

The Future of Telehealth Starts at CMC

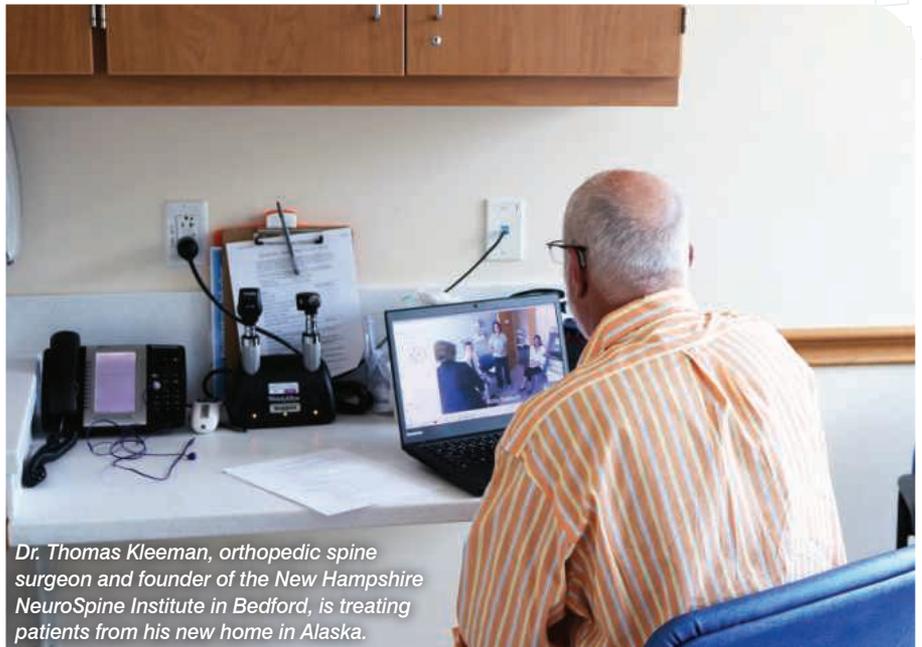
It is 145 miles from Dummer, New Hampshire to Manchester. Imagine that drive, round trip, if you're suffering from back pain.

Luckily for North Country residents, a new program between CMC, the New Hampshire NeuroSpine Institute and Androscoggin Valley Hospital (AVH) in Berlin is providing relief.

"I couldn't be happier," says Dummer resident Bill Bonney, who recently "saw" orthopaedic surgeon Dr. Thomas Kleeman at CMC NH TeleNeuroSpine at AVH. The 49-year old was referred for back pain and a condition called dropped foot – extreme weakness in the foot and ankle caused by a pinched sciatic nerve.

The new program links patients at AVH via a secure video connection to Dr. Kleeman, founder of the NH NeuroSpine Institute, who now lives in Alaska.

With the help of a medical assistant in the room at AVH, Dr. Kleeman is able to remotely evaluate a patient, do wound checks, assess a neurological exam, and go over diagnostic testing from thousands of miles away. Surgery, if needed, is performed at CMC either by Dr. Kleeman (on his monthly visit to NH) or by one of his trusted partners from NH NeuroSpine.



Dr. Thomas Kleeman, orthopedic spine surgeon and founder of the New Hampshire NeuroSpine Institute in Bedford, is treating patients from his new home in Alaska.

"I'm able to watch the patient move, look at their skin, ask questions – all things that we previously would have had them come to the office (in Bedford) for," says Dr. Kleeman. "We're trying to help each patient get as much care as they can in their own hospital, saving them as many as six hours in travel time."

Bonney's first appointment with Dr. Kleeman was on a Friday, and it was clear he urgently needed surgery. "I had pre-op the following Tuesday, surgery on Wednesday and went home the next day. The best part is that, from this point forward, I don't have to go back down to CMC or to

continued on page 2



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health

Medical News



TeleStroke Ambulance Program with Telespecialists, LLC. This program is the first of its kind in the Northeast, where patients are evaluated during their ambulance ride to the hospital.

The Future of Telehealth, continued from page 1

Bedford again. I get my physical therapy and follow up appointments with Dr. Kleeman up here.”

CMC NH Teleneurospine at AVH is just one of several ways that CMC is bringing telemedicine to communities across the state. Some of the other services include a telestroke ambulance program and telehospitalists at Upper Connecticut Valley Hospital in Colebrook.

“We’ve greatly expanded our telemedicine program over the last year,” Barbara McIntosh, MSN, RN, Manager of Telemedicine & Stroke Services at CMC. “We’re offering more specialists at rural hospitals and bringing in more board-certified specialists to patients at CMC, 24/7.”

In 2018, CMC will add telemedicine services at its GraniteOne Health partner hospitals, Huggins Hospital in Wolfeboro and Monadnock Community Hospital in Peterborough, and e-visits at CMC Primary Care practices.

Telemedicine services look to increase access to care and fill gaps in specialties in a cost-effective way that doesn’t sacrifice quality. For instance, it’s difficult for small, rural health systems to attract and retain neurologists; but with telemedicine, a neurologist can be called to evaluate a patient anywhere there’s a video connection, any time of the day.

“We’re giving patients a quality service they would not get otherwise,” says Dr. Kleeman, who continues to follow Bonney remotely, helping him get back to work.

CMC TELEMEDICINE IN YOUR COMMUNITY

- **CMC NH TeleNeuroSpine @ AVH – Androscoggin Valley Hospital, Berlin**
- **Telestroke – CMC, Huggins Hospital, Wolfeboro & Monadnock Community Hospital, Peterborough (with TeleSpecialists)**
- **Teleneurology – CMC, Huggins Hospital, Wolfeboro & Monadnock Community Hospital, Peterborough (with TeleSpecialists)**
- **Telestroke Ambulance Program – AMR Manchester, Goffstown Fire, Hooksett Fire & Peterborough Fire (with TeleSpecialists)**
- **Telepsych – CMC (with Massachusetts General Hospital)**
- **Virtual office visits – CMC Primary Care locations**
- **Telehospitalists – Upper Connecticut Valley Hospital, Colebrook**

Bonney agrees that telemedicine is a great addition to the services he already gets at AVH. “It’s nice for rural areas to get the care we need without doing a lot of travelling.”



