

# Health Living news

## Knowing the Signs

Laurette Glisson doesn't have time to get sick. The 79-year old Hooksett resident lives a very busy life. Altogether she has five grown children. She cares for her handicapped daughter and still manages the household, which includes her husband and one son. Mornings are spent running errands; afternoons include exercise and taking time for herself to read a good book.

Even though she is busy, Laurette pays attention to her health. That's probably why she knew something was seriously wrong on April 24. "I had finished my evening routine and was climbing into bed," recalls Laurette. "Suddenly, I just felt strange. I called out to my daughter, but my words were garbled, I had no articulation."

At first, Laurette thought it was a migraine, which she has battled for some time. That idea evaporated the moment she reached for a glass of water next to her bed. "I grabbed the water



*Laurette Glisson at her home in Hooksett, appreciating every day that she was able to recover from her stroke.*

bottle in my right hand, figuring a drink might help," explains Laurette. "When I tried to shift the bottle to my left hand, it slid right through my fingers and hit the floor. I bent over to wipe up water, and things just weren't working. My left foot wasn't working, I knew something was wrong."

Laurette called out to her husband, Bill and son, Mark and told them to call 911. She correctly assumed she was having a stroke. "Bill and Mark could see something was wrong with my left hand and that my mouth and speech were not correct."

The Hooksett EMTs arrived within moments and quickly diagnosed stroke symptoms. Laurette's blood pressure was at 210 and rising, which created an immediate health concern. "The EMTs calmed me down and got me to CMC within a few minutes," says Laurette.

Inside the trauma unit at CMC, Laurette was quickly assessed by

doctors, who realized the Hooksett woman was a candidate for the clot-busting drug called tPa (tissue plasminogen activator), but they needed to be sure.

"The medical staff connected me to a stroke expert in Arizona, who talked to me on a TV screen for a few minutes and asked me a bunch of questions about my health record," recalls Laurette.

The tele-robot feature allows CMC to consult with a stroke expert from Mayo Clinic in real time during a medical emergency, to help ensure the best course of action.

In Laurette's case, the tPa drug was the right call. "I call it my miracle medicine," says Laurette. "Within 30 minutes, I could move my left leg." She recalls the wonder her family expressed when she used her left leg to scratch an itch on her right leg, while she was still in the trauma room.

Acute ischemic stroke, such as what Laurette experienced, is a

*continued on page 2*



CATHOLIC MEDICAL CENTER

### A Stroke Patient's Remarkable Recovery

# medical center news



Every 40 seconds, someone in the United States suffers a stroke. Studies have shown that early and effective treatment saves lives and prevents long-term disability.

At Catholic Medical Center, we are proud to have expanded our Stroke Program by providing Telestroke services right here in our community. Staffed exclusively by Dartmouth-Hitchcock and Mayo Clinic attending vascular neurologists or "stroke specialists," Telestroke brings this expertise right to our patients' bedside via state-of-the-art video telecommunications.

We are also honored to have received The American Stroke Association's Get with the Guidelines®—Stroke Gold-Plus Quality Achievement Award, which we earned meeting specific quality measures for the rapid diagnosis and treatment of stroke patients for a specific time period. These measures include aggressive use of medications and risk-reduction therapies aimed at reducing death and disability and improving the lives of stroke patients.

At CMC, we are dedicated to the health of this community and to providing the most advanced technology and treatment available to those we serve.

In health,

*Lu Mulla RN MN*

Lu Mulla, RN, MN  
Vice President, Operations &  
Emergency Services

2

*Knowing the Signs ... continued from page 1*

sudden loss of brain function caused by a blood clot in an artery/vessel of the brain. tPA is indicated for the management of acute ischemic stroke in adults and its use can lead to improving neurological recovery and reducing the frequency of disability. Treatment should only be initiated within three hours after the onset of stroke symptoms, and after exclusion of an intracranial hemorrhage.

