

# Healthy Living

News from Catholic Medical Center

100 McGregor Street Manchester NH 03102

Summer 2019



## Future of CMC Begins This Summer

*Expansion project will transform the hospital and patient care*

**This summer, CMC will begin a make-over of its busy corner in the Queen City. A multi-year campus expansion project announced earlier this spring includes a six-story addition to the hospital as well as a new Rite Aid store, and parking and traffic improvements.**

“CMC has a history of and commitment to meeting the community’s healthcare needs, and our community needs this,” said CMC President & CEO Dr. Joseph Pepe. “On any given day, this hospital is nearly or completely full. The demand for our high-quality services is growing and patients expect nothing but the best from us. This new addition will help us increase access to critical health care services, improve patients’ experience in the hospital, and further our mission of health, healing and hope.”

For more than 125 years, Catholic health care has been at the heart of Manchester—growing and changing

with the times and leading into the future. CMC is now one of New Hampshire’s largest medical centers, serving nearly 200,000 patients a year and employing more than 3,000 people. The nationally-renowned New England Heart & Vascular Institute (NEHVI) provides patients leading-edge programs and treatment options that are typical of urban, academic medical centers, but in the familiar community setting they trust.

“A major focus of this project is to create a world-class destination for heart and vascular care,” says NEHVI Executive Medical Director Dr. Louis Fink. In addition to housing all of the NEHVI services in a centralized location, the expansion will include new operating rooms for cardiac procedures, new cardiac catheterization and electrophysiology labs, and procedure prep and recovery areas.

An expanded emergency department and up to 90 private patient rooms are

also part of the plans. When complete, CMC will be able to operate up to its license of 330 beds.

The first phase of the project is set to get underway later this summer. That will see partial demolition of the long-vacant portion of the Rite Aid plaza, directly to the north of CMC. A new Rite Aid will then be built in the current parking lot, closer to McGregor Street. After that store is open, the rest of the existing plaza will be demolished and construction will begin on the hospital building. 🇺🇸

For updates on the project, visit [catholicmedicalcenter.org](http://catholicmedicalcenter.org)

## Measles Makes a Comeback

**Measles is back, are you safe?**

Read more on how to protect yourself on page 2.

# Medical News



## Measles: Why it's serious and how to protect yourself

Measles was declared eradicated in the U.S. in 2000 thanks to the success of the MMR vaccine. Yet the CDC confirmed more cases in the first three months of this year than in the entire first decade of the 2000s.

The measles virus causes an uncomfortable, respiratory illness, mostly in children. For some however, including the medically frail, measles can lead to death.

"Measles can cause major complications, more serious than the flu," says Dr. Marcy Boucher of Willowbend Family Practice. "Kids don't get their MMR vaccine until 12 months old, so you have infants, along with those who can't be vaccinated or those with weak immune systems, who

are most at risk."

The current outbreak of measles in the U.S. is believed to have come from overseas. It has spread in areas where a significant number of children aren't vaccinated. Because there have been so few cases for the last 20 or more years, an entire generation of physicians have never treated it before.

"We've never been exposed to it," says Dr. Boucher. "Seeing it in a textbook is different from interacting with it and witnessing it in a patient."

Dr. Boucher says the best and easiest way to protect against measles is to get vaccinated. "The safety of the MMR vaccine is very well established. Talk to your primary care provider if you have concerns or doubts." 

## Do you need help paying your bill?

### *CMC's Charitable Care program*

If you are uninsured, under-insured, ineligible for a government program, or are otherwise unable to pay for medically necessary or emergency medical care, we may be able to help.

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.**

Find out more about the resurgence of measles and what you can do to protect yourself and your family at Dr. Boucher's community talk "Measles Making a Comeback? Who is at Risk?" See page 10 for details.

For additional information, visit:  
<https://www.cdc.gov/measles/resources/parents-caregivers.html>

# Where **heart** meets health.

## Detecting a Hidden Threat

### Screening for abdominal aortic aneurysm can save your life

By Pamela Meyer, APRN, Surgical Care Group

The aorta is the main blood vessel that supplies blood to the lower part of the body. It extends from the heart through the abdomen where it branches into smaller vessels delivering blood to the body and organs. Generally, the aorta measures about 2 cm, but can range anywhere from 1.4 – 3 cm. An abdominal aortic aneurysm (AAA) is an enlarged or weakened portion of the aorta measuring greater than 3 centimeters (cm) or 1.18 inches.

If detected early, an AAA can be monitored and treated surgically. If left untreated, an AAA has the potential to rupture and cause serious or even fatal bleeding.

There are several genetic and lifestyle risk factors for developing an AAA, including:

- Age greater than 60
- Caucasian male
- History of cigarette smoking, including E cigarettes
- Plaque in the arteries as a result of high cholesterol
- Uncontrolled high blood pressure
- Family history of AAA
- History of other large artery aneurysms such as the large blood vessels in the legs

Often times, an AAA has no symptoms and is found during a routine physical exam, AAA screening, or on diagnostic imaging to evaluate for other medical conditions.

