



Healthy Living

News from Catholic Medical Center

100 McGregor Street Manchester NH 03102

Fall 2022



Cardiologist Dr. Robert Capodilupo and Cardiac Tech Amanda Burr at the 2021 Manchester City Marathon

Living your best life

From wellness & weight loss to advanced treatments & procedures, CMC helps you live life to the fullest

Catholic Medical Center is proud to present the Manchester City Marathon, November 13th. This signature Millennium Running event is a qualifier for the Boston Marathon. But don't worry—you don't have to run all 26.2 to participate! There is also a half marathon, a relay and a 5k. Don't consider yourself a runner? It's never too late to take that first step! Cardiologist and runner Robert Capodilupo, MD, FACC, offers some quick tips on how and why to lace up those sneakers.


Running & Heart Health:

- Endurance running supports cardiovascular health
- Brings down blood pressure, helps arteries & veins stay clear

- Helps lower cholesterol

Couch to 5k (or more!):

- Look for a training program that works for you, in person or online
- Start by walking and work your way up to a short run-walk intervals
- Listen to your body and don't push through painful joints or cramps

Sign up for the CMC Manchester City Marathon events at millenniumrunning.com/marathon. For more information on the benefits of running, how to get started, or details on the race, check out our video series at: CatholicMedicalCenter.org/marathon22 

Fit & fun wherever You Are

The warmer months are a great time to get out and get moving! But as the temperatures start to cool and the sun sets a little earlier each night, that motivation can wane.

“Fall is an important time to form good exercise habits before winter arrives,” says Kimberly Lowell, CMC Wellness & Risk Reduction Specialist. “It is essential, especially as we get older, to maintain strength and functional movement all throughout the year.”

One of the silver linings of the COVID-19 pandemic is the pivot to virtual—well—everything. At CMC, Lowell quickly moved as many fitness classes as she
(Continued on page 2)



Arlene Fishbein (L) and Pat Kalik show their strength at a recent walk in Manchester

Medical News

(Fit & Fun Article Continued)

could to Zoom. Many participants continue to take virtual classes more than two years later.

"I absolutely love it," says Pat Kalik of Manchester.

"Sometimes, I do three classes a day."

Classes are offered six days a week with start times ranging from 6:00 AM to 5:30 PM. They include gentle yoga, seated strength/cardio, barre, barre for active agers, low impact cardio, tai chi and strength classes (see Fitness Classes in the Health & Wellness section-page 11).

Pat started taking classes at the urging of her friend, Arlene Fishbein, who retired five years ago. She was adding more classes to her schedule, "and then COVID hit. Kim sent out an email asking if anyone would be interested in trying virtual and I thought, 'why not?' Then she kept expanding the opportunities and I had the time. As result I got a flavor of a lot of different things."

In addition to the variety of classes offered, these women enjoy the convenience of virtual fitness.

"One of the biggest advantages is that I can take more classes," says Colleen Lang of Manchester. "I don't think I'd go out for three or four. It's easier in my home." Plus, she says, "In the winter we didn't have to reschedule any snow days. I can do it on vacation too."

Kim has structured all of the classes to focus on form so that participants still get all of the benefits of exercise while being remote.

"Learning proper form during exercise will help prevent risk of injury and also teaches our body how to move safely throughout the workout but also during our daily activities," says Kim. "Learning to honor your body and what's it's capable for that day is also something that's important to teach. You may wake up with sore knees and it's important to listen to your body and not push it. I always give options in my classes to be able to do the workouts but in a safe and effective way."

Most participants do miss the social aspect of being in a class together, so Kim started regular outdoor walks. "It's really nice to see the people that I've met through these classes," says Arlene. "I do try on those walks to walk with different people and socialize."

While Kim plans to bring back in-person fitness classes, she also plans to keep a virtual option, to the delight of her students.

"It changed my exercise life," says Pat. "I plan to keep doing online classes, especially the 6 AM. The only thing I would like to see is more classes!" 🇺🇸

CMC performs the first SADI weight loss surgery in New Hampshire

CMC's New England Weight Management Institute (NEWMI) remains on the cutting edge of weight loss surgery. Two of today's most common weight loss surgeries are the sleeve gastrectomy and the gastric bypass. In the Spring of 2022, Dr. Andrew Wu and NEWMI's surgical weight loss team successfully performed a new procedure: the first SADI weight loss surgery in all of New Hampshire.