Tiny Technology, Big Change

Same popular procedure performed with smaller tools

Sometimes the smallest changes can make the biggest difference. That's the case with the new approach Dr. Andrew Wu and the general surgeons at CMC's Surgical Care Group are taking to laparoscopic surgery. "Mini-lap" is laparoscopic surgery using pediatric-sized instruments.

"There are two major benefits," says Dr. Wu, who specializes in minimally invasive general and bariatric surgery at CMC. "There's less scarring from the smaller incisions and the patients who've had this done say that they've had less pain around the incision sites."

Popularized in the 1990s, traditional laparoscopic surgery involves three to five incisions – usually one to fit a 10-12 millimeter (mm) camera through, and others, usually 5-10mm each for the instruments. Single incision surgery became popular starting in 2007. While this technique was cosmetically better with less scarring, it's recently been associated with increased hernia rates. This is one reason why, around 2013, more surgeons began experimenting with the use of pediatric instruments in adult laparoscopic surgery. The tools at that time were functional, but not strong enough in most cases to handle heavier and thicker adult organs.

"But in the last two years, we've seen a new wave of instruments that are better built, more durable, and easier to use," says Dr. Wu.

Incisions in a mini-lap procedure are only 3mm wide and are glued, instead of stitched, closed. In less than a year, Dr. Wu has performed more than 20 mini-laps for gastric sleeve, gall bladder, and abdominal and groin hernia surgeries.

The mini-lap isn't for everyone, but can be ideal for certain patients, especially women in their 20s and 30s. "For the

right patient," says Dr. Wu, "it does make a difference."

CMC begins using world's tiniest pacemaker

CMC's New England Heart & Vascular Institute (NEHVI) is a leader in offering innovative technologies. The latest is the world's tiniest pacemaker.

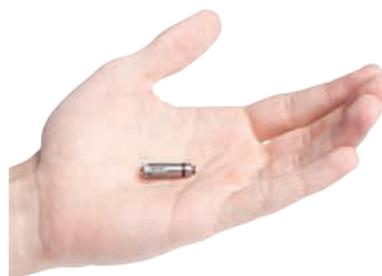


Image courtesy of Medtronic.

Micra is a leadless pacemaker, about the size of an adult vitamin, that was introduced in 2017. Unlike conventional pacemakers, which are placed under the skin near the shoulder and have leads into the heart,

Micra is inserted directly into the heart via a catheter that enters the body in the leg.

The advantages are many, according to NEHVI cardiologist Dr. Daniel Philbin. In trials, there were about half as many complications as traditional pacemakers and no infections associated with placing the device. The device has a 12-year battery life and patients are usually up and walking within two hours of the procedure.

"But the biggest thing I hear from patients," says Dr. Philbin, "is that they're no longer constantly reminded that the device is there. Instead of a noticeable scar and a lump under the skin near the shoulder, a patient has a trivial little scar on the upper leg. That's what people are really moved by."

Micra is part of a trend in health care, and especially in cardiac care, toward non- and minimally-invasive procedures.

"Patients who previously would have needed an invasive procedure, an ICU stay, and a lengthy recovery can come in one day, be up and moving with hours, and back to their normal routines a day later," says Dr. Philbin. "It's remarkable and it's becoming more the rule than the exception." 



Medical News

Mobility is Medicine

First steps are always challenging, especially if you've suffered a major medical event. Conventional wisdom tells us to rest to get better, but that's not always the best prescription.

"In just 24-hours, immobility can cause a long list of medical and emotional complications," says Mercedes Fleming MSN, RN-BC, NE-BC. "Patients who are supposed to be recovering from an injury or illness may wind up suffering from muscle breakdown, loss of strength, incontinence, and decreased mood when they're confined to a bed."

That's why CMC has implemented a new standard of care with Mobility is Medicine. The goal is to make sure every patient, unless there's a medical

reason not to, gets up and moves as part of their treatment.

"Even small steps, like getting up to use the restroom, can make a big difference," says Fleming. "In addition to avoiding the serious complications of immobility, we also find that patients who've kept moving while in the hospital are more ready and confident to go home when it comes time for them to be discharged."

Mobility is Medicine is a nurse-led effort; however, it requires physicians, family members, and patients



themselves to be involved and committed. The next time you or a family member are in the hospital, be sure to ask about how mobility can improve recovery! 🇺🇸

This Mother's Day - Pay Attention to You!

New PT program addresses issues seldom discussed

Being a mom can take a toll on your body. It can be hard to pay attention to your body's needs when you're taking care of someone else. But the effects of childbirth and aging go beyond weight gain and sleep deprivation.

"Labor and delivery is a trauma to your body," says Beth Doucet, PT, DPT of CMC's Outpatient Rehabilitation Services. "We check and repair the big things after childbirth, but don't necessarily consider the healing component. Even ten years later, you can be experiencing problems because you never totally healed."

Common issues – even for women who've not had a child – include pelvic pain, incontinence, and pain with

intercourse. "A lot of women think they just have to live with it, that it's what happens when you get older, and that's not the case," says Doucet.

A new physical therapy program being offered at CMC Outpatient Rehabilitation Services focuses on retraining the reproductive area to relieve those symptoms. Much like healing from a stroke or shoulder injury involves strengthening and retraining mind and muscle, physical therapy for women's health is a combination of exercise and brain-to-body communication.

"Physical therapy should be the first line of treatment, especially for incontinence, and can be more effective



than oral medication or surgery," says Doucet. "We forget that we have all of these internal muscles that we can control, whether it's the bladder or pelvic muscles being tight."

If you've had any of these common symptoms, ask your primary care provider or gynecologist about how CMC's Outpatient Rehabilitation Services can help. 🇺🇸

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Take Control of Your Health

CMC empowers patients with new portal

CMC has unveiled a new patient portal, powered by FollowMyHealth. Since launching in January, thousands of our patients have signed up, getting easier, more transparent access to their health information and history.