The speedy treatment meant she was home from the hospital within three days, and back to her full routine of activities within about two weeks.

"I'm feeling really good," says Laurette. "I'm still moving a little slower, but with physical therapy, my outlook is very bright."

Laurette is driving by herself, back at the grocery store, exercising in the afternoon and managing the household. "My friends have trouble believing I had a stroke."

But she did. Her life was saved because she was aware of what was happening, and she got immediate medical attention. Laurette says she thanks God every day, and has a special place in her heart for the EMTs and CMC medical staff who treated her.

"I have some friends who had strokes and didn't go to the hospital quickly and that had permanent lifestyle changes," says Laurette. "If I had any advice for everyone it's this: if you don't feel right, get medical attention. Let the experts tell you it isn't a stroke, because if it is, you need help fast."

Medical advances have greatly improved survival rates from stroke over the last several years, but the best medical treatment only works if patients recognize the signs and take action. Laurette Glisson did, and she recovered from a serious stroke within weeks.

For more information on spotting the signs of stroke and treatment options available at CMC, go to: [catholicmedicalcenter.org/Emergency/stroke-program.aspx](http://catholicmedicalcenter.org/Emergency/stroke-program.aspx)

**SPOT A STROKE** The key to optimal recovery of a stroke is to act **FAST**

**F**ace — look for an uneven smile

**A**rm — check if one arm is weak

**S**peech — listen for slurred speech

**T**ime — call 911 right away

For more information, call **603.626.2626** or

# medical center news

## GREAT NEWS FOR OUR STROKE PROGRAM EVEN BETTER NEWS FOR YOU!

Catholic Medical Center is honored to receive the 2014 Get With The Guidelines®-Stroke Gold-Plus Quality Achievement Award\* for implementing specific quality improvement measures outlined by the American Heart Association/American Stroke Association for the treatment of stroke patients.

Get With The Guidelines®-Stroke helps hospital teams provide the most up-to-date, research-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients.

Catholic Medical Center earned the award by meeting specific quality achievement measures for the rapid diagnosis and treatment of stroke patients at a set level for a designated period. These measures include aggressive use of medications and risk-reduction therapies aimed at reducing death and disability and improving the lives of stroke patients.



"CMC is dedicated to improving the quality of stroke care and we know that every moment counts in a medical emergency of this type so we have to be completely prepared," said Dr. Joseph Pepe, President and CEO of CMC. "With this award, our hospital demonstrates our commitment to ensure that our patients receive care based on internationally-respected clinical guidelines that have proven results."

Those results are a major factor in the creation of specific treatments designed to save patients from a potentially fatal stroke and to help them have the best possible chance at a full recovery and a productive and active life.

\*The American Heart Association and American Stroke Association recognizes Catholic Medical Center for achieving 85% or higher adherence to all Get With The Guidelines® Stroke Performance Achievement indicators for 24 months and 75% or higher compliance on at least five of the Get With The Guidelines® Stroke Quality Measures to improve quality patient care and outcomes. The American Heart Association/American Stroke Association does not accredit, certify or endorse the hospital listed.



(left to right) Sue Bowden, RN, BSN, Theresa Defosse, RN, Tracey Fahie, RN, Mayor Ted Gatsas, Meghan Kielbania, RN, BSN, Michelle Lunderville, RNC, Cassandra Gatsas, Holly Mailloux, RN, Doreen O'Neil, RN, Alicia Soucy, RN

## BECAUSE OF YOU MAYOR GATSAS SHARES HIS GRATITUDE TO CMC'S MEDICAL STAFF

On May 7, Mayor Gatsas joined the nurses at CMC to celebrate Nurses Week and his speedy recovery from his recent hospitalization. "It is because of all of you that I am here and will celebrate another birthday later this month," stated Mayor Gatsas. "From my family and myself I thank you for your compassion, open hearts and dedication to heal."

