

# Living news

## LIFE *is* LIKE *a* BOX of CHOCOLATES CMC'S FIRST TAVR PATIENT

If life is like a box of chocolates, then saving a life is like a heart shape box of chocolates. That's exactly what Ed Pfannkoch of Manchester brought with him on a recent check-up with his doctors at Catholic Medical Center's Cardiac Center.

"This candy box is almost as big as Dr. Flynn's heart," Ed said with a smile as he posed for a photo with interventional cardiologist, James Flynn, MD, FACC and the Director of the Cardiac Catheterization Laboratory and Interventional Cardiology at CMC.

Ed Pfannkoch is something of a celebrity at CMC. He was the first patient to undergo a brand new procedure called Transcatheter Aortic Valve Replacement or TAVR. It saved Ed's life.

The Manchester man suffers from aortic stenosis, or valve disease, which is the cause of more than 25,000 U.S. deaths every year. Seven percent of people over 65 have the disease. The five year survival rate for untreated symptomatic patients is just 3%. Ed was feeling the effects of the disease every day.

"I couldn't do anything, I would walk down to the end of my driveway, which is steep and long and I had no breath left."

For many years, doctors had few options to help patients like Ed. Those with aortic stenosis are often too sick to handle major surgery. But TAVR is a non-invasive surgical technique that uses advanced technology to offer a new answer. The first commercially approved valve for TAVR surgery in the U.S. became available late 2011.

Last December, Ed was the first patient to undergo this procedure at CMC. It was not a difficult decision for him to make. He was not afraid; he was excited.



*CMC's first TAVR patient Ed Pfannkoch celebrates with James Flynn, MD, FACC, Director, Cardiac Catheterization Laboratory & Interventional Cardiology.*

"I knew we were doing our best to help me make it a bit longer," says the 84-year old Pfannkoch. "Hey, I'm past my expiration date."

The procedure took two hours. Dr. Flynn replaced the faulty aortic valve and put the new valve in place. Ed's vitals immediately grew strong.

"It was the first one," says Dr. Flynn of the procedure. "But it went perfectly."

CMC performs the TAVR in a hybrid operating room, unlike any other hospital in the state. This provides total flexibility to handle any medical challenges

*continued on page 2*

### MYTHS & TRUTHS:

Top Medical Concerns for Men  
Men's Health Forum  
Tue, April 15—6-8 PM, free  
@ Southern NH University  
see page 7



## *Life is Like a Box of Chocolates*

*continued from page 1*

that arise from a complicated procedure on high-risk patients. Should the need arise to convert to an open-heart surgery, the patient does not need to be moved to another operating room, saving precious minutes if need be.

That was never an issue for Ed.

“We talked the day after surgery and I told him we’d keep him for a few days,” recalls Dr. Flynn. “He said, ‘I think I can go home today.’ He looked really good from the first day.”

Ed isn’t tackling the driveway yet, but his stamina improves daily. He walks through his house constantly, building strength.

CMC has already performed ten TAVR procedures and more are being scheduled. It is a last resort for many who had no further surgical options just a few months ago.

“It’s very exciting,” says Dr. Flynn. “It’s a major game changer for people who are not surgical candidates.”

It cannot help every patient, but Dr. Flynn sees TAVR as the beginning of a medical revolution in valve surgery. “Ten years from now, the entire landscape of these surgeries will be completely different.”

The landscape is already different for Ed. The driveway does not look so imposing anymore, and he is proud to be the first TAVR patient at the New England Heart Institute.

“Every one of the medical staff was just amazing,” says Ed. “I feel wonderful.”

## CMC'S TAVR TEAM

(first row left to right):

William Kelley, MD,

Brian Cusson, ECHO Technologist,

Allison Salinder, RN,

Kevin Kenney, RN,

Ryan Parker, Surgical Tech,

Meagan Berry, Surgical Tech,

Cynthia Induni, RN, Chris James, CRN;

Second row: JoAnne Manson, PA-C,

Michelle Fitzpatrick, RN, Valve Clinic

Coordinator, Jeff Bleakley, MD,

John Pieroni, Perfusionist,

Rich Torossian, BS, CCPT,

Tammy Cornelius, RN,

Ann Marie LeBlanc, RN,

James Flynn, MD, Ben Westbrook, MD;

Third row: Yvon Baribeau, MD,

Audra Buckley, MA,

Robert Capodilupo, MD,

Denise Foster, RN, Steve Hanlon, MD,

Marc Bergeron, RT

# community care

**FOR OVER 100 YEARS**, Catholic Medical Center has been providing the finest, most compassionate medical care to all, regardless of a person's ability to pay. In 2013 CMC provided more than \$74 million in charity care to 163,000 people throughout our community.

CMC was also recently commended for having the highest commitment to charity care of all 24 NH nonprofit hospitals—nearly 19 percent of total expense in fiscal year 2012. This figure is also well above the U.S. hospital national average of 7.5 percent of operating costs towards charity care and community benefits.



The field of health care is constantly evolving and changing but the bottom line at CMC has always been, and continues to be, the health and well-being of the people in the communities we serve. Physicians, surgeons, nurses, patient advocates and other health care professionals work collaboratively, providing patients with highly skilled, comprehensive health care.