"This is a secure, online way for you to manage your personal medical records, communicate with your providers and become more engaged about your health," says Dr. Ivan Ip, Chief Medical Information Officer at CMC.

Among other things, the FollowMyHealth portal allows patients to:

- Access personal health information or that of a loved one
- View test results, some office notes, current and past medications, allergies, and immunizations
- Send and receive messages from doctor's office and manage appointments
- Request a prescription refill

CMC has also adopted OpenNotes on the portal, which is a global movement of making health care more transparent through the sharing of visit notes between providers and patients.

According to Dr. Ip, previous studies have found that "the OpenNotes concept of making provider notes available increases patient engagement and improve outcomes. Our

patients tell us that having access to their visit notes is a powerful communication tool, allowing them to take greater control of their care."

Because FollowMyHealth is used by more than 3,700 connected organizations, you can potentially access your health history and medical records from other providers all in one, convenient, easy to use portal.

To sign up, visit CatholicMedicalCenter.org and click on the "FollowMyHealth Portal" icon. 



Grow With Us

More people are turning to CMC for their care than ever before, which is why we're not only expanding, we're hiring too!

At CMC, we serve some of the most medically complicated patients in the state with innovative technologies and a compassionate team. Here, you can truly take your career to the next level. Opportunities for



professional success include: career advancement, tuition reimbursement programs, nursing scholarships, support for advanced certifications, cutting-edge technologies, and a compassionate environment.

Contact us today to begin a career that works for you.

Careers.CatholicMedicalCenter.org

Catholic Medical Center is an equal opportunity employer and we embrace diversity. EOE/M/F/D/V. 

■ Philanthropy

Giving Benefits Your Health

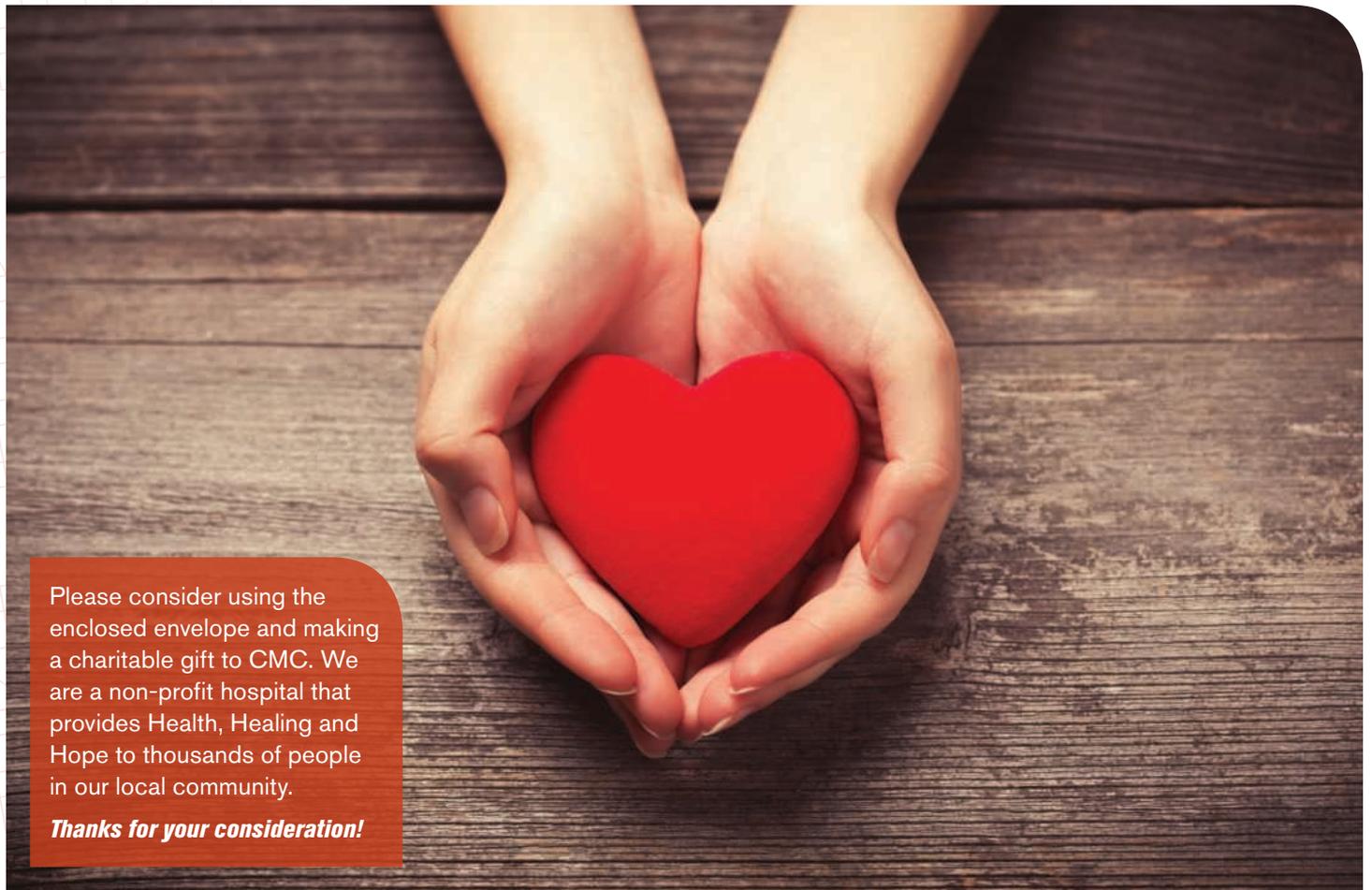
We all know some ways to be healthy: Eat kale. Dance. Give. Wait – give? Yes! It turns out that giving – of your time, treasure or talent – makes your brain release “feel good” chemicals that affect your mental and physical health.