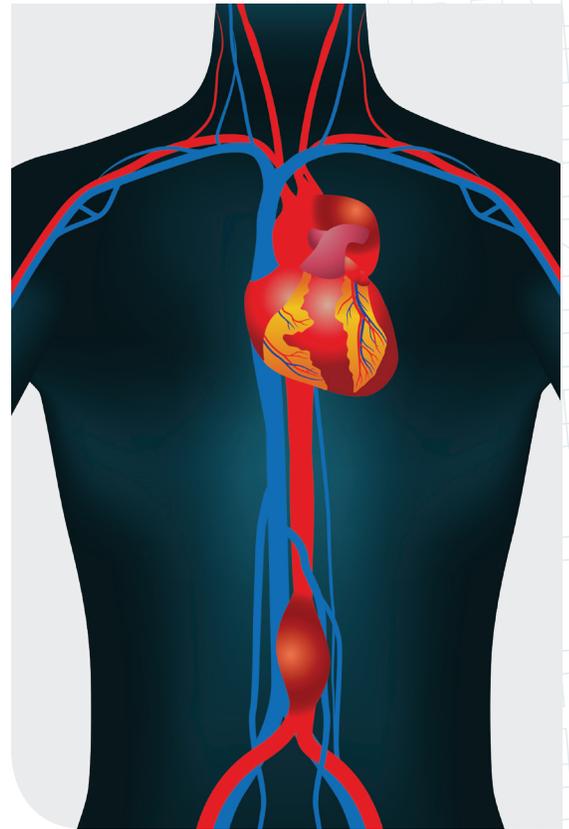
For this reason, The U.S. Preventative Task Force recommends screening for those at risk.

- Men ages 65-75 who have ever smoked, and
- Men and women age 65-75 without a smoking history, but have a family history of AAA

Future follow-up and monitoring may be recommended based on the screening ultrasound findings.

Surgical treatment of an abdominal aortic aneurysm, if necessary, includes the traditional open abdominal incision. The surgeon removes the enlarged part of the aorta and sews a synthetic graft in its place. However, patients are often able to undergo a less invasive treatment called an endovascular repair of an AAA. During this procedure, small incisions are made in the groin and a folded graft is placed within the aorta through a catheter, bypassing the aneurysm.

Discuss your risk factors with your primary care provider. While quitting smoking and treating high blood pressure and cholesterol can help reduce the risks for an AAA; your healthcare provider may recommend screening. Medicare covers this screening for certain at-risk patients. The team at Catholic Medical Center Surgical Care Group is skilled at monitoring and treating AAAs. 🇺🇸



## WELCOMING...

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



**Tracy Fritz, MD**  
Lakeview Internal Medicine



**Bernard Fritz, MD**  
Lakeview Internal Medicine

# Medical News

## 2018 Community Benefits Report

Catholic Medical Center's commitment to community is underscored by our annual community benefits report. Between October 1, 2017 and September 30, 2018, (FY 2018) Catholic Medical Center provided more than \$73 million worth of care and services to our community. These benefits come in the form of subsidized health services and community health improvement initiatives.

CMC underwrites subsidized health services through its own funding, as well as donor and grant support, to increase access to care for those in need:

- Behavioral Health Services
- Health Care for the Homeless
- Pain Center
- Poisson Dental Facility
- Primary care services for the under- and uninsured
- Special Care Nursery
- Pregnancy Care Center

Based on the needs identified in the Greater Manchester Community Health Needs Assessment (CHNA), CMC provides community-based health education, prevention, and supportive programs including:

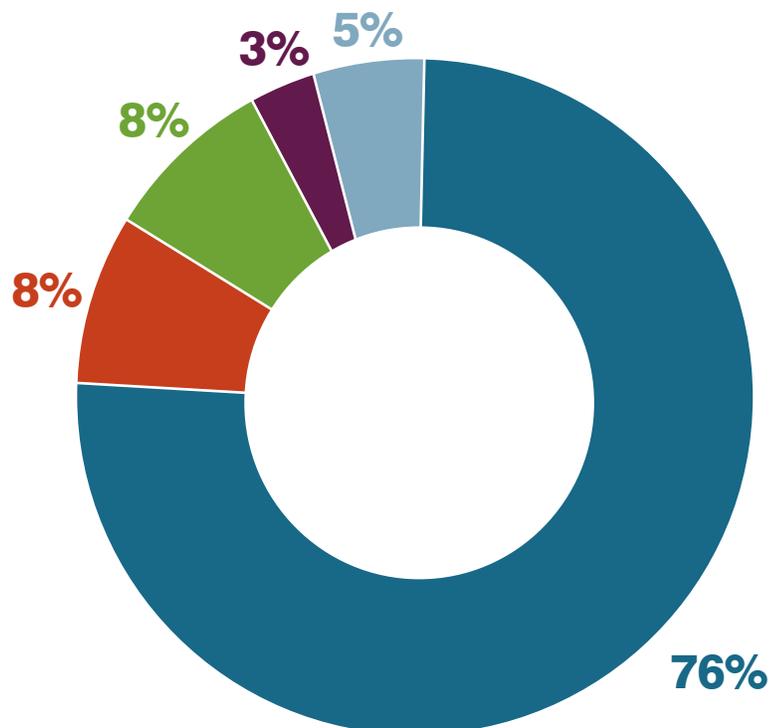
- Community health education, fitness classes, and support groups
- Health screenings, including breast and cervical cancer screenings, at little or no cost
- Medication Assistance Program
- Outreach and enrollment assistance for Medicaid and other government-sponsored programs
- Patient Transportation Services
- Parish Nurse Program