At the heart of everything included in this year's Community Benefit Report is our commitment to uphold our top priority of providing health, healing and hope for all our patients.

It is with great pride that I share these efforts and thank you for your continued support in our organization.

Together in health



Joseph Pepe, MD  
President and CEO

## Hope for Rewaj

### A Story of Community Care Success



On New Years' Day, 2014 Chuda and Radhika Niroula welcomed their first child, a baby boy into the world. Baby Rewaj then made his debut to the world on WMUR-TV later that day. While having their son featured in the news was exciting, it did not compare to his US citizenship, because both Chuda and Radhika grew up in refugee camps in Nepal.

Baby Rewaj was born at the Mom's Place at CMC, because Radhika was a patient at CMC's Pregnancy Care Center. All three of them are now patients of CMC's West Side Neighborhood Health Center. Both of these programs are community programs CMC offers for uninsured, underinsured and refugees within greater Manchester.

After being exiled from his native Bhutan at age four, Chuda Niroula spent his entire childhood in a Nepali refugee camp. After spending twenty-one years in that refugee camp he came to the United States in 2011 to create a life for himself here. That life and opportunity occurred here, in Manchester and CMC has played an important role to him. "I am proud to be part of this community and I am grateful

to CMC for providing me with healthcare. We also feel honored to have our baby at the Mom's Place."



*Rewaj, Radhika and Chuda Niroula attend a follow-up visit at CMC.*

At CMC, caring for our community is central to fulfilling our mission and we are proud to say that we provide more charity care than any other hospital in the state. Programs like the West Side Neighborhood Health Center and the Pregnancy Care Center provide people the healthcare they deserve.

This is the story of the American dream. Chuda is now a Maintenance Supervisor at Hesser College and continues to work as a health coordinator for the Bhutanese Community of New Hampshire. As his wife cradles baby Rewaj, they feel fortunate for the care they have received at CMC and both have high hopes for their newborn.



### Caring for the Health of our Community

Catholic Medical Center is highly invested in programs that address the health of our community, with a particular emphasis on those most in need.

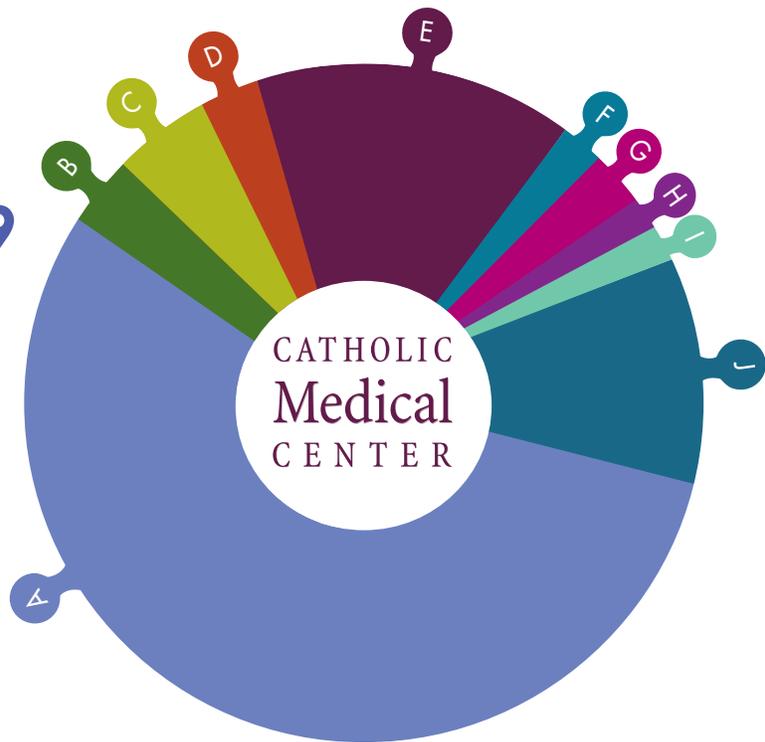
This 2013 community benefit report outlines the services that Catholic Medical Center has provided to area residents, particularly those who are least able to afford quality medical care. More than 163,000 people have received some level of subsidized or charity health care through our broad range of community-focused programs, totaling more than \$74 million in community benefit care for the year.

To better serve the community, CMC conducted a community health needs assessment in 2013. The assessment helps us identify needed services, and develop or grow programs to address the needs. *(For a copy of the Greater Manchester Community Health Needs Assessment, please visit [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org)).*

#### CMC Community Benefit Services

- CMC Call Center & Physician Finder Services
- Breast and Cervical Cancer Program
- Community Education and Wellness
- Fertility Health Education Services
- Medication Assistance Program
- Health Care for the Homeless
- Parish Nurse Program
- Poisson Dental Facility
- Pregnancy Care Center
- West Side Neighborhood Health Center

**\$74,517,879**  
in Community Benefits  
FY 2013



#### OUR MISSION

The heart of Catholic Medical Center is to provide health, healing and hope in a manner that offers innovative high quality services, compassion, and respect for the human dignity of every individual who seeks or needs our care as part of Christ's healing ministry through the Catholic Church.