Researchers consistently find that giving leads to greater self-esteem and life satisfaction. Studies also show that giving can also decrease the risk of depression or its symptoms, lower “bad” cholesterol, lower blood pressure and reduce the chances

of a second heart attack. This is especially true for people who choose to give freely instead of volunteering out of a sense of obligation. For instance, volunteering to fulfill a course requirement, or because there is no one else to take care of Mom, might not have as many benefits and may even become a source of stress, which can be detrimental to health.

Jennifer Higgins Pitre, CMC’s Vice President of Philanthropy says, “People who give of themselves freely, without a sense of obligation, feel a sense

of purpose, that they can make a difference in the lives of others. Our volunteers and donors contribute significantly to the wellbeing of our patients and the community through programs and services we might not be able to provide without their help. We are so grateful. How wonderful to know that our volunteers and donors are not only benefitting others, but they’re benefitting their own mental and physical health. Giving really does feel good!” ■



Please consider using the enclosed envelope and making a charitable gift to CMC. We are a non-profit hospital that provides Health, Healing and Hope to thousands of people in our local community.

Thanks for your consideration!

Caring for you.

Where **heart** meets health.



Kristine Billings spent more than 100 hours making this beautiful quilt to thank Dr. Robert Capodilupo and CMC for helping save her husband's life. Ray Billings went into cardiac arrest while running the Snowflake Shuffle in January, 2017. Dr. Capodilupo was also running and he, several nurse runners, EMTs and CMC all played a part in the chain of survival to save Ray. He was back running just two months later! Kristine presented the quilt to Dr. Capodilupo at the CMC Volunteer Champions breakfast on January 19, almost one year from the date of Ray's heart attack. CMC raffled off the quilt to raise money for CMC's New England Heart & Vascular Institute. Thank you, Kristine!



This big check only represents part of the Manchester Monarchs Care Foundation's total donation of \$7,500 to CMC's Breast Care Center. During an in-game contest at the February 10 Pink in the Rink game, Max, Monarchs CEO Brian Cheek, Chief of Breast Imaging at CMC's Breast Care Center and Southern New Hampshire Radiology Consultants Dr. Elizabeth Angelakis, and Monarchs Co-owner Tas Pinther celebrated a successful shot that yielded \$500 for CMC's Breast Care Center. After the game, the Monarchs donated additional money that represented a percent of the ticket sales, as well as money raised from raffles and other contests during the game. Over the past eight years at Pink in the Rink games, the Monarchs Care Foundation has donated more than \$83,000 to CMC's Breast Care Center, which has supported patients' access to care for items not covered by insurance and improved technology to detect and treat breast cancer. Thank you, Monarchs!



Petey Penmen poses with staff from CMC's Breast Care Center at the January 27 Southern New Hampshire University (SNHU) women's basketball game that raised money for CMC's Breast Care Center (BCC). SNHU athletic teams have raised more than \$5,000 for CMC's BCC over the past few years, which have supported patient access to services not covered by insurance and improved technology. Thank you, SNHU!

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■ Philanthropy

At CMC, we're incredibly grateful for our donor support – especially for several recent grants that are instrumental in carrying out the hospital's mission of providing health, healing and hope. The grants, totaling \$250,000, support programs that help women of limited means, expectant mothers and new infants, and new mothers in recovery.

"We're fortunate that many corporate and charitable organizations recognize the innovative, high-quality care we offer patients, regardless of their ability to pay," says Keri Degen, Director of Development at CMC. "We're able to increase that mission with donor support and, in turn, improve the health of our community."



The Grants Include:

New Hampshire Charitable Foundation: \$65,000 over two years to fund the incentives of the CMC Pregnancy Care Center's successful Roots for Recovery program, which provides counseling, treatment, and essential baby gear to pregnant women and new mothers in recovery.

NH Department of Health and Human Services: Funding for a community health worker to identify and connect with women in need of breast and cervical cancer screenings who may be eligible for free services. Early detection is vital in successfully treating both diseases, yet many women avoid screening because of cost or a lack of information about insurance coverage.

Oleanda Jameson Trust: \$21,500 to provide prenatal care to patients from early testing through delivery.

Digital Federal Credit Union: \$100,000 capital grant to help CMC construct a new community education conference area to be used by the Mom's Place, Special Care Nursery, and Pregnancy Care center for both patient, family, and provider education. DCU has also supported CMC with a \$50,000 unrestricted gift which the Mom's Place is using for provider training. Maternal caregivers are currently being trained on trauma informed care to help them more effectively and compassionately support new mothers who are in recovery.

DCU for Kids Foundation: \$15,000 for the KISS (Keeping Infants Safe and Secure) program. This program teaches new families about bonding and attachment, safe sleep, car seat safety, and the "Period of Purple Crying," (which teaches parents how to cope with crying to reduce shaken baby syndrome). Participants receive a Pack N Play.

"It's rewarding to be able to show our generous donors that their gifts really make a difference in people's lives," says Degen. "We're able to ask them what they want to see done with their support and they're able to see results." ■■

Save the Dates

- **CMC Wine & Beer Tasting** – Thursday, May 24, 5:30-8PM, Bedford Village Inn, Bedford. Benefits Poisson Dental Facility and Community Health Services. *Contact: Keri.Degen@cmc-nh.org or 603.663.6056.*
- **CMC's 15th Annual Golf Classic** – Wednesday, June 6, morning and afternoon flights, Passaconaway Country Club, Litchfield. Benefits New England Heart & Vascular Institute. *Contact: Brenda.Cannon@cmc-nh.org or 603.314.4758.*

Health & Wellness

Health Enrichment

Payment is due at time of registration

Freedom From Smoking®

The American Lung Association's Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. The program focuses almost exclusively on how to quit, not why to quit. The 8-session group program is based on proven addiction and behavior change models and offers a structured, systematic approach to quitting. The program includes a comprehensive variety of evidence-based cessation techniques. Betsy Angelakis, MD will attend one of the sessions to discuss the low dose CT Lung Screening Program at CMC and why early diagnosis of lung cancer is so important.

Tue, Apr 10–May 22, 6–7:30 PM

G5, Level G, CMC

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



AARP Smart Driver Program

AARP's program teaches drivers how to boost safety awareness, increase confidence and minimize crash risk. Persons of any age may attend.

