™ hospital, CMC offers a free one-on-one education and encouragement for new moms before the birth, during the hospital stay and after going home. Lactation Line is 603.663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667

## ***Mother's Journey: A Mom's Group***

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

FREE

## ***Parenting Your Newborn***

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

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

## ***Pure & Natural Fertility Care***

Discover a highly effective system to understand and manage your fertility without chemicals or devices. A woman's body signals when she is entering and leaving her time of fertility.



Knowing how to track these signs empowers a woman with information to manage fertility and to identify possible underlying reproductive disorders. A highly effective and natural way to achieve or avoid pregnancy.

Women's Wellness & Fertility Center 88 McGregor St., Suite 201

FREE

## ***Vaginal Birth after Cesarean (VBAC) Class***

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

FREE

***For more information on these classes or to register please call 603.626.2626 or visit [CatholicMedicalCenter.org/classes-and-events](http://CatholicMedicalCenter.org/classes-and-events)***

# Bravo!

Congratulations to these CMC champions who participated in the 2019 CMC Manchester City Marathon! We are grateful to have an amazing community of runners and an emergency department team that supported runners throughout the race. Veterans Count, which supports military veterans and their families, is the official charity of this exciting, annual event.



## your thoughts

We welcome your comments and encourage your ideas about future stories in Healthy Living News. Please contact us at [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org) or e-mail [info@cmc-nh.org](mailto:info@cmc-nh.org).

 [CatholicMedicalCenter](https://www.facebook.com/CatholicMedicalCenter)

 [@cmchealth](https://twitter.com/cmchealth)

 [@catholicmedicalcenter](https://www.instagram.com/catholicmedicalcenter)

 [@CatholicMedicalCenter](https://www.linkedin.com/company/CatholicMedicalCenter)

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