**A Medicare/Medicaid Shortfall**  
**\$44,943,471**

**B Leveraged Revenue**  
**\$1,180,041**

**C Community Health Improvement Service**  
**\$1,678,314**

**D Health Profession Education**  
**\$447,544**

**E Subsidized Health Services**  
**\$16,607,452**

**F Clinical Research**  
**\$104,950**

**G Financial and In-Kind Contributions**  
**\$430,900**

**H Community Benefit Operations**  
**\$81,874**

**I Community Building Operations**  
**\$259,488**

**J Charity Care**  
**\$8,783,845**

## Caring for Our Community

Catholic Medical Center is a not for profit, tax exempt licensed 330 bed full service hospital with an affiliated medical staff of over 500 physicians serving the residents of the greater Manchester area and throughout New Hampshire. We serve as a sophisticated acute care hospital and healthcare organization providing a wide variety of healthcare services in a highly technical and mission-oriented environment. Our history is rich with religious connection and commitment to the well-being of the human race, and we work hard to evolve to meet and exceed patient expectations. Currently, Catholic Medical Center has one of the highest case mix indexes in the state, which means that we serve some of the most critically ill patients in the state of New Hampshire.

Along with the sophisticated clinical quality and leading edge medical technology, Catholic Medical Center provides vital programs and services to meet the needs of our community's most vulnerable and medically underserved populations. In Fiscal Year 2013, CMC provided over \$74 million dollars in support to care for the patients in our community.

## Community Benefit Report 2013 Stats

To read our complete 2013 Community Benefit Report visit [catholicmedicalcenter.org](http://catholicmedicalcenter.org). If you have questions or comments about our community benefit activities, please e-mail us at [info@cmc-nh.org](mailto:info@cmc-nh.org).

## Uncompensated Costs of Government Programs: \$44,943,471

*(Includes Medicare/Medicaid shortfall)*

Government funding of Medicare and Medicaid does not cover the full cost of providing health care services to residents who qualify for these programs. The shortfall between the costs incurred by Catholic Medical Center for providing these services and government reimbursement totaled more than \$44 million during fiscal year 2013. This sizeable community benefit fills the gap in providing much-needed health care services to children, expectant women, adults with dependent children, people with disabilities, and seniors age 65 and over who qualify for assistance.

## Charity Care: \$8,783,845

CMC has a generous charity care policy assisting patients with incomes up to 200% above the federal poverty level by providing free or discounted health services. Charity or uncompensated care is a community benefit that is truly a lifeline for those who qualify for assistance.

## Subsidized Health Services: \$16,607,452

In keeping with the mission of the organization, Catholic Medical Center offers a variety of programs that serve those most in need: the poor, the uninsured and underinsured.

**Subsidized Health Services include:**

- Behavioral Health Services
- Health Care for the Homeless
- Medication Assistance Program
- Poisson Dental Facility
- Pregnancy Care Center
- Subsidized Continuing Care
- West Side Neighborhood Health Center
- Women's Health Services

CMC supports the above services through its own funding and by seeking additional funding through a variety of grants. The goal is to reduce the cost of healthcare for those in need in the Greater Manchester area while offering the best healthcare available. *(For a complete list of our services, please contact the CMC Call Center at 603.626-2626).*

## Community Health Improvement: \$1,678,314

Maintaining a healthy community is an integral aspect of health services for Catholic Medical Center. CMC reaches out to the community by partnering with numerous agencies to address community health needs. We regularly provide community based health education, prevention and screening programs based on needs identified in the 2013 Greater Manchester Community Health Needs Assessment. The New England Heart Institute is recognized as the regional experts on cardiovascular health and provides multiple outreach services throughout the state. CMC works with the Breast and Cervical Cancer Program, the NH Colorectal Cancer Screening Program and provides a variety of other screenings, including cholesterol and skin cancer screenings.

**Community Health Improvement Programs include:**

- Community health education
- Health screenings at little or no cost to community members, including various cancer screenings
- NEHI (New England Heart Institute) outreach services
- Partnership with the Manchester school system
- Parish Nurse Program
- Fertility Health Education services providing education and services to community members and students in the Manchester schools

## New Outpatient Option for Hernia Patients

Approximately 600,000 hernia repair operations are performed annually in the United States,\* often requiring a costly hospital stay. CMC's Surgical Care Group (SCG) is proud to collaborate with Bedford Ambulatory Surgery Center (BASC) in the development of a regional hernia center in Manchester that will offer comprehensive services including outpatient surgery.

The center will provide advanced services for management of complex hernias as well as provide a low cost alternative for patients who qualify for outpatient surgery. The BASC offers site of service care, which can reduce your out-of-pocket costs, as well as the overall cost of health care. Check your individual insurance plan to learn if you can benefit from site of service options. These advanced services will incorporate the latest techniques in complex hernia repair, including open and laparoscopic techniques, mesh repair and component separation. Complex surgery will be performed at CMC while outpatients may have surgery at either BASC or CMC.

For an evaluation, have your primary care physician place a referral, or simply contact the SCG where the patients will be evaluated to determine the most appropriate approach and most appropriate setting for your hernia repair.