Mon, Apr 16, May 14, or Jun 11, 9 AM-4 PM

195 McGregor St, Lower Level, Suite LL22

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

Registration required, call 603.626.2626

Legacy Letters

A legacy letter is a heartfelt expression of what truly matters most in life. It is a way to share your values and wisdom, history and stories, love and forgiveness, and hopes for the future with family and friends. Join Sarah Gilman, MSW from Concord Regional Visiting Nurse Association for an interactive workshop that preserves who you are and what matters most to you.

Tue, May 15, 1-2 PM

195 McGregor St, Lower Level, Suite LL22

Registration required, call 603.626.2626

Understanding Dwarfism

Have you ever seen someone of short stature? Has their height or appearance left you wondering? Did your child ask questions that left you stumbling over your answer? An estimated 30,000 people in the U.S. have a condition known as dwarfism yet it remains a mystery to many of us. If you would like to gain a better understanding of dwarfism, join Jill MacGregor, APRN as she explains this condition in detail.

Wed, May 16, 6-7 PM

195 McGregor St, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

Advance Care Planning

Ann Berthiaume, LICSW and Marc Guillemette, MS., M.Div. will discuss the importance of advance care planning for end of life care. There will also be a review of Catholic Church teaching regarding care and medical treatment at the end of life. Copies of New Hampshire's Advanced Care Directives forms and copies of the Three Beliefs: A Guide for NH Catholics on End-of-Life Decisions will be available. A notary will be present for those interested in completing their advance directive forms.

Wed, May 23, 6-7:30 PM

G5, Level G, CMC

FREE, registration required, call 603.626.2626



Reduce Your Risk of Cancer Starting Today

The American Cancer Society reports that more than 1.5 million new cancer cases are projected to occur in the US in 2018. Nearly 50% of the most common cancers can be prevented through lifestyle changes according to the American Institute of Cancer Research. Join Ann Saltalamacchia, RD, LD as she reviews the latest research for cancer prevention, identifies the connection between cancer risk and lifestyle habits and explains how to lower your risk of cancer.

Mon, Jun 4, 6-7 PM

195 McGregor St, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

Health & Wellness

Mental Health First Aid for Veterans and their Families

While military service often fosters resilience, some service members may experience mental health or substance use challenges. Approximately 30% of active duty and reserve military personnel deployed in Iraq and Afghanistan have a mental health condition requiring treatment, yet less than 50% of returning veterans in need receive any mental health treatment. Family members and personnel working with military are often not aware of how to engage veterans with mental illness and addictions. This eight-hour public health education program focuses on the unique experiences and needs of the military veteran and family and teaches participants how to support a veteran developing a mental health problem or experiencing a mental health crisis.

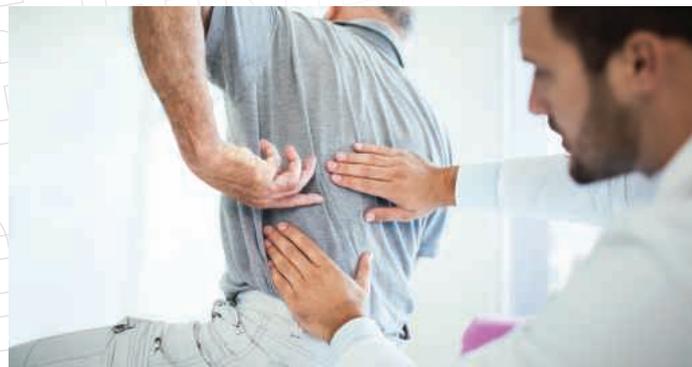
Thu, Jun 7 & Fri Jun, 8,
8:30 AM-12:30 PM (must
attend both days)
195 McGregor St, 3rd
Floor, Suite 320
\$15, Registration required,
call 603.626.2626



Are You Getting the Best Treatment for Your Back Pain?

Back pain is one of the most common reasons people go to their provider or miss work, and a leading cause of disability worldwide. David Hou, MD, Ally LeGacy, APRN, NP-C, and Lisa Rondeau, PT will discuss the various causes and treatments for back pain including nerve injections, radio frequency nerve ablation, physical therapy, and more.

Mon, Jun 11, 6-7:30 PM
195 McGregor St, Lower Level, Suite LL22
FREE, registration required, call 603.626.2626



Healthy, Wealthy, and Wise: Protecting Yourself from Identity Theft and Scams

From mail, e-mail and phone scams, to debit and credit card fraud, identity theft continues to be on the rise. Shirley Bhutto, Director of Enterprise Risk Management & Compliance at St. Mary's Bank, uses her 18 years of experience to help you identify scams and understand the latest security breaches in order to protect yourself and your family.

Mon, Jun 18, 6-7:30 PM
195 McGregor St, Lower Level, Suite LL22
FREE, registration required, call 603.626.2626

When Grief Becomes Complicated

The death of a person we love is one of the most painful experiences in life. Overcoming a deep sense of loss is a difficult and lengthy process. While the majority of bereaved persons eventually find a way to go on with their lives and engage with others, some appear to experience complications. This presentation will provide an overview of the signs of complicated grief, how it differs from "normal" grief, and how it may go unrecognized. There will be discussion of some of the helpful approaches with those who are grieving and resources available to those experiencing complicated grief.

Tue, Jun 26, 6-7:30 PM
195 McGregor St, Lower Level, Suite LL22
FREE, registration required, call 603.626.2626

You Can Prevent Type 2 Diabetes

If you are at risk for, or currently have pre-diabetes, The Diabetes Prevention Program is designed to empower you to take charge of your health. You'll meet with trained CMC lifestyle coaches for 16 weekly sessions and 8 monthly sessions where you will learn ways to incorporate healthier eating, physical activity, and stress reduction into your daily life. To qualify for this program you must be at least 18 years of age and meet one or more of the following criteria:

- Overweight
- Have a fasting blood sugar of 100-125 mg/dl
- Have an A1C of 5.7 to 6.4%
- Been told by your health care provider that you have pre-diabetes, high blood sugar or are at risk for developing diabetes
- Have a history of high blood sugars during pregnancy

This program is designed for those who do not already have diabetes. To see if you are at risk for developing diabetes, complete

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the CDC pre-diabetes screening test at:
<http://www.cdc.gov/diabetes/prevention>
For more information about this program, call 603.626.2626

Helping You Manage Your Cholesterol

The Cholesterol Management Center can help you manage your cholesterol and reduce your cardiovascular risk. Our team works to provide a lifestyle plan of diet and exercise that is tailored to you rather than a "one size fits all" plan. If needed, we work with you on a medication treatment plan to meet your individual needs, tolerances, and cholesterol goals.