Other community benefits include leveraged revenue, health professions education, financial contributions, community building activities and clinical research. ■■

### FY 2018

October 1, 2017 – September 30, 2018

- Medicaid/Medicare Shortfall  
\$55.9 M
- Charity Care  
\$5.9 M
- Subsidized Health Services  
\$5.9 M
- Community Health Improvements  
\$2.3 M
- Other Community Benefits  
\$3.4 M



# Where heart meets health.



## Partners in Recovery

### CMC to open Wilson Street Integrated Health, a service of HCH Manchester

Continuing our mission of caring for our most vulnerable neighbors, Catholic Medical Center is about to open a new location at the Manchester Recovery and Treatment Center. Wilson Street Integrated Health will function as another clinic of Health Care for the Homeless offering primary care, social work, counseling and medication assisted treatment to those who receive other services at the Center and clients in the area.

Conversion of the former Hoitt's Furniture building, on the corner of Valley and Wilson Streets, began several years ago when Hope for New Hampshire Recovery, a peer-based substance use recovery program, moved into the building. Since then, The Willows

Substance Use Treatment Center, a program of Families in Transition-New Horizons, set up housing and services for women and women with children. The Mental Health Center of Greater Manchester's Mobile Crisis Response Team is also housed within the building.

"Wilson Street Integrated Health is the missing component for this facility to offer complete, wrap around services to support clients on their recovery journey," said CMC Executive Director of Community Health & Mission Tim Soucy, MPH. "We need to remove barriers for our clients to be able to take care of themselves and be well. Having medical care offered in the same building where they get other recovery services will help them tremendously."

"We're thrilled to be co-located with CMC's Health Care for the Homeless at the Manchester Recovery and Treatment Center on Wilson Street," said Families in Transition Vice President, Clinical & Support Services Megan Shea, LICSW, MLADC. "Working collaboratively to help address the personal health issues connected to substance use and mental health disorders will improve health outcomes for the individuals and families served by this partnership in the Manchester area."

Wilson Street Integrated Health will begin seeing clients in July with a grand opening celebration planned for August 15, which is National Health Care for the Homeless Day. 🇺🇸

## When Minutes Matter

### CMC recognized for care in critical situations

CMC is proud to announce it was recently verified as a Level III Trauma Center by the American College of Surgeons Committee on Trauma. The verification recognizes CMC's dedication to providing the best possible care for injured patients.

CMC also received two distinctions for stroke care—it was recertified as a Primary Stroke Center by The Joint Commission and received the highest-level recognition possible from the American Heart Association/American Stroke Association, a Get With The Guidelines® Gold Plus quality award with Target: Stroke Honor Roll Elite Plus. A Stroke Honor Roll hospital is one that has excellent track records of administering clot-busting drugs to stroke patients within an hour of their arrival at the hospital.

The strength of CMC's stroke program is built on

collaborations with EMS partners, many of whom participate in an innovative telehealth program that allows ambulance crews to connect with a neurosurgeon while still en route to the hospital.

"Catholic Medical Center is known for its life-saving cardiac care," said CMC Vice President of Clinical Programs Lu Mulla.

"With these recognitions for stroke care, and our Level III Trauma verification, residents in Greater Manchester can trust that CMC has the resources and expertise that make a difference when minutes matter."

CMC was also honored to be one of three New Hampshire hospitals recognized earlier this year on Newsweek Magazine's first-ever World's Best Hospitals list, ranked 135 out of 226 in the U.S.

For more on the quality of care you can expect at CMC, visit [catholicmedicalcenter.org/awards](http://catholicmedicalcenter.org/awards). 🇺🇸



# Medical News

## ClearChoiceMD/CMC Urgent Care Centers—What to know before you go

Two new convenient walk-in urgent care sites in the greater Manchester area recently opened. These centers, located in Goffstown and Hooksett, are co-owned by CMC and ClearChoiceMD (CCMD), but are operated fully by ClearChoiceMD; ClearChoiceMD also has other locations throughout New Hampshire not affiliated with CMC.