The Surgical Care Group's Dr. Robert Catania, Dr. Richard Tomolonis and Dr. Wu are all board certified surgeons who have a combined 30 years of surgical experience in the management of all types of hernias, from outpatient inguinal and umbilical hernias to complex incisional and other difficult hernias. They will assess patients to determine the most appropriate approach for their hernia as well as the most appropriate setting, either at CMC or the BASC. The SCG office is located at 87 McGregor St, Suite 3100 and the phone number is 603.627.1887.

\* Source: Society of American Gastrointestinal and Endoscopic Surgeons

## Healing Hand Tools

### New Rehab Technique Introduced at CMC

Do you have low back pain, tennis elbow, plantar fasciitis, neck pain? A new treatment at CMC's Outpatient Rehab could help.

As a modification to the traditional hands-on therapy used to increase joint movement or relax and stretch tight muscles and ligaments, the Graston Technique® involves the use of hand-held patented stainless steel instruments that are applied to affected areas to help treat and relieve pain.

Originally developed for athletes, this technique is now used in hospital outpatient facilities around the globe and by many professional and college athletic programs as well as in industry and entertainment, including the New England Patriots, the U.S. Olympic teams, Cirque du Soleil, the Naval Special Warfare Groups and Disney Entertainment.

CMC's Rehabilitation staff recently completed advanced training in the Graston Technique®. "Our physical and occupational therapists use the stainless steel instruments to comb over tissue, which immediately identifies problem areas," shares Victor Carbone, Manager, CMC's Outpatient Rehabilitation and Bedford Physical Therapy.



The instruments release adhesions and restrictions in the muscle, tendon, ligament or soft tissue to relieve pain, increase circulation and improve motion. "The instrument-assisted soft tissue treatment breaks up damaged tissue and helps it heal," says Victor. "The instruments contour to the body's shape and allow our therapist to focus treatment and control the pressure."

Patients who could benefit from this treatment include post-surgical, muscle and soft tissue sprains and strains, including:

- Ankle pain
- Wrist pain
- Neck pain
- Fibromyalgia
- Tennis elbow
- Back pain
- Golfer's elbow
- Knee pain
- Foot pain
- Shoulder pain
- Scar tissue
- Shin splints
- Post-Mastectomy scarring

Most patients usually receive two treatments per week during a four- to five-week period," adds Victor, "and have a positive response by the third to fourth treatment." Historically, the Graston Technique® has had positive outcomes in 75-90 percent of all conditions treated. If you are suffering from challenging musculoskeletal conditions, ask your doctor to refer you to the Graston certified therapists at Catholic Medical Center's Outpatient Rehab: 603.641.6700.

# philanthropy at CMC



## Celebrate Every Smile

### *Wine & Beer Tasting Event*

The 9<sup>th</sup> Annual Catholic Medical Center Wine & Beer Tasting Event will be held on Thursday, May 22 at the Bedford Village Inn in Bedford, NH from 5:30–8 PM.

Come and enjoy the wine and beer selection, great food, as well as a silent auction. Proceeds from the event help support of the Poisson Dental Facility at Catholic Medical Center. Tickets: \$75.00 (*guests must be over 21 years of age to attend*). For more information, please call Keri Degen at 603.663.6056 or Brad Danielson at 603.341.4585.

## Heart Month Appeal Success

CMC has received many heart-felt donations in response to our direct mail appeal for American Heart Month benefiting the New England Heart Institute. Thank you to the generous donors who have made the following tribute gifts in honor and in memory of loved ones:

### *In honor of:*

Fatley  
Harry & Shirley Hutchins

### *In memory of:*

Alfred & Beatrice Levesque  
Dominic Germana  
Joseph G. Labrie  
Laura Arel  
Neva Gonthier  
Paul James Dlubac II  
Robert & Pearl Parks  
Sally R. Rising  
Timothy Michael Halliday  
Vivian Pankop

*(List compiled 2.10.14)*



## MYTHS & TRUTHS:

Top Medical Concerns for Men  
Men's Health Forum  
Tue, April 15—6-8 PM  
Southern NH University, Hooksett NH

Come unravel the myths and facts about prostate health and screenings, digestive health and the brain's response to stress including the effect on the body and what we can actually do about it.

Also featured at this fourth annual event is a pizza cook-off contest, where participants can sample the unique pizza recipes of the culinary arts program and vote on their favorite.

Free; Registration required: Call 603.626.2626

Sponsored by Catholic Medical Center and Dartmouth-Hitchcock Manchester.

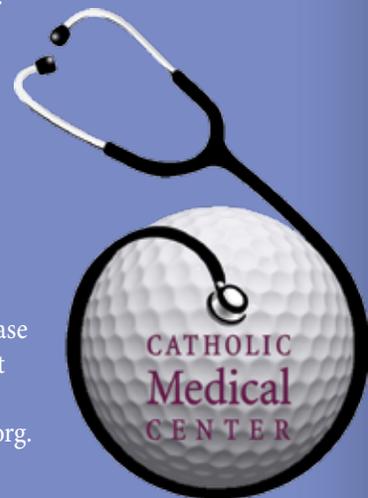
*Special thanks to Southern New Hampshire University Culinary Arts Program for supporting this event.*

## GOLF CLASSIC Save the Date—June 4

Please join us on Wednesday, June 4, 2014, for a great day of golf in support of Catholic Medical Center. Enjoy playing 18-holes at the Passaconaway Country Club in Litchfield, NH followed by a fun-filled afternoon that includes lunch and an awards reception.