To schedule an appointment or obtain a physician referral, please call our office at 603.663.6549, option 2.

Diabetes Education

If you have pre-diabetes or diabetes, education is the key to successful self-management. At the Diabetes Resource Institute at CMC, our certified diabetes educators provide group and individual appointments, with extended early morning and late day appointments available. A referral from a primary care physician is required.

To receive a copy of our monthly eNewsletter, email diabetesconnection@cmc-nh.org

To schedule an appointment, call 603.663.6431



Massage

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

For information, or to schedule an appointment, call 603.641.6700

Greater Manchester Brain Injury & Stroke Support Group

A support group for brain injury & stroke survivors, their family members, and their care givers. This program provides a constructive, creative and safe opportunity for participants to share their experiences, exchange resources, and develop strategies for coping.

2nd Tue of month, 6–7:30 PM

RMU Level F, CMC

FREE, for more information, call 603.626.2626

Holistic Health Series

The Stress-Pain Connection

There are physical responses within our bodies to stress, but the good news is we can manage our stress levels to reduce pain, along with improving our focus and memory! Stress and pain are interrelated and may impact recovery from an injury or illness. The pain may be general aches, headaches, neck pain or the result of a shoulder, wrist or back injury. Contributing factors may be related to postural alignment, not enough movement in your day, or the constant to-do list running through your head. Join Nina Hopkins, OTR/L, neuro-clinical leader and learn how to take control of your stress levels and better manage your pain.

Tue, May 8, 6-7 PM

195 McGregor St, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

Bouncing Back: How to Develop a More Resilient Self

There is an increasing focus in research regarding what makes human beings resilient and able to adapt to change. This program will focus on some of the research and help you to identify tools and effective habits for emotional wellness.

Learn what factors can contribute to better stress tolerance and how you can seek opportunities to help improve your life balance and resilience.

Tue, Jun 12, 6-7:30 PM

195 McGregor St, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626



Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on your goal to be smoke free. An individual session with a certified hypnotist is provided. For reinforcement, a 40-minute CD is given for daily at home use.

Thursdays, 1 PM, Level D, CMC

\$115, registration required, call 603.626.2626

Health & Wellness

Fitness

Staying Strong, Living Long!

With a focus on strength, flexibility and balance, we'll use hand weights, leg weights and resistance tubes. Perfect for older adults or those new to exercise.

Tue & Thu, 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 environment. Dance has proven to be beneficial in addressing PD-specific concerns such as balance, flexibility, and coordination. The classes are open to the participants, their friends, family, and caregivers. No dance experience necessary.

Tue, 1-2:15 PM
195 McGregor St., Lower Level, Suite LL22
\$40 (8 weeks), registration required, call 603.626.2626

Barre

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 19-Jul 5, 12-12:45 PM
195 McGregor St., Lower Level, Suite LL22
\$90 (12 weeks), registration required, call 603.626.2626

Get Fit Boot Camp

This interval training workout is designed to help you build strength and cardiovascular endurance using weights and aerobic conditioning exercises.

Thu, Apr 19-Jul 5, 5:30-6:30 PM
195 McGregor St., Lower Level, Suite LL22
\$90 (12 weeks), registration required, call 603.626.2626

A Strong Core and More

Maintaining core muscle strength helps to stabilize, protect, and move the spine.

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

Tue, Apr 17-Jul 3, 5:30-6:30 PM or
Thu, Apr 19-Jul 5, 3:45-4:45 PM
195 McGregor St., Lower Level, Suite LL22
\$90 (12 weeks), registration required, call 603.626.2626



Yoga 101

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, Apr 17-Jul 3, 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 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, Apr 17-Jul 3, 10:15-11:15 AM or
Tue, Apr 17-Jul 3, 3:45-4:45 PM or
Tue, Apr 17-Jul 3, 6:30-7:30 PM or
Wed, Apr 18-Jul 11, 5:45-6:45 PM (no class 7/4) or

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With heart.

Thu, Apr 19-Jul 5, 10:15-11:15 AM
195 McGregor St., Lower Level, Suite LL22
\$90 (12 weeks), registration required, call 603.626.2626

Yoga Flow

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

Participants should be able to get up and down from the floor with ease throughout the class.

Mon, Apr 16-Jul 9, 6:45-7:45 PM, (no class 5/28) or
Wed, Apr 18-Jul 11, 4:00-5:00 PM, (no class 7/4)
195 McGregor St., Lower Level, Suite LL22
\$90, 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
Fees vary. For more information, call 603.663.8000

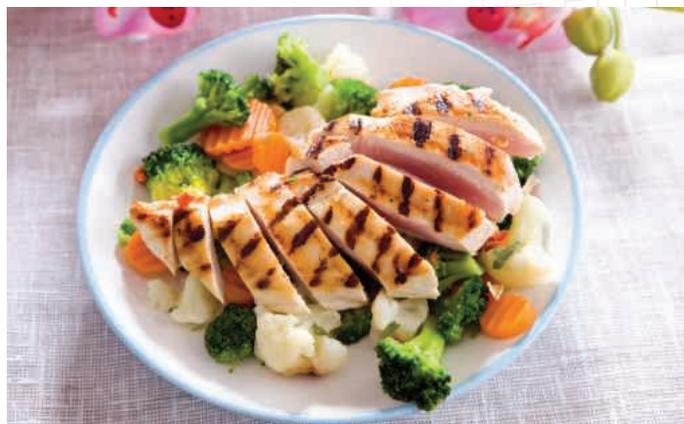
Nutrition and Weight Loss

Nutrition Solutions

The Outpatient Nutrition Center can help you cope with a multitude of health issues as it relates to nutritional needs within the scope of one's lifestyle, financial situation, cooking abilities, etc. Our services include but

are not limited to: general nutrition, weight management, cholesterol and hypertension management, pre-diabetes and gastro-intestinal health. We provide recommendations for cancer prevention, nutrition guidance during and after a cancer diagnosis, COPD, dysphagia, kidney disease, wound healing, pregnancy, and more.