SADI is short for single anastomosis duodeno-ileostomy. It is a new, minimally-invasive (laparoscopic) procedure officially endorsed by the American Society for Metabolic and Bariatric Surgery (ASMBS) in 2020. The procedure involves removing two-thirds of the stomach (sleeve gastrectomy), followed by an intestinal bypass connecting the duodenum to the ileum. This procedure has the versatility of being performed as an initial weight loss procedure, or as a

revisional surgery for patients who have regained weight following prior surgery. SADI provides the longest term and highest percentage weight loss of the three options for surgery. It also offers greater resolution of diabetes and decreased risk of particular complications such as ulcers seen with bypass patients. If interested in learning more about SADI, please contact NEWMI at 603.663.7377. 🇺🇸

Where **heart** meets health.

Weight loss video series

Have questions about your weight loss options? Unsure whether you should have surgery or try the medical route? Join one of our free info sessions (see Nutrition & Weight Loss in our Classes & Events section-page 11) or check out our online video library. Learn about all of the services that CMC's New England Weight Management Institute offers and hear from our patients about their life-changing experiences. Visit: CatholicMedicalCenter.org/weightloss. 🇺🇸



"I knew it was going to be life-changing. I didn't know it was going to be THIS life-changing." Karen Gosselin shares her weight loss success story

October in the orchards

Let us welcome the new season and celebrate you!

The CMC Breast Care Center invites breast cancer survivors and their loved ones to our 2nd annual October in the Orchards events. Join us at Mack's Apples in Londonderry on Sunday, October 23rd to take in the beauty and crisp autumn air.

We begin the outing with a relaxing yoga session followed by an empowering talk from our expert dietitians. Learn how to make nutrition a key ingredient in your survivorship journey and then pick apples in Mack's picturesque orchards.

Jessica Ryan, MD, FACS, is excited to welcome women and their families back after a successful inaugural event. "It was uplifting to see my patients who I had met at the start of a difficult journey, now laughing and surrounded by their loved ones feeling supported, recovered and powerful."

Survivors are encouraged to bring their family, friends, and caregivers with them. Bea Shay celebrated last year with her family. She received a bilateral mastectomy in 2020, when it was difficult to be with loved ones. "I had been through a lot and it was a great way for my family to get together and do something fun. It was really good to have the family all together."

By the end of the event, you'll leave with more than fresh apples and healthy fall recipes. You will leave feeling supported, celebrated and motivated to thrive in your cancer journey.

Reservations required. Please call **603.665.2535** or email cmc.breastcarecenter@cmc-nh.org for details. 🇺🇸



Bea Shay is surrounded by loved ones at the 2021 October in the Orchards event

Medical News



Go pink this fall

CMC's Breast Care Center celebrates Breast Health Awareness Month

October is National Breast Cancer Awareness Month—but at CMC's Breast Care Center we focus on **health!** Breast care is about more than cancer. It's about treating your body well. It's about getting the resources and support you need at every stage of your life. And it's about celebrating victories and milestones if you or a loved one do deal with a cancer diagnosis. 🇺🇸



pinky promise

Pinky promise

You wear your pink with pride, but have you made a pinky promise? Pledge to yourself and your loved ones that you will make your breast health a priority and get screened. Annual screening mammograms are recommended for all women over the age of 40, and for some younger women who have a family history. Speak with your primary care provider about getting screened and keep your pinky promise! 🇺🇸

Tea talks

Patients experiencing or surviving breast cancer can take part in these once-monthly sessions, held via Zoom. Each month features a topic relevant to breast cancer patients and survivors. Participants receive a package before each session that contains herbal tea and a moisturizing facemask. RSVP by calling **603.665.2535** or emailing Dawn.Wrobel@cmc-nh.org. 🇺🇸

Making Strides

Join Dr. Jessica Ryan, the team at the CMC Breast Care Center, survivors and their loved ones at the American Cancer Society Making Strides Against Breast Cancer event on Sunday, October 16th. Walk with Team Pinky Promise and show your support for patients, survivors, and important research. Find the Making Strides page on cancer.org and search CMC-Pinky Promise.