## THE QUEST TO MEND A BROKEN HEART

### A 23-YEAR ODYSSEY

You might know the story of the guy who nearly died of a broken heart. It's true. Bill Lallas, of Manchester, NH, is that guy. No, this isn't a story of unrequited love. Bill would be the first to tell you he married up; his wife Pat is the light of his life. He has been happily married for coming up on 25 years.

Bill Lallas is a man trying to live with a broken heart. In 1991, he was 50, active, and otherwise healthy, when he felt some odd, but persistently strong pains in his back. He dismissed it as a minor basketball injury that would go away. It didn't. Bill Lallas was having a heart attack. It was the beginning of a 23-year odyssey that would link Bill to Catholic Medical Center, and Dr. Louis Fink, a Cardiologist and Medical Director of CMC's New England Heart Institute.

"Dr. Fink and I are always glad to see each other, even under trying circumstances" says Bill, reflecting on his years of treatment. "We have become great friends."

Unfortunately for Lallas, the two men have had plenty of opportunities to spend time together. Dr. Fink performed an angioplasty on Bill's heart and the outcome looked promising. Bill made a speedy recovery and returned to what he thought would be a normal and healthy life. But Bill's heart attack in 1991 set off what can best be described as a 20-year onslaught of serious medical challenges, most of them dealing with Bill's broken heart.

Two years after his first attack, in July of 1993, Bill was driving to dinner with his wife, when the dreaded back pain returned; the very same pain he had during his first heart attack. This time treatment was more aggressive, and the CMC cardiothoracic surgeons and the surgical team helped Bill through again, but exactly one year later to the day, he suffered a debilitating stroke. "It was all physically and psychologically devastating," says Bill, "but through all these problems, I was fortunate to have the support of my wife and the many wonderful people of the medical staff of CMC in general and NEHI in particular because of my growing heart weakness. The Rehabilitation staff literally helped me get back on my feet."

The challenges were serious. For the Lallas family, the only real goal in life became Bill's survival. "We have lost track of the number of heart attacks he has had," admits wife Pat. "Every time Bill was in the hospital, or even at the dentist, he had another heart attack. It was the dedication of the wonderful doctors at CMC who discovered that there was a blockage that did not appear on tests. Dr Richard Patten and Dr Robert Capodilupo were puzzled but persistent and they found the problem."

In between the heart attacks and strokes, Bill broke his hip and needed a hip replacement. He was nearly killed by a drunk driver in a bad crash, and experienced a very serious case of pneumonia. For anyone who has never suffered a serious health problem or accident requiring a trip to the hospital, yes, there are others who more than

make up for the averages. But Bill finds comfort in his care. "My history has taken me through many departments of the hospital," says Bill. "Through it all, I have been repeatedly impressed with the quality of care by the staff. There is no need to go to another hospital."

Bill and Pat will be celebrating 25 years of marriage together soon. It's a wonderful milestone and certainly a significant date. While both look forward to that exciting day, you'll forgive the Lallas family for being a little timid around major dates on the calendar.

On Christmas Day of 2012, Bill suffered another serious cardiac episode and was rushed back to CMC. "When the doctors first saw me in December I could barely lift my head," recalls Bill. "I was so weak that I really felt that I was not going to survive."

"I was brought into surgery and the NEHI team performed a successful operation," says Bill. "My condition vastly improved. Thanks to the efforts of the team, I like to think of that surgery as a Christmas miracle because I went from grim to grinning."

The recovery was short lived. Again, Dr. Fink, Dr. Capodilupo and Dr. Patten consulted about Bill's unique challenge. Relief and recovery would now require a procedure that required an adjustment to Bill's defibrillator. On Valentine's Day of 2013, another procedure included the addition of a lead from the back of the device to the back of his heart. At the same time, his broken and ailing heart required another angioplasty with a stent.