195 McGregor Street, Suite 312
To schedule an appointment or obtain a physician referral, call 603.663.8739



Surgical Weight Loss Options at CMC's New England Weight Management Institute

If you've had difficulty achieving your weight loss goals, weight loss surgery at our New England Weight Management Institute may be right for you. Our experienced surgical team has performed more than 2,400 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session. Mon, Apr 2, , Wed, May 2, or Wed, Jun 6, 4:30 PM
The Falls Event Center
21 Front Street, Manchester
Registration required, call 603.663.7377

OPTIFAST®—Medically Supervised Rapid Weight Loss Program

Achieve rapid weight loss with the OPTIFAST®'s comprehensive, medically supervised, low calorie fasting program. On average, participants lose 50 pounds in 12 to



Health & Wellness

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. Medical monitoring is required. See below for FREE info session schedule. Call 603.663.6297 for more information.



“Opti-Mistic” Lifestyle - OPTIFAST® 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 and pay only for the cost of food*. FREE optional monthly support group offered. See below for FREE info session schedule. For more information, call 603.663.6297.

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

FREE OPTIFAST® Information Sessions

Learn about both the OPTIFAST® low-calorie Full Fast plan for rapid weight loss and the “Opti-Mistic” Lifestyle Partial Fasting plan. Bring your questions, sample OPTIFAST® products, and complete the first step to getting started on either plan. Registration not required.

Wed, Apr 4, 18; Wed, May 2, 16; or Wed, Jun 6, 20, 5:30-6:30 PM
The New England Weight Management Institute, 769 South Main St., 3rd Flr., Manchester, NH

Parish Nurse Program

CMC Parish Nurse Programs are closed if schools are closed due to weather conditions.

The CMC Parish Nurse Program is present in 19 local faith communities in the greater Manchester area, providing spiritual, physical, psychological and social care to their members and neighbors of varied ethnic and religious affiliations. Parish Nurses provide a variety of health screenings, wellness education programs and patient advocacy. Find our monthly calendar on the CMC website.

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

Divine Mercy, Peterborough, 2nd Thu, 9-10 AM

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

Food for Children, JFK Coliseum, 4th Sat, 9-11 AM

Litchfield Community Church, 2nd Wed, 10-12 PM & 2nd Sat, 8:30-11:30 AM

Sacred Heart Church, 3rd Tue, 8:45-10:30 AM

Salvation Army, 3rd Thu, 9-11 AM

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’s, re-opens Thu, Apr 5, 9-11 AM

St. Catherine of Sienna, Wed, 11 AM-12 PM

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

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

St. Joseph Cathedral, 1st & 3rd Tue, Senior Group, 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, 8:30-11 AM

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

Immaculate Conception Parish, Nashua, call for information.

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.

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

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S.H.I.N.E.

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

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

Prayer Shawl Program

Immaculate Conception 2nd Wed, 6-8 PM
Parish of Transfiguration, 1st Wed, 10:30 AM-2 PM
St. Joseph Cathedral Rectory, 2nd Tue, 1-2 PM
St. Pius X, 1st Fri, 9 AM
St. Elizabeth Seton, 1st Mon, 6-7:30 PM
St Lawrence, 3rd Thu, 10 AM
FREE

Chair Exercises

Congregational Church, Goffstown, Wed, 10 AM
St. Elizabeth Seton, Bedford, Tue, 9:00 AM
Parish of the Transfiguration, Thu, 9:30 AM
FREE

Indoor Walking, 1-2 miles

Parish of Transfiguration, Tue, 9:30 AM, FREE

Historic Church Tour

Join us on a tour of local houses of worship to learn about their architecture, history, culture and traditions. We will meet at the Salvation Army located at 121 Cedar St., Manchester at 9:30 AM and tour the Salvation Army Church, First Congregational Church and Grace Episcopal Church. Bring your own lunch and a canned food item for the food pantry.

Tue, May 8, 9:30 AM-1:15 PM

FREE, for more information and to register, call 603.663.8004

Senior Resource Fair

Sat, Apr 21, 8:30 AM-12 PM
Immaculate Conception, Nashua
Gathering Hall, FREE

Diaper Drive to Benefit Our Place

Drop off sizes 3 through 6 diapers, pull-ups and diaper wipes at the Parish of the Transfiguration.

Thu, Jun 14, 9-11 AM

Bike Skills and Safety Fair

A collaborative event with Bike Manchester, Bike Walk Alliance NH, CMC Parish Nurse Program, Hope Tabernacle, Manchester Police Dept., NeighborWorks and Queen City Bike Collective.

Beech Street School Playground
333 Beech Street, Manchester.
Helmets required.
Sat, Jun 23, 9-11:30 AM

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



BeWell Cancer Survivorship Program

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

BeWell Cancer Survivorship Newsletter

At Catholic Medical Center, we understand that a cancer diagnosis and treatment for you or a loved one can be

a challenging time. In an effort to support you and your family, we offer patients and their families a quarterly educational and supportive eNewsletter. To receive a copy, email us at bewellsurvivorship@cmc-nh.org. FREE.

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. Tue, May 29, 6-8 PM

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



Health & Wellness

Living with Cancer Support Group

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

Second Wednesday of the month, 3-4 PM
FREE, registration required, call 603.629.8683

Oncology Exercise Program

This program is for patients who are undergoing cancer treatment or are in the recovery phase following treatment.