The Catholic Medical Center Associates are proud to host its 11<sup>th</sup> Annual Golf Classic with proceeds from this year's event benefitting CMC's Poisson Dental Facility and Pregnancy Care Center, who provide care for the uninsured and underinsured families from the Manchester area.

We look forward to your continued support and hope you will be able to join us! For additional information, please call Karyl Berg at 603.663.6920 or [kberg@cmc-nh.org](mailto:kberg@cmc-nh.org).



# health and wellness

Catholic Medical Center's Community Health Services is proud to sponsor the following programs – offered to you for free, at a low cost, or reimbursable by insurance.

## HEALTH ENRICHMENT

### FAITHFULLY FIT FOREVER

A program that combines mind, body and spirit, through low impact exercise, health information and devotions.

Wednesdays, 9:30-10 AM (Walking Session)

10-10:30 AM (Educational Session)

Location: Parish of the Transfiguration

Donations accepted. Registration required: 603.663.8004.

- Apr 2 C-Diff and MRSA
- Apr 9 Congestive Heart Failure
- Apr 23 Senior Estate Planning Overview
- Apr 30 Medicare Fraud
- May 7 End of Life Issues (Ethical & Religious)
- May 14 Constipation
- May 21 Obesity & Health

### 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 14 and Wed, Apr 16; Mon, May 12 and Wed, May 14;

Mon, June 16 and Wed, June 18

9 AM-12 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

\$20 (two classes): \$5 discount to AARP members.

Registration required, call 603.626.2626.

### WHY CAN'T I GET PREGNANT?

Trying and trying to get pregnant with no success can be very frustrating. Learn about a new system being used by physicians to identify and treat the underlying causes of infertility.

Wed, Apr 23, May 21 or Jun 18

6:30-8:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Free educational session (\$20 fee for fertility kit if you enroll in extended program.)

Registration required, call 603.626.2626.

### FOURTH ANNUAL MEN'S HEALTH FORUM

Is what I'm eating affecting my digestive health? Should I or shouldn't I be screened for prostate cancer? Is it possible to avoid the negative effects of stress in my everyday life? Join us for an evening where experts will help you sift through the truths and myths surrounding some common health concerns for men. Enjoy participating in a pizza bake off offered by the SNHU Culinary Arts program while listening to the presenters.

Tue, Apr 15, 6-8 PM

Location: Southern New Hampshire University

Free, registration required, call 603.626.2626.

### FOOD AS MEDICINE: A DIET FOR HEALING

Most of today's chronic health problems cannot be cured until the diet is fixed. Obesity, diabetes, irritable bowel, heartburn, reflux, inflammation, thyroid issues, etc., are certainly common, but definitely not normal throughout human history. Each two hour motivational food & lifestyle focused session is planned to help you begin your personal health journey to first reset, then rebuild and finally improve your health.

Gut Health: Fri, Apr 25, 9:30-11:30 AM or Tue, Apr 29, 7-9 PM

Brain Health: Fri, May 16, 9:30-11:30 AM or Tue, May 20, 7-9 PM

Thyroid Health: Fri, Jun 13, 9:30-11:30 AM or Tue, June 17, 7-9 PM

Location: 195 McGregor Street, Suite 312

Fee: \$19 per session, registration required, call 603.626.2626.

### MAKING A CHANGE FOR HEALTH: HELPING YOUR MIND AND BODY WORK TOGETHER TO IMPROVE OVERALL HEALTH

This workshop will introduce you to solution focused methods to identify and overcome what may be preventing you from making the changes you want or need to make. For anyone with a new diagnosis or recurring habits and patterns they want to explore and change...and are wondering where to start.

Tues, Apr 29, 6-8 PM

Location: CMC, 100 McGregor Street, Roy Auditorium, Level C

Free, registration required, call 603.626.2626.

### COULD ACUPUNCTURE BENEFIT YOU?

Do you suffer from conditions like sciatica, neck pain, tendonitis of the elbow, headaches, anxiety or even PMS? Learn how acupuncture is used to promote natural healing, reduce or relieve pain and improve the function of affected areas of the body.

Mon, May 5, 6:30-8:30 PM

Location: CMC, 100 McGregor Street, Roy Auditorium, Level C

Free, registration required, call 603.626.2626.

### A PAIN IN MY NECK: CERVICAL DISK REPLACEMENT OPTIONS

Cervical discs that become damaged either through trauma or degeneration can be a source of pain, as well as neurological symptoms such as numbness or weakness in one or both arms. Join Vladimir Sinkov, MD, who will discuss cervical disk replacement as an alternative to fusion, to allow for more normal neck motion.

Tue, May 6, 6-7 PM

Location: CMC, 100 McGregor Street, Level G

Free, registration required, call 603.626.2626.

### A HEALTHY WAY: MY 30 DAY BLITZ

Challenge yourself to a 30 Day Detox from foods, fluids & behaviors that keep you overweight and feeling sluggish. Are you ready for rapid change? If so, A Healthy Weigh 30 Day Blitz is the gateway to a transformational summer.