The 2019 CMC Pinky Promise Team

“Their lives change dramatically”

Simple procedure to close a hole in the heart helps a veteran breathe easier

When Daniel Ferrante was a U.S. Marine in the jungles of Vietnam, he was often pushed to the point of exhaustion. He didn't know then that a hole in his heart was making every breath a challenge. “When I was in training, we ran a lot. I started figuring out ways to breathe. I got by. Then I got to Vietnam and it was 118 degrees and I'm carrying 80 pounds on my back, hiking mountains. I'd fall to

the ground to breathe through the tear gas. It was rough.”

Recently, Ferrante went to St Joseph Hospital in Nashua, having difficulty breathing. “They thought it was my asthma, which I've had for 30, 35 years.” But his oxygen levels were very low and he had an echocardiogram at the hospital.

“The tech who did my scan...she saw
(Continued on page 5)

Where heart meets health.



("Their lives change dramatically" Article Cont.)

the hole in my heart." Ferrante was diagnosed with a patent foramen ovale (PFO). A foramen ovale is a hole in the wall that separates the right and left sides of the heart. Everyone is born

with one, but it usually closes naturally around 6-months old. Approximately 25-percent of the general population—and 50-percent of those who've had a stroke of unknown origin—has a PFO.

Not all patients who have a PFO have symptoms or need to have it closed, unless it causes a stroke or is large, like Ferrante's was.

Ferrante was sent for a procedure to close his PFO. Dr. Fahad Gilani, an interventional cardiologist at CMC's New England Heart & Vascular Institute, performed the hour-long procedure. A small catheter is fed through a vein in the leg and up into the heart, where a closure device is deployed in the wall of the heart. Eventually, tissue forms

around the device and the hole is permanently sealed.

Ferrante couldn't believe how easy it was. "It didn't take long at all! I was awake the whole time. And when I 'woke up', I could breathe! I didn't know how good I could actually breathe. And now that I can breathe better, I have more energy." Amazingly, Ferrante no longer suffers asthma symptoms. Dr. Gilani notes, "These patients come to accept their chronic symptoms as normal way of life. They often awake from the procedure feeling better and their lives change dramatically."

And for Ferrante that leaves him, and his entire family, breathing a little easier. 🇺🇸

Every step of the way

Heart device allows woman to make memories with her family

"All the walking!" That's how Debora Gervais remembers her recent trip to Disney. It sums up what so many of us have experienced, but for her it was a milestone and a reminder that CMC is with her for every step of the journey.

Debora's Disney tale began with a fright five years ago. "I was out doing yard work and had this annoying cough," she recalls. "We went to a primary care office only to be whisked away to an emergency room and then the operating room."

Doctors diagnosed congestive heart failure (CHF). Debora had a 99% blockage. Two surgeries, seven transfusions, and a quadruple bypass saved her life, but it was a slow, 75-day path to recovery. Determined to stick

around for her family, she spent months working toward dreams like Disney trips.

"I made myself walk, made myself do all the things I was supposed to do in recovery. My mindset was 'I'm gonna do what I have to do. I have a family.'"

Her faith and focus brought her to CMC and cardiologist Dr. Robert Capodilupo, who found Debora to be an ideal candidate for CardioMEMS™. This remote monitoring system sends information about pulmonary pressure back to CMC. Nurses can tell from that data when a patient's CHF symptoms are about to get worse and adjust their medication.

Initially reluctant, Debora agreed to have the device installed four years ago. "Sometimes my phone would ring from



CMC telling me to change medications or make slight adjustments. It has given me peace of mind, just knowing they are monitoring me."

Her recent trip to Florida included her husband, daughter, son-in-law, grandkids and great grandkids. Instead of worrying about her condition, she was able to focus on making memories, like when her great-granddaughter spotted Minnie Mouse. "It brings a tear just remembering how excited she was." 🇺🇸

Medical News

2022 heart & vascular highlights

The team at CMC's New England Heart & Vascular Institute is always focused on quality and innovation—and 2022 was no exception. Here are some of the highlights from the year:

- 100th Trans Carotid Artery Revascularization (TCAR)
- First in the region to enroll patients in PROTECT IV trial
- First in New England to implant the Aveir™ VR Leadless pacemaker (after FDA approval)
- First in state to perform Convergent procedure
- Get With The Guidelines Stroke Gold Plus with Target: Stroke Honor Roll Elite and Target: Type 2 Diabetes Honor Roll
- Cholesterol Management Center reimagined as Center for Cardiometabolic Health & Preventive Cardiology
- Cardiac Wellness reopens