Both ClearChoiceMD/CMC locations make it easier for you to get quick, convenient, high-quality care, backed by the CMC network of primary care and specialty providers. You can expect a great experience at both CMC-Urgent Care (Bedford) and the ClearChoiceMD/CMC locations, though the look and feel will be different since they are operated differently.



### Other important things to know before you go:

#### 1. Will the ClearChoiceMD/CMC locations have access to my CMC patient chart?

Not at this time. Providers/staff at ClearChoiceMD/CMC currently do not have access to your CMC patient chart when you are seen there. However, information from your visit at either of the ClearChoiceMD/CMC locations will be sent back to and included in your CMC patient chart if you already have a CMC primary care provider.

#### 2. Will my primary care provider be notified that I was seen at a ClearChoiceMD/CMC location?

If you indicate at your visit that you have a primary care provider, ClearChoiceMD/CMC will send over a visit summary to your primary care provider at the end of the day in which you are seen.

#### 3. What if I don't have a primary care provider?

The CCMD/CMC locations have information to help you establish care with a CMC Primary Care provider. You will be able to do this after your visit by contacting the CMC Primary Care Access Line: 603.314.4750.

#### 4. What if I need to be seen by a specialist after my visit to a ClearChoiceMD/CMC location?

The CCMD provider will send the referral to a specialist, if follow up is needed. You will be provided a CMC referral card

upon check-out with the contact information of the specialty you are being referred to.

#### 5. Where are the new ClearChoiceMD/CMC Urgent Care centers?

##### GOFFSTOWN LOCATION

558 Mast Road  
Goffstown, NH 03045  
603.232.1790

##### HOOKSETT LOCATION

7 Cinemagic Way  
Hooksett, NH 03106  
603.526.4635

Hours: 8AM-8PM (7 days a week)  
CCMD-CMC.com

##### CMC URGENT CARE

5 Washington Place, Suite 1B  
Bedford, NH 03110  
603.314.4567

Hours: 8AM-8PM Weekdays; 9AM-5PM Weekends

♥ This is a CMC owned and operated location with access to your CMC patient record

# Philanthropy

## Grateful Patient Becomes a Grateful Donor

When Dave Brownell was just 52 years old, his company doctor at Tyco International took a listen to his heart and noticed something didn't sound right. Then the doctor who performed a catheterization at Exeter Hospital discovered a congenital heart defect—Dave's right coronary artery was attached to the left side of his heart. Because of that position, the artery had a significant blockage and needed a bypass.

"I looked at Lahey, Mass General, New York Hospitals," recalls Dave, "but everyone I knew, in the medical field, recommended CMC. At the time, Dr. (Benjamin) Westbrook was pioneering beating heart surgery. CMC was doing as many procedures as some of the Massachusetts hospitals, but I knew here the doc I talked to would be the doc who did my surgery."

Overall, Dave was in great health and the rest of his heart was fine. Dr. Westbrook used part of Dave's mammary vessel to do the bypass. The surgery went great and the scar was small. Dave was out of CMC in



three days and back to work in about four weeks.

22 years later and retired, Dave had outlived the typical span of bypass surgery. Another catheterization revealed that he needed a new bypass. He came back to CMC and Dr. Westbrook again did the procedure.

"This time they had to harvest from the leg and they did have to break my sternum, but I was still out in five days," says Dave, noting that he feels fine and exercises regularly. "My confidence level (in CMC and Dr. Westbrook) was good the first time and even better the second time. I felt very comfortable with Dr.

Westbrook and everybody I dealt with at CMC."

Dave, who also had prostate cancer surgery at CMC, shows his appreciation for that care through donating. "With the experiences I've had at CMC, both at the New England Heart & Vascular Institute and in treating my prostate cancer, I'm confident the work that is being done here is high quality and the patients here come first. I was very comfortable writing a check to CMC because I realize what they're doing is of value not just to Manchester but to the whole state, and we should support that." 🇺🇸



## Your Support Touches Lives

To make a gift to support the work of CMC or a program of your choice, visit [CatholicMedicalCenter.org/giving](https://CatholicMedicalCenter.org/giving) or 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.

Please mail to: CMC Philanthropy Office  
100 McGregor Street  
Manchester, NH 03102

All gifts are tax deductible. For information on leaving a gift in your will, or donating stocks or securities, please contact [Jennifer.Pitre@cmc-nh.org](mailto:Jennifer.Pitre@cmc-nh.org) or 603.665.2569.

# Philanthropy

## Donors Contribute to Compassionate Excellence

CMC's Annual Donor Reception was held on April 11<sup>th</sup> at the Manchester Country Club. More than 150 donors attended to celebrate how philanthropy makes a difference for CMC patients and programs. The event is generously sponsored by Eleanor Wm. Dahar, Esq., of Dahar Law Office.

Jennifer Higgins Pitre, CMC Vice President of Philanthropy, said, "CMC is fortunate to have so many dedicated supporters who believe in the organization's mission to provide health, healing and hope to every person in our community. As CMC continues to grow, philanthropy will become increasingly important as we work to increase capacity and expand access to the members of our community."