Wednesdays, May 7 to May 28, 6:45-8 PM or

Wednesdays, June 4 to June 25, 6:45-8 PM

Location: 195 McGregor St., Suite 312

Fee: \$69 (4 Week Series). Registration required, call 603.626.2626.

# health and wellness

## CURRENT OPTIONS IN SHOULDER RECONSTRUCTION

Arthritis of the shoulder can cause discomfort and significant limitations on shoulder mobility making everyday activities difficult. Join Daniel Bouvier, MD, who will discuss some basic treatment principles as well as new developments and technologies in surgical treatment of the arthritic shoulder.

Wed, June 25, 6-7 PM

Location: CMC, 100 McGregor Street, Roy Auditorium, Level C

Free, registration required, call 603.626.2626.

## ONE-ON-ONE WITH A HEALTHY WAY: Four Visit Package

Four individual appointments with a Registered Dietitian for weight loss and creating personalized health supporting lifestyles.

Ongoing

Location: 195 McGregor Street, Suite 312

Fee: \$249. Registration required, call 603.663.6931.

## WEIGHING IN ON YOUR WEIGHT LOSS OPTIONS AT CMC

Learn about nutritional options for weight loss and long term weight maintenance.

Ongoing

Location: 195 McGregor Street, Suite 312

Free, registration required, call 603.663.6297.

## OPTIMISTIC LIFESTYLE-PARTIAL FAST PROGRAM

This flexible program allows you to consume 1,200 calories as part of a partial fast program using a combination of OPTIFAST® and your own healthy foods. Individual appointments scheduled.

Location: 195 McGregor Street, Suite 312

Free weekly weigh-ins. Fee for food products varies.

Registration required, call 603.663.6297.

## OPTIFAST®-CMC'S MEDICALLY SUPERVISED RAPID WEIGHT LOSS PROGRAM

Have you repeatedly lost and regained the same pounds? There is more to losing weight than just dieting. Nutrition, behavior and exercise are keys to successful weight management. CMC's medically supervised rapid weight loss program is here for you. Pre-screening session is required. Fee: Varies per individual.

Tuesdays; Wednesdays, 5:30-6:30 PM

Location: 195 McGregor Street, Suite 312

Registration required, call 603.663.6297.

## SURGICAL WEIGHT LOSS OPTIONS AT CMC'S BARIATRIC SURGERY CENTER OF EXCELLENCE

If you've had difficulty achieving your weight loss goals, weight loss surgery at our Bariatric Surgical Center of Excellence may be right for you. Our experienced surgical team has performed more than 1,500 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session. Ongoing.

Registration required, call 603.663.7377.

## 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

Location: Catholic Medical Center

Fee: \$115.00.

Registration required, call 603.626.2626.

## MASSAGE

For information, or to schedule an appointment, call 603.641.6700.

## CHAIR MASSAGE

For more information contact our Parish Nurse Program, call 603.663.8004.

## COMPUTER CLUB

Second Thursday of month, 10-11 AM

Location: 195 McGregor Street, Lower Level, Suite LL22. Free

## RETIRED MEN'S ASSOCIATION

Third Tuesday of month

10:30 AM -12:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22, Free.

For more information, [www.nhretiredmen.org](http://www.nhretiredmen.org)

## BLOOD DRIVE

CMC Blood Drive

June 27, 2014, 7 AM-3 PM

Roy Auditorium, Level C

Register by calling: 603.626.2626, or online at: [redcrossblood.org](http://redcrossblood.org).

Walk-ins are also welcome.

## PARISH NURSE PROGRAM

The Parish Nurse Program of Catholic Medical Center is a cooperative effort of Greater Manchester congregations of various faiths and Catholic Medical Center to continue the churches' ministry of health and healing of the mind, body and spirit.

Please find our services at the following locations:

Bedford Presbyterian Church

Blessed Sacrament Church

Brookside Congregational Church

First United Methodist Church

Immaculate Conception Parish, Penacook

Parish of the Transfiguration (CMC Parish Nurse Program Main Office)

Sacred Heart Church

St. Andrews Episcopal Church

St. Anne—St. Augustine Parish

St. Anthony Church

St. Elizabeth Seton

St. George Greek Church

St. John the Baptist, Suncook

St. Joseph Cathedral

St. Matthew's Episcopal Church

St. Peter Church

St. Pius X Church

St. Raphael Church

For further information, call 603.663.8004.

# health and wellness

## CANCER EDUCATION AND SUPPORT

### FREE WIG BANK

For cancer patients coping with hair loss from cancer treatment. (All wigs are new and have been donated by the American Cancer Society).

Location: Norris Cotton Cancer Center

Free, appointment required, call 603.629-1828.

### ONCOLOGY EXERCISE PROGRAM

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

Ongoing

Location: The Wellness Center, 195 McGregor St., Lower Level, Suite LL23

Fee varies, registration required, call 603.663.8000.

### YOGACAPS

For patients and their caregivers who have had or have cancer.

Thursdays, 6:30-8 PM

Location: The Wellness Center, 195 McGregor Street, Lower Level, Suite LL23

Free, registration required, call 603.670.0302.