Meet our patient & family advisors

Your voice inside the hospital

The Patient & Family Advisory Council (PFAC) is a committee of volunteer patients and family members known as Patient & Family Advisors, or PFAs. PFAs work with CMC staff, providing insight, opinions, and ideas to help CMC deliver a consistently exceptional patient experience and the highest level of clinical quality. Meet Patricia Young, one of our Patient & Family Advisors:

"Almost 10 years ago I was sitting in a hospital room in Boston where my husband had been sent for stroke care. We had been a healthy family of four who only saw primary care doctors for

annual checkups. No one coming in or out ever addressed me unless I spoke first. I was intimidated and scared. The doctors and nurses seemed to have the power and the knowledge and I didn't want to bother them. After discharge my husband and I experienced a year of rehabilitation at four different facilities. Rehab was filled with more experts. Life has never been the same.

For me, volunteering for the Patient and Family Advisory Council has opened up a whole new world. One where I can ask questions and make suggestions. One where I can regain my voice—not just

for myself and my spouse but for all the patients that find health care intimidating.

We need the patient voice to be heard. It is just an hour week to make a difference. Please consider volunteering for the Patient and Family Advisory Council!" 🇺🇸

If you are interested in serving on the Patient & Family Advisory Council, please contact the Office of Patient Experience at **603.663.6069**.

Flu season is coming—shield yourself

A yearly flu vaccine is the first and most important step in protecting against flu viruses. Why?

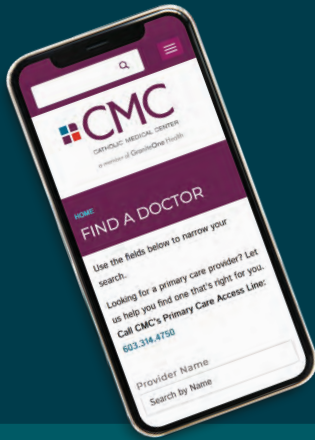
- A flu vaccine can help keep you from getting sick
- Flu vaccines can prevent hospitalizations and can be life saving
- Letting yourself protected can help protect those around you as well
- If you do get sick after receiving a flu vaccine, your illness may be milder



Talk to your healthcare team about shielding yourself and your family from the flu!

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WELCOMING...



We're excited to add these talented providers to the CMC family! To learn more about them, please visit CatholicMedicalCenter.org and use the **Find A Doctor** tab!



Kathleen Ann Kenny, MSN, APRN, FNP-C
Urgent Care



Brenda Nyamogo, MD
Hospital Medicine



Cherie Hendrickson, PA-C
Intensive Care Unit



Mohammed Essa, MD
Hospital Medicine



Anna Murphy, APRN,
Lakeview Internal Medicine



Tuyet Nguyen, DNP, PMHNP-BC, AGPCNP-BC
Behavioral Health



Jason Obey, PA-C
New England Heart & Vascular Institute



Michelle Momenee, APRN
Wound Care



Kelly Vanderhave, MD
Surgical Care Group



Alex Mutuku, APRN
Granite State Internal Medicine



Mohamed Mahgoub, MD
Hospital Medicine



Victoria Donascimento, MD
Family Physicians of Manchester



James Dawson, RPA-C
Urgent Care



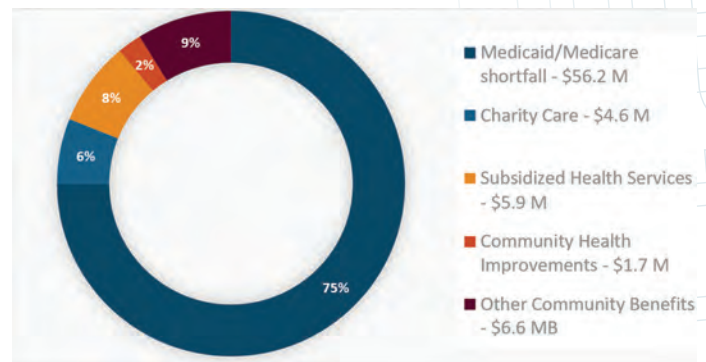
Austin O'Toole, PA-C
New England Heart & Vascular Institute



Peter Gibson, MD
New England Heart & Vascular Institute

2021 community benefit report

CMC's mission is to carry out Christ's healing ministry by offering health, healing and hope to every individual who seeks our care. We do that inside the walls of our facilities and in our community. CMC is proud to be a leader in caring for our community, delivering \$75 million in community benefits in fiscal year 2021 (Oct 1, 2020-Sep 30, 2021). For more about the services CMC provides the greater Manchester community, visit the Community Health page of our website, CatholicMedicalCenter.org. 🇺🇸



Congratulations!