Keri Degen, CMC Director of Philanthropy, shared a personal experience she had while her father fought for his life as a patient of CMC. She expressed how she and her family were grateful for the compassionate excellence offered at Catholic Medical Center. She said, "In my job, I meet with many grateful patients and their family members. During our conversations, they share their personal experiences and often tell me that they are making a gift as a way to show their gratitude for the care they received from CMC. After witnessing the compassionate excellence my father received as a patient, I am proud to be among those grateful family members. Our family supports CMC to say thank you, and to help other CMC patients receive this kind of care every day."



Long-time CMC supporters Adele Boufford Baker enjoys the CMC Donor Reception with Eleanor Wm. Dahar, Esq. of Dahar Law Office, who sponsored the event



CMC employees and donors, from left, Nicole Pendenza, Director, Maternal/Child Health, RN Administrators, IV Therapy; Renee Maloney, Clinical Leader, Prenatal Clinical Support; Kathryn Davis, Pharmacist, Clinical Coordinator; and Gloria Yennaco, Clinical Educator for the Special Care Nursery

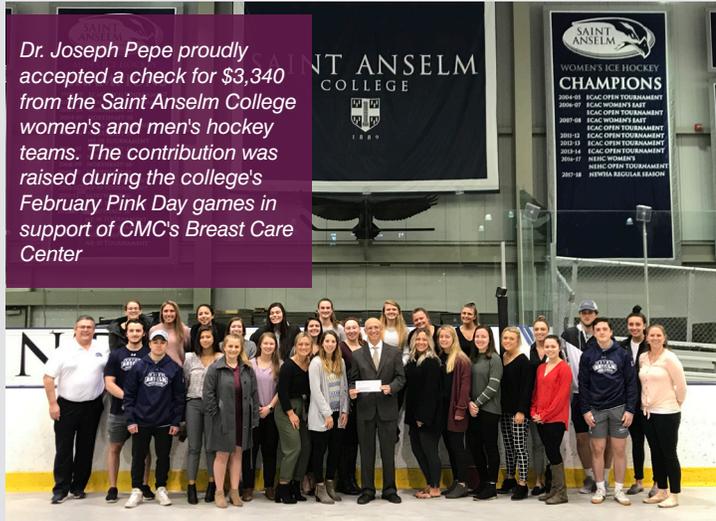


Philanthropy Director Keri Degen shares her dad's experience with CMC's compassionate excellence at CMC's April Donor Reception at the Manchester Country Club



CMC Executive VP and COO Alex Walker, Jr., far right, thanks CMC donors Ovide Lamontagne and Arthur Sullivan

# Where heart meets health.



Dr. Joseph Pepe proudly accepted a check for \$3,340 from the Saint Anselm College women's and men's hockey teams. The contribution was raised during the college's February Pink Day games in support of CMC's Breast Care Center



Dr. Ryan, pictured center, in pink, met with the Southern New Hampshire University women's basketball team at the BCC to show them the equipment, answer questions about breast health and to accept more than \$2,000 in donations the SNHU athletic teams have raised through the year. The team, pictured, is coached by Karen Pinkos, center row, far left, and assistant coaches Katy Howard and Mike Heaney, center row, far right. The team is also shown with several of the blankets made by SNHU fans and donated to BCC patients recently diagnosed with cancer.

## Community Support for CMC's Breast Care Center

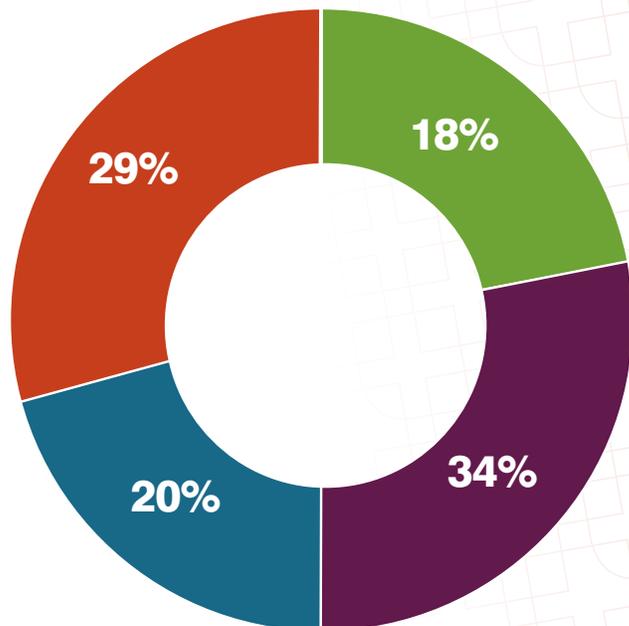
At separate April events, Dr. Joseph Pepe, President and CEO, and Dr. Jessica Ryan, Medical Director, CMC Breast Care Center (BCC), thanked coaches and athletes at Saint Anselm College and Southern New Hampshire University, respectively, for raising money to support the BCC and patients recently diagnosed with cancer.