### "I'M A SURVIVOR"

The "I'm a Survivor" group is geared towards those patients who have completed or are living with a long term diagnosis of cancer.

Last Wednesday of month, 4-5 PM

Location: Norris Cotton Cancer Center

Free, to register, call 603.629-8683

### LIVING WITH CANCER SUPPORT GROUP

This group provides education and support for patients, their loved ones and caregivers. Group is targeted toward patients who are undergoing treatment for cancer.

Second Wednesday of month, 3-4 PM

Location: Norris Cotton Cancer Center

Free, to register, call 603.629.8683.

## SCREENINGS

Space is limited so please register early.

### BREAST AND CERVICAL CANCER SCREENING

FREE screenings for women with limited income, who have no health insurance or have a high deductible. Registration required.

Saturday, 8 AM- Noon or

Wednesday, 4- 6 PM (Please call for dates)

Location: Catholic Medical Center

To see if you qualify, call 603.626.2626.

## EXERCISE AND FITNESS

### ZUMBA® FITNESS PROGRAM

This energetic, dance based program combines a mixture of Latin, hip hop, salsa, and much more for a great aerobic workout.

Mon, Apr 14, to Jun 9, 7-8 PM or

Tue, Apr 15 to Jun 3, 6:15-7:15 PM or

Thu, Apr 17 to Jun 5, 5:30-6:30 PM or

Mon, Jun 23, to Aug 11, 7-8 PM or

Tue, Jun 24 to Aug 12, 6:15-7:15 PM or

Thu, Jun 26, to Aug 14, 5:30-6:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$60 (8 weeks) Registration required, call 603.626.2626.

### ZUMBA® FITNESS PROGRAM

This class is exclusively designed for those individuals that have had gastric bypass, gastric banding or gastric sleeve procedures or have participated in CMC's Optifast® Program.

Tuesdays, Ongoing

5-6 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

For fees and more information contact Melissa at: zumbawithmelissanh@gmail.com.

### GENTLE YOGA

Designed for various fitness levels. A gentle way to experience flowing postures. Poses and sequences will offer many modifications.

Tue, Apr 15 to Jun 3, 7:15-8:15 AM or

Tue, Apr 15 to June 3, 3:45-4:45 PM or

Wed, Apr 16 to June 4, 7:00-8:15 PM or

Thu, Apr 17 to June 5, 10:15-11:30 AM or

Wed, Jun 25 to Aug 13, 7:00 to 8:15 PM or

Thu, Jun 26 to Aug 14, 10:15 to 11:30 AM or

Tue, Jul 1 to Aug 19, 7:15-8:15 AM or

Tue, Jul 1 to Aug 19, 3:45-4:45 PM

Location: 195 McGregor St., Lower Level, Suite LL22

Fee: \$60 (8 weeks). Registration required, call 603.626.2626.

### CMC PARISH NURSE INDOOR WALKING PROGRAM

Tuesdays, 9:30-10:30 AM

Location: Parish of the Transfiguration

Free, for more information, contact the Parish Nurse Program at 603.663.8004.

### FAITHFULLY FIT FOREVER

Wednesdays, 9:30-10 AM (Walking Session); 10-10:30 AM (Educational Session)

Free, registration required, call 603.663.8004.

### CHAIR EXERCISES

Tuesdays 10-11 AM

Location: Bedford Presbyterian Church

Tuesdays 9-10 AM

Location: St. Elizabeth Seton, Bedford, NH

Thursdays 9:30-10:30 AM

Location: Parish of the Transfiguration & St. Anthony Church

Free, for more information, contact the Parish Nurse Program at 603.663.8004.

# health and wellness

## THE WELLNESS CENTER: ACHIEVING HEALTH AND FITNESS STEP BY STEP

Our exercise program is medically supervised by health care professionals. Whether you are a healthy individual interested in prevention, recovering from heart surgery or heart attack, needing to control your diabetes, or blood pressure, manage your cholesterol or have a cancer diagnosis, our staff through their expertise and support can help you play a major role in your own health and wellness.

Ongoing

Location: The Wellness Center, 195 McGregor Street, Lower Level, Suite LL23

Fee varies. Registration required, call 603.663.8000.

## CHILDBIRTH EDUCATION

We have so much to offer you! For program dates and times, information on childbirth education classes or to schedule a tour of The Mom's Place, please call 603.626.2626.

### INNER LIFE: ART AND BRUNCH FOR MOTHERS-TO-BE

A special kind of program offered for expectant mothers at any point in their pregnancy journey. Explore the inner experiences of your pregnancy through the unique venue of art, while feeding both your body and your heart. No artistic talent required.

Fee: \$35. Registration required, for dates and times, call 603.626.2626.

### ON-LINE CHILDBIRTH EDUCATION PROGRAM

Preparation for the birth of your baby is very important. Managing the time to get to class may be a challenge for many families. This interactive program allows you to learn at your own pace from a reliable source. It is ideal for mothers on bedrest or the busy parents to be who may not have time to get to a traditional childbirth class. The program includes a face to face class for information and demonstration of comfort strategies as well as a tour of The Mom's Place.