Announcing our Heart & Hands Scholarship Winners

CMC and the Diocese of Manchester's Catholic Schools Office are pleased to announce the 2022 recipients of the CMC Heart & Hands Scholarships. They are Theodore Anderson-Thompson, an 8th grader at Holy Trinity Catholic School in Laconia, and Kaelyn Gagnon, a freshman at Trinity High School in Manchester.

The CMC Heart & Hands Scholarship is presented annually to two students in New Hampshire diocesan Catholic Schools, one in middle school and one in high school. The scholarship recognizes students who are committed to the needs of others through leadership and service.

Philanthropy



(L-R) Most Rev. Peter Libasci, Bishop of Manchester; Alex Walker, CMC President & CEO; Grace & Ken Solinsky, Whittemore Award recipients

CMC Gala Event returns

CMC's friends and supporters enjoyed a gorgeous summer evening celebrating the return of our annual Gala Event. This year's event was held at Saint Anselm College. We were proud to honor Ken and Grace Solinsky with the Charles F. Whittemore Award in recognition of their dedication and philanthropy. 🇺🇸

Save the date for our Wine & Beer Tasting

Date: Thursday, October 27, 2022

Time: 5:30-8PM

Location: Bedford Village Inn, Bedford, NH

Proceeds will benefit the construction of the CMC Simulation and Innovation Center, which will provide multi-disciplinary training for nurses and other clinical staff. Tickets are available online at CatholicMedicalCenter.org/winebeer22.



Where **heart** meets health.

Feel good & make a difference

Looking for a fulfilling and rewarding opportunity? Become a volunteer! CMC is recruiting friendly, compassionate and dependable volunteers to provide support in:

- Cardiac Rehabilitation (Caring Hearts Program)
- Pastoral Care
- Patient Accounts
- Patient Family Advisory Council
- Patient/Visitor Greeter and Way Finder
- Pet Therapy

For more information please contact Pamela Caetano at 603.314.4758 pamela.caetano@cmc-nh.org



Our volunteers help in many ways throughout the hospital

Your Support Touches Lives

Name:

Address:

Phone: Email:

Enclosed is my gift of: \$

Please direct my gift to CMC's:

- Greatest need
- New England Heart & Vascular Institute
- Program of my choice:
- Please do not publish my name in print or online

By Credit Card:

- Visa Mastercard AmEx Discover

Card #:

Exp. Date: CVC:

Cardholder's Name:

By Check:

- Check is enclosed

Make check payable to **"Catholic Medical Center."** If your gift is for a particular purpose or department, please note it on the memo line of your check.

Give Online:

CatholicMedicalCenter.org/donate

Please return by mail to:

CMC Philanthropy Office
100 McGregor Street
Manchester, NH 03102

All gifts are tax deductible. For information about planned giving or leaving a legacy gift in your will or estate plan, please contact **Jennifer Pitre**, Vice President of Philanthropy, at **603.665.2569** or **Jennifer.Pitre@cmc-nh.org**.

I would like to make this gift in honor/memory of:

Health & Wellness

Many of our classes, events, and support groups are offered online so you can enjoy from the safety of your own home. All in-person classes maintain the highest-level of health and safety precautions. Please check with CMC on current mask requirements prior to coming to the facility. Thank you for your cooperation and for taking part in your wellness!



CMC Parish Nurse Program

CMC Parish Nurse Consults and Blood Pressure Checks

Tue & Wed 9 AM-1:30 PM, Thu 9-11 AM
Parish of the Transfiguration ■ FREE
Call 603.663.8004 to book an appointment

Congregational Church of Goffstown • FREE
Call 603.497.2365 to book an appointment

Senior Fitness/ Angie Cande, Physical Therapist

Tue 9:30-10:30 AM
Parish of the Transfiguration ■ Free
Space is limited, call 603.663.8004 to register

Indoor Walking, 1 or 2 miles

Wed 9:30-10:30 AM
Parish of the Transfiguration ■ FREE
Space is limited, call 603.663.8004 to register

Knitting

Thu 9:30-11 AM
Parish of the Transfiguration ■ FREE
Space is limited, call 603.663.8004 to register