Commented Dr. Ryan, "Thank you, from the Breast Care Center staff and patients! The money you raised helps make life a little easier for our patients at a difficult time. There are amazing breakthroughs happening in breast health and the fight against cancer. I feel fortunate to be supported by a community that helps us bring exciting technologies and techniques, along with health, healing and hope to our patients."

## CY 2018 Philanthropy Results

Total Raised: \$1,821,041

- Foundation / Grant Support - **\$382,825**
- Bequests / Trust Income - **\$519,934**
- Gifts from Individuals - **\$317,043**
- Special Events / Corporate Gifts - **\$601,239**



# 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, July 15, Mon, Aug 12, Mon, Sep 16, 9 AM-4 PM  
195 McGregor St, Lower Level, Suite LL22  
\$20 (\$5 discount to AARP members)  
Registration required, call 603.626.2626

### *Measles Making a Comeback? Who is at Risk?*

According to the CDC, individual cases of measles have been confirmed in 23 states including New Hampshire, and the numbers continue to rise. This is the greatest number of cases reported in the U.S. since 1994 and since measles was declared eliminated in 2000.

What is going on? Join Marcy Boucher, MD to learn why these outbreaks are happening and what you need to do to protect your family.

Wed, Aug 7, 6-7:15 PM  
CMC Roy Auditorium  
FREE, registration required, call 603.626.2626



### *Fighting Fraud*

Every two seconds con artists steal someone's identity, according to the AARP Fraud Watch Network. That theft results in a loss of \$18 billion each year for consumers. What's more, 83% of the 50-plus in New Hampshire said it's extremely or very important to protect them against consumer fraud. So, what better way to test your knowledge of fraud and scams—and pick up a few tips—at Fraud Fighter Trivia! Bring your friends and family for a fun and educational event that you won't want to miss—you may even a prize!

Tue, Aug 13, 6-7:15 PM  
CMC Roy Auditorium  
FREE, registration required,  
call 603.626.2626



### *Healthy & Simple Summertime Smoothies*

Summertime is abundant with fresh fruits and vegetables. Whether you're looking for a clean green smoothie recipe or a healthy shake to get your morning started, these delicious smoothies are super easy, quick to make, and very nutritious. Join Amie Stephens, RD for a demonstration, try some samples and take away fun recipes to try at home.

Tue, Jul 16, 12-1 PM  
195 McGregor St, Suite LL22  
FREE, registration required, call 603.626.2626

### *Recovery From Brain Trauma: Meeting the Challenge*

Recovering from stroke or mild traumatic brain injury can be a stressful time and complicated process. Understanding the basic strategies and goals of the recovery process, is essential for the individual and for the family to help manage this stressful time. Not every brain injury is the same and recovery is a very individual experience. Join occupational therapist Nina Hopkins, OTR/L to learn about the process of recovering from an injury to the brain, and rehabilitation goals that are created with the individual and the rehab team.

Thu, Sep 19, 6-7:15 PM  
CMC Roy Auditorium  
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

# Where **heart** meets health.

## *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](mailto:diabetesconnection@cmc-nh.org). To schedule an appointment call 603.663.6431

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

Greater Manchester Brain Injury & Stroke Support Group is a support group for brain injury & stroke survivors, their family members, and their caregivers. This program provides a constructive, creative, and safe opportunity for participants to share their experiences, exchange resources, and develop strategies for coping.

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

RMU Level F, CMC

FREE, for more information, call 603.626.2626

## **Holistic Health Series**

### *Protecting yourself in an Unsafe World*

Self-defense is more than knowing how to fight back against a physical attack. Join Self Defense Officer Jacqueline Pelletier, who will discuss how to minimize the risk of becoming a victim by learning risk awareness and risk reduction strategies. This program will expand the way you think about violence prevention, help you deal with your fears and enable you to feel more empowered in your life.

Wed, July 24, 6-7:15 PM

CMC Roy Auditorium

FREE, registration required, call 603.626.2626

### *Music & the Relaxation Response*

This two-part course will take a deeper look into the use of music to induce relaxation. The work of Dr. Herbert Benson, MD will serve as a primary reference to explain the powerful phenomenon known as the Relaxation Response; Dr. Benson, the founder of the Harvard University Mind/Body Medical Institute, is a pioneer of groundbreaking research into the mind/body connection. Along with examining these findings, we will demonstrate how music has a unique ability to impact the body and brain in specific ways that are conducive to relaxation and stress management. Participants will have an opportunity to experience music and relaxation demonstrations.

Mon, Sep 16 & Sep 23,

6-7:30 PM

CMC Roy Auditorium

\$10, registration required, call 603.626.2626



### *Essential Oils 101*

Essential oils have become very popular and are popping up everywhere from small food co-ops, to big box stores, to online retailers. It can be challenging to understand what exactly is in those little bottles and how to best use them to support emotional and physical wellness. If you are curious about how these aromatic liquids can be used as a wellness tool, this class is for you.