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

Mon, Wed, Fri, ongoing, various class times
The Wellness Center, 195 McGregor St., Lower Level, Suite LL23
FREE 90 day membership, registration required, call 603.663.8000



Thriving with YogaCaps

A gentle, therapeutic, mat or chair-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.

Tue, Jun 5, 5:30-6:30 PM
Breast Care Center, 9 Washington Place, Suite 203, Bedford
For more information or to schedule an appointment, call Becky at 603.641.6700

To learn more about the BeWell Cancer Survivorship Program and to see a complete listing of our services and classes go to CatholicMedicalCenter.org/BeWell or call 603.663.6535.

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 use 7 movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included will be a review of the findings and individualized corrective exercises to assist in restoring maximal function.

\$25. For more information or to schedule an appointment, call 603.641.6700

Vein Screening – New Location!

Your legs can tell an awful lot about your overall health. If you've been wondering about the cause of your varicose veins, aching, itchiness, pain, heaviness and/



or swelling in your legs, join the experts at CMC's Vein & Vascular Specialists for a complimentary 15-minute vein screening clinic. 2nd Thu of the month, 5-6 PM
Vein & Vascular Specialists, 160 S. River Rd, Bedford
FREE, to schedule an appointment, call 603.665.5150

Vascular Screening – New Location!

Vascular problems can lead to life threatening conditions like heart attack, stroke and limb loss. Vascular disease occurs when plaque builds up in the arteries and diminishes blood flow. Risk factors include smoking, age and high cholesterol. Symptoms can be hard to detect, but most often occur in the legs and may include; trouble or pain with walking, poor wound healing, cool skin or sores on the legs,



visual problems, high blood pressure.
Vein & Vascular Specialists, 160 S. River Rd, Bedford
\$95, to schedule an appointment, call 603.665.5150

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Lung Cancer Screening

Lung cancer is the number one cause of cancer related death in the US and in the world. Lung cancer kills more women than breast, ovarian and uterine cancer combined and more than prostate cancer for men. If you are aged 55-77, have a 30 pack year smoking history (calculated by your provider), currently smoke or have quit within the last 15 years, you may be eligible for a FREE lung cancer screening. Check with your provider to see if you qualify or call 603.663.5219 for more information.

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. CMC 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 farah.deselle@cmc-nh.org.

Pure and Natural—Fertility Care!

Discover a highly effective system to understand and manage your fertility without chemicals or devices. A woman's body signals when she is entering and leaving her time of fertility. Knowing how to track these signs empowers a woman with information to manage fertility and to identify possible underlying reproductive disorders. Highly effective to achieve or avoid pregnancy "naturally".
2nd Wednesday of month,
6:30-8 PM
ACR Conference Room,
Level G, CMC
FREE, registration required,
call 603.626.2626



Welcome Visits at 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, registration required, call 603.626.2626

 **CMC**
CATHOLIC MEDICAL CENTER
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Health & Wellness

Preparation for Breastfeeding

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

Tue, Apr 3, May 1, or June 5, 6:30-8:30 PM

Pregnancy Care Center, Medical Office Building, 2nd floor, suite 204
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. Call for dates and locations.

\$40, registration required, call 603.626.2626

Preparation for Birth

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. Refreshments are provided. A tour of The Mom's Place and birth suites is included in this in-depth series.

Sat & Sun, April 7 & 8, May 19 & 20, or June 2 & 3, 9 AM-2:30 PM
(2 sessions)

Tue, April 3-17 & May 1, May 8-29, or June 5-26, 6-8:30 PM (4 sessions)

195 McGregor St., 1st Floor, Suite 110

\$130, registration required, call 603.626.2626

Birthing Again

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

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

Call for dates and locations.

\$40, registration required, call 603.626.2626



CPR and Safety Class for Caregivers of Infants and Children

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 8. This is a non-certification class.

Sat, May 12, 9:30 AM-12:30 PM

\$20 per person, registration required, call 603.626.2626



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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, Apr 5, May 10, or Jun 7, 6-8:30 PM

Couples fee: \$40 or \$20 if taken in addition to Preparation for Birth Series. Registration required, call 603.626.2626



Prenatal Yoga

Join other expecting moms and enjoy the 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 you 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.

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

\$50 for 6 week session or drop in \$10 per class, ongoing.

Registration required, call 603.626.2626

Becoming a Big Sister or Big Brother

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

Sun, Apr 15, 1:30-2:30 PM, Sat, May 12, 2-3 PM, or Sun, Jun 10, 1:30-2:30 PM

Family fee: \$10. Registration required, call 603.626.2626

Lactation Services

Officially designated Baby-Friendly™ hospital, CMC offers one-on-one education and encouragement for new moms before the birth, during the hospital stay and after going home.

FREE. Lactation Line is 603.663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667

A Mother's Journey: A Group for Growing Moms and Babies

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

Mondays, 1-2:30 PM

195 McGregor St, 1st floor, Suite 110

FREE, registration required, call 603.626.2626



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health

CMC's Patient & Family Advisory Council



CATHOLIC MEDICAL CENTER

100 McGregor Street
Manchester NH 03102

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The perspective of the patients and families we serve is a high priority. The Patient & 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 CMC consistently deliver an exceptional patient

experience while improving patient safety and providing the highest level of clinical quality to all patients.

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 standards of care they receive. Patient advisors represent the views of a diverse patient group.

How can YOU get involved?

For additional information, or to inquire about becoming an advisor, please send an email to Karen McLaughlin at Karen.McLaughlin@cmc-nh.org or call 603.663.6433. To explore other opportunities, please contact the Volunteer Resources Department at 603.663.6010.



Front row: Pat Young, Sue Machos, Gloria Dionne Back row: Sue Manning, Joanne Leach, Brian Boyyn, Barb McGuire, Diane Cheney, and Karen McLaughlin

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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 CMC Connect App

Catholic Medical Center is a fully accredited hospital of the Joint Commission. Requests for a public information interview can be made by contacting the Joint Commission at jointcommission.org. ©2018 CMC. All rights reserved.