Blood pressure checks

3rd Wed of the month 10 AM-12 PM
St Joseph's Cathedral, Rectory
Tue after Mass
St. Raphael Parish

Fri 9-11 AM
St. Pius X

2nd & 4th Tue of the month 9-10:30 AM
St. Elizabeth Seton Parish, Parish Hall

1st & 3rd Tue of the month 8:30-10 AM
St Andrew's Episcopal Church, Food Pantry

1st & 3rd Tue of the month 8:30-10 AM
First United Methodist Church, Parish Hall/
Food Pantry

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

3rd Thu of the month 9-10 AM
Divine Mercy, Peterborough

SHINE

A senior support group offering sociability, education, nutritious food and exercise
St Matthew's Episcopal Church

Call 603.663.8004 for schedule and to register



Medication Review

Conducted by Massachusetts College of Pharmacy and Health Sciences students and professors

Tue Nov 15; 9-11 AM
St. John the Baptist, Suncook; FREE
Call 603.663.8004 to register



Childbirth Education

Our Mom's Place nurses have helped thousands of families prepare for the birth of a new baby with our in person and virtual classes. All classes are currently on hold as we make some exciting changes to our program to better serve expecting moms, families & siblings. In the meantime, please check with your prenatal care team for class resources and support.

Fitness Classes



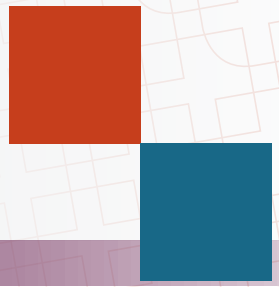
A variety of virtual fitness classes, are now available. Visit: CatholicMedicalCenter.org/events or call: 603.626.2626 for schedule information and to register for any of our classes.

Class fees vary. Descriptions are below.

Power Pump Strength

Maintaining core muscle strength helps to stabilize, protect and move the spine. Class focus will be improving body strength, balance

Where heart meets health.



& flexibility with standing and floor movements. Hand held weights recommended for this class. All levels welcomed.

Half-Hour Power

Test your balance, endurance and strength in this 30-minute low impact workout. Many options provided for all levels of fitness.

Half-Hour Low-Impact Cardio

Keep your heart strong and burn calories with this joint friendly workout.

Barre for Active Agers

The key focus of barre is stability, alignment, and form. Barre's low impact and functional training components, provides the tools to move your body safely in everyday life.



Gentle Yoga

This gentle yoga series is a slower-paced class with focus on stretching postures and gentle flows.

Yoga & Mindfulness

If you are a cancer patient, survivor, or caretaker, be sure to inquire about this new offering. This free class requires no prior yoga experience and will teach you how to manage breath and mind, as well as restorative seated movements.

Seated Tai Chi/Meditation

A blend of Tai Chi, stretching and meditation will help calm your mind and body.

Nutrition & Weight Loss

Surgical Weight Loss Options at NEWMI

If you've had difficulty achieving your weight loss goals, weight loss surgery at CMC's New England Weight Management Institute may be right for you. Come hear from our experienced surgical team, which has performed more than 3,000 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Nov 9; Dec 7; 4:30-5:30 PM

Call 603.663.7377 to register ■FREE

*at this time these sessions are via Zoom, but may be in-person if conditions allow. Please call for details.

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. 8726

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

CMC's Charitable Care Program

Need help paying your bill? We can help—if you have healthcare needs and are uninsured, underinsured, or ineligible for a government program, or are otherwise unable to pay, for medically necessary care or emergent medical conditions based on their individual financial situation. Catholic Medical Center and all offices owned by CMC, including physician practices, can provide financial assistance.

For full details and qualifications and an application, please visit our website:

CatholicMedicalCenter.org / financialassistance or call **603.663.8772**.

Visit: **CatholicMedicalCenter.org/events** or call: **603.626.2626** for schedule information and to register.





CATHOLIC MEDICAL CENTER

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Work for one of the top employers in NH!

CMC was recently named to Forbes Magazine's America's Best Employers List as one of the best places—and the only hospital—to work in New Hampshire! We're a great place to work because great people work here. More than 900 employees were recognized

at a ceremony this summer for celebrating work anniversaries of 5-50 years. We honored six who worked here for 45 years and who three have been here for more than 50! To learn more about how you can have an enduring career at CMC and some of our employee perks, visit CatholicMedicalCenter.org/careers.



your thoughts

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

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