Wed, Jul 31, 6-7:15 PM

CMC Roy Auditorium

FREE, registration required, call 603.626.2626

# Health & Wellness

## *Psychoneuroimmunology: Not Just a Great Scrabble Word*

Stress can have some devastating effects on the immune system as well as the cardiovascular system. According to the American Psychological Association, current research is pointing to a circuit that links the immune system and brain that connects illness, stress, mood and thought in a whole new way. Join Therapist Alicia Frazier, MA and explore the power of the mind and its link to disease.

Wed, Sep 25, 6-7:15 PM

CMC Roy Auditorium

FREE registration required, call 603.626.2626

## *Hypnosis for Smoking Cessation*

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

Thursdays, 1 PM

Level D, CMC

\$115, registration required, call 603.626.2626

## **Fitness**

### *Staying Strong, Living Long!*

We'll use hand weights, leg weights and resistance tubing to focus on strength, flexibility, and balance. This class is perfect for those new to exercise or for adults looking to stay strong and active. Ongoing... join at any time.

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 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. 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 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, Sep 12-Dec 5, 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, Sep 12-Dec 5, 1-2 PM

195 McGregor St., Lower Level, Suite LL22

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

## *Get Fit Boot Camp*

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, Sep 12-Dec 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. This class is designed for those who are ready for a more vigorous exercise program.

Tue, Sep 10-Nov 26, 5:30-6:30 PM or

Thu, Sep 12-Dec 5, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

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

# Where heart meets health.

## 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, Sep 10-Nov 26, 12:00-12:45 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, Sep 10-Nov 26, 10:15-11:15 AM or  
Tue, Sep 10-Nov 26, 3:45-4:45 PM or  
Tue, Sep 10-Nov 26, 6:30-7:30 PM or  
Thu, Sep 12-Dec 5, 10:15-11:15 AM  
195 McGregor St, Lower Level, Suite LL22  
\$90 (12 weeks), registration required, call 603.626.2626

## Couch to 5K Challenge

Have you always wanted to participate in a 5k (3.1 mile) race but didn't know where to start? Are you up for a challenge and ready to get fit? If you answered yes to either of these questions, we're here to help you achieve your goal! Join CMC and Runner's Alley for 9 weeks of training to help you prepare to run or walk a 5k race. We will train together twice per week and you will train once per week on your own. We'll provide plenty of encouragement along the way, and at the end of the training program we'll complete the 5k run/walk Stache Dash race in Manchester, together. Participation limited to persons age 13 and older. 13 to 17 year olds must be accompanied by a parent at all trainings and on race day. All participants will receive a team race day shirt. Proceeds will help support Prostate Cancer Research. No refunds will be given after the start date.

Mon & Thu, Sep 9-Nov 7, 5:30-6:30 PM

## Half Hour Power

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

Tue, Sep 10-Oct 15, 11-11:30 AM  
195 McGregor St, Lower Level, Suite LL23  
\$35 (6 weeks)



## 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



 **CMC**  
CATHOLIC MEDICAL CENTER  
a member of GraniteOne Health

# Health & Wellness

## 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 (swallowing difficulty), kidney disease, wound healing, nutrition in pregnancy, and more.

195 McGregor Street, Suite 312

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



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

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 2,600 bariatric surgeries including gastric bypass, gastric sleeve, and adjustable gastric banding. Free informational session.

Mon, Jul 1; Tue, Aug 6; or Wed,

Sep 4, 4:30-6 PM

100 McGregor St, Manchester

Roy Auditorium, Level C

FREE, registration required, 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 that may need alternate scheduling, daytime appointments can be arranged. Fee varies per individual. Medical monitoring is required. 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. 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. 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.

Attend one of the following info sessions: Wed, July 3 & 17, Aug 7 & 21, Sep 4 & 18, 5:30-6:30 PM

New England Weight Management Institute  
769 South Main St, 3rd Floor, Manchester

FREE, registration required, call 603.663.7377

# Where heart meets health.

## 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.

### 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 (Call for dates)

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

Litchfield Community Church, 2<sup>nd</sup> Wed, 10 AM-12 PM

Sacred Heart Church, 3<sup>rd</sup> Tuesday 8:45-10:30 AM (Closed July and August, resumes Sep, 2019)

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, Closed for summer, reopen in Sep, 2019

St. Anthony's 2<sup>nd</sup> & 4<sup>th</sup> Thursday, 9-11 AM (Closed July and August, resumes Sep 5, 2019)

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 (Closed July)

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 (Closed for July and August, resumes Sep, 2019)

St. Pius X Church, Fri, 9-11:30 AM (Reopens Sep 2019)

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

Immaculate Conception Parish, Nashua, (Call for dates)

## Chair Exercises

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



## Free Blood Pressure Checks

CMC Parish Nurse will be taking blood pressures at the Glendi Festival.