Fee: \$60. Registration required, call 603.626.2626.

### BIRTHING FROM WITHIN

CMC's Mom's Place is excited to introduce this new childbirth preparation offering. "Birthing from Within" classes are intended for parents who are seeking practical preparation and personal growth to fully participate in birth as a rite of passage. The classes prepare parents for the many ways to give birth, and because no one knows in advance how labor will unfold, these truly holistic classes are not limited to natural birth, but are designed to prepare your body, mind and heart for the many ways of laboring and birthing.

This program is based on a holistic model of childbirth preparation created by Pam England, CNM, MA who wrote: Birthing from Within:

An Extraordinary Guide to Childbirth Preparation. Classes are held on two consecutive Saturdays from 9 AM-1:30 PM and promise to be a unique and enlightening experience.

Fee: \$110. Registration required, call 603.626.2626.



### HYPNOBIRTHING: THE MONGAN METHOD (5 WEEKS)

This is a unique method of relaxed childbirth education that incorporates self hypnosis and relaxation techniques. Instructed by a certified hypnobirthing childbirth educator.

Fee: \$120. Registration required, call 603.626-2626.

### PREPARING FOR BIRTH SERIES (4 WEEKS)

A series of four classes is offered to build knowledge of the birth process and help couples develop a personal plan with strategies for managing and coping with their labor and birth experience.

Fee: \$110. Registration required, call 603.626.2626.

### PLANNING FOR BIRTH

One Day Workshop

For the parents-to-be with tight schedules, the Saturday workshop is designed to provide couples with the fundamentals of labor and birth, strategies for coping, and developing a personal plan for their labor and birth experience.

Fee: \$110. Registration required, call 603.626.2626.

### CARING FOR YOUR NEWBORN

This program is designed to prepare you for parenting after the baby is born. Topics discussed include picking a pediatrician, feeding choices, newborn and infant health concerns, equipment, and infant care for the first few days following birth. This program is facilitated by an Expert Registered Nurse from Our Special Care Nursery.

Fee: \$30. Registration required, call 603.626.2626.

### PREPARATION FOR BREASTFEEDING SUCCESS

Prepare for your breastfeeding experience and learn basics for getting started, to meet both the infant and mother's needs.

Fee: \$30. Registration required, call 603.626.2626.

### BECOMING A BIG SISTER OR BIG BROTHER

This program is offered at developmentally appropriate levels to introduce the idea that your child is becoming a sibling. A tour of The Mom's Place is included.

Fee: \$10 per family. Registration required, call 603.626.2626.

### LACTATION SERVICES

One on one education and encouragement for new moms before the birth, during the hospital stay and after going home. Lactation Line is 603.663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667. **Free.**

### "MOMMY AND ME TIME"

This weekly program is offered to provide support, sharing tips for infant care, sleeping challenges, feeding, and fostering friendships for mothers in their developing roles as parents. Our Lactation Consultant will be there to assist with any feeding questions or issues.

**Free**, registration required, call 603.626.2626.

For more information, call **603.626.2626** or visit [www.catholicmedicalcenter.org](http://www.catholicmedicalcenter.org)

# Community Health Services

Catholic Medical Center reaches beyond the walls of the hospital and into the community, assisting individuals with health information and access to healthcare.

Breast and Cervical Cancer Program	603.626.2626
Community Education and Wellness	603.626.2626
Fertility Health Education	603.663.8706
Healthcare for the Homeless	603.663.8718
Parish Nurse Program	603.663.8004
Poisson Dental Facility	603.663.6226
Advance Directives	603.626.2626
Medication Assistance Program	603.663.8752
West Side Neighborhood Health Center	603.663.5382

## Healthcare Resources Call 603.626.2626

Allergy	General Surgery	Podiatry
Ambulatory Medicine	Hematology/Oncology	Primary Care
Anesthesiology	24/7 Hospitalist Medicine	Psychiatry
Bariatrics	Infectious Disease	Pulmonary Disease
Behavioral Health	Neurology	Radiology
Breast Health	Neurosurgery	Rehabilitation
Cardiology	Newborn Care	Sleep Center
Cardiovascular Surgery	OB/GYN	Stroke Care
Dental	Obesity Treatment Center	Surgical Care
Dermatology	Ophthalmology	Thoracic Surgery
Emergency Medicine	Orthopaedic Surgery	Urgent Care
-24/7 Trauma Center	Pain Management	Urology
Endocrinology	Pathology	Vascular
ENT (Otolaryngology)	Plastic Surgery	Wound Care
Gastroenterology		

## Support Groups Call 603.626.2626

- Aphasia
- Breast Feeding Success
- Greater Manchester Brain Injury and Stroke Support Group "I'm A Survivor"
- Living with Breast Cancer
- Living with Cancer
- Living with Loss: A Bereavement Support Group
- Mommy and Me
- Sleep Apnea Support Group
- Survivors of Suicide Loss Support Group
- Weight Loss Surgery

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). ©2014 CMC. All rights reserved.

# 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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## WALK WITH CMC!

American Heart Association's  
2014 NH Heart Walk

### June 7, 8:30 AM

Derryfield Park  
Manchester, NH

[nhheartwalk.org](http://nhheartwalk.org)