Glendi Festival, St. George Orthodox Cathedral

650 Hanover St., Manchester

Sat, Sept. 14th, 11 AM-1:30 PM

## 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.

Call for dates

Immaculate Conception, 216 East Dunstable Road, Nashua

FREE, call 603.663.8004 for information.

## Indoor Walking, 1-2 miles

Parish of Transfiguration, Tue, 9:30 AM

FREE

## 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 (Closed July and August, resumes Sep, 2019)

St. Matthew's Parish House

5 N. Mast St, 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 (Closed July and August, resumes Sep, 2019)

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

**For more information about any of the above**

**Parish Nurse Programs, please call 603.663.8004**

# Health & Wellness

## BeWell Cancer Survivorship Program

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



### 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

As part of our BeWell Survivorship program, participants who are undergoing cancer treatment or are in the recovery phase following treatment, are eligible to join the CMC-Wellness Center. The professional staff of exercise physiologists and registered nurses will work with you to develop a personal exercise program, to help you to maintain your strength and endurance through and beyond your journey with cancer. To join us call the Wellness Center at 603.663.8000 for an appointment to begin with an initial consultation.

Mon, Wed, Fri, ongoing, various class times

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

FREE 90 day membership as a BeWell participant, registration required

### 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 to see a complete listing of our services and classes go to [CatholicMedicalCenter.org/BeWell](http://CatholicMedicalCenter.org/BeWell) or call 603.663.6535.**

## Screenings

### Functional Movement Screening

CMC's Outpatient Rehabilitation Center offers a screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30 minute screening will use seven 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



# Where **heart** meets health.

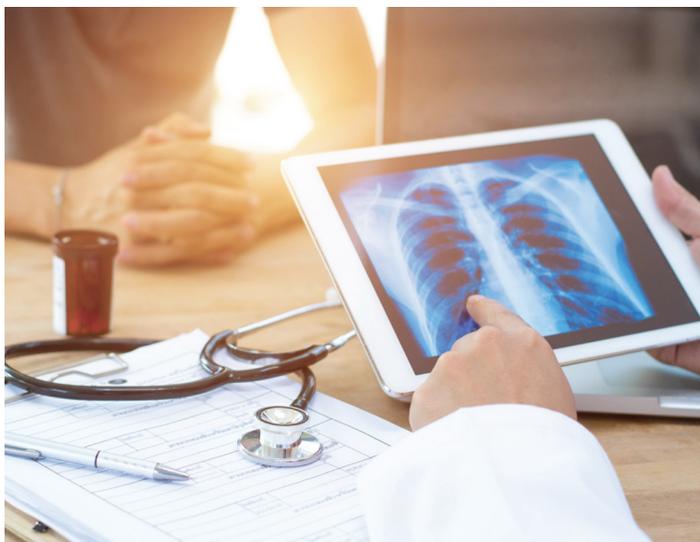
## *Vein & Vascular Screening*

Screenings can help detect silent vascular disease. Early detection can help identify and treat potentially debilitating vascular conditions like stroke, aneurysm or peripheral artery disease (PAD), and provide you with peace of mind. Risk factors include smoking, diabetes, high blood pressure and high cholesterol. Symptoms can be hard to detect, but most often occur in the legs/feet and may include achy, tired or tingling legs, leg pain from prolonged sitting or standing, poor wound healing, and restless legs. Call 603.665.5150 to schedule your FREE screening.



## *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 screening tests for low-income, uninsured women.

Breast Care Center, CMC

Registration required, to see if you qualify, call 603.663.8726

### *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

## **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)**



# Health & Wellness

## **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. A highly effective and natural way to achieve or avoid pregnancy.

**Women's Wellness & Fertility Center**  
88 McGregor Street, Suite 201  
FREE

## **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

## **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.

FREE

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

\$130

## **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

## **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.



## **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

## **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

# Where **heart** meets health.

## ***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.  
FREE

## ***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.

\$40



## ***Exploring and Preparing for Vaginal Birth after Cesarean (VBAC)***

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

## ***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

## ***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.

Thu Jul 25, 5:30 PM, \$30 per couple,

195 McGregor St,

Suite 110 Manchester

Please call to register: 603.626.2626



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



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health



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100 McGregor Street  
Manchester NH 03102

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# Women's HEALTH FORUM 2019



**Nov 16**  
**8:30 AM–2 PM**

**New Location:**  
**Fratello's Italian Grille**  
**Manchester NH**

Fee \$59, registration required.  
To learn more or to register, call 603.626.2626

Join us for a rejuvenating, fun and informative day together!

The Women's Health Forum is an event designed by women for women of all ages and is a joint effort by Catholic Medical Center and Dartmouth-Hitchcock Manchester.

## 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).

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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](http://jointcommission.org). ©2019 CMC. All rights reserved.