"They had done what we thought was not possible," says Bill. "My heart is now beating stronger and I can function again. I was given more time to enjoy with my family and friends. And that's exactly what I plan to do with my time, even with a broken heart."



# medical center news

## FREE MEDICATION DELIVERY TO PATIENTS' BEDSIDE

### CMC PARTNERS WITH RITE AID PHARMACY

As a patient of CMC, there is no need to stop at the pharmacy on your way home from the hospital. The recent partnership with our neighboring Rite Aid Pharmacy now offers a bedside service that delivers discharge prescriptions to patients prior to leaving their hospital room at no additional cost.

"Our Meds-to-Beds program is not only convenient for our patients," states Jennifer L. Torosian, RN, MSN, NE-BC, Executive Director of Nursing. "It also gives our medical staff the opportunity to answer questions while the medications are literally in-hand. It can be entirely overwhelming for patients to remember all the care instructions when they are about to leave, but we have found that this service helps improve our partnership in their care through education and support."

Often transportation can also be a challenge for patients to get their medication or supplies. Meds-to-Beds helps to alleviate that barrier. In addition to medications, patients are able have other medical items, such as wound care and ostomy supplies, delivered to patients' rooms.

"Our hope is that this streamlined service could help decrease the number of patients that need to be readmitted to the hospital, because they have access, are more likely to understand new medications and adhere to their doctor's post-hospital medication recommendations," adds Jenn.

This new service helps to streamline the discharge process for CMC patients and eases the transition from hospital to home.



### WELCOME CMC'S NEW MEDICAL STAFF:

Ruslan Denysyk, PA-C

Kristen Dinan, APRN

Heather Gallagher, PA-C

Kristyna Lampman, APRN

Amy LeBlanc, PA-C

Jill Leppanen-Lerner, LCMHC

Daniel Rey, PA-C

Christina Sawyer, ARPN

Lawrence Spector, MS, APRN

New England Heart Institute

The Surgical Care Group

Urgent Care

Webster Street Internal Medicine

New England Heart Institute

CMC Outpatient Medication Management  
and Counseling

Cardiothoracic Surgical Associates

Granite State Internal Medicine

Highlander Way Internal Medicine

# philanthropy at CMC

## CELEBRATE EVERY SMILE

Over 200 people gathered on May 22, 2014 to help make our 9<sup>th</sup> Annual Wine & Beer Tasting Event *Celebrate Every Smile* a huge success. Guests enjoyed a sampling of wine and beer, great food and a silent auction at the Bedford Village Inn in Bedford, NH.

The successful event generated over \$43,000 to support the Poisson Dental Facility at Catholic Medical Center.

We thank all of our generous sponsors for making this year's event a tremendous success!



### EVENT SPONSORS

#### WINE SPONSOR

Martignetti Companies of New Hampshire

#### BEER SPONSORS

Amoskeag Beverages  
Smuttynose Brewing  
Boston Beer Company  
Harpoon Brewery  
Diageo  
Woodstock Inn & Brewery

#### DESIGN SPONSOR

Eisenberg, Vital & Ryze Advertising

#### SILVER SPONSOR

Bedford Ambulatory Surgical Center, LLC

#### BRONZE SPONSOR

Prime Buchholz & Associates, Inc.

#### SMILE SPONSORS

Catholic Medical Center Associates  
Citizens Bank  
Devine, Millimet & Branch

Dignard Architectural Services

Diocese of Manchester

Harvey Construction Corporation

Lavallee Brensinger Architects

St. Mary's Bank

Triangle Credit Union

Well Sense Health Plan

#### AUCTION MAJOR SPONSORS

Clear Channel Radio

E&R Laundry & Dry Cleaners

SMG - Verizon Wireless Arena

### TRIBUTE GIFTS

This year, CMC supporters contributed in honor or in memory of friends, family, loved ones and doctors who have made an impact on their lives. We received a great response from our latest campaign and would like thank our supporters for their generous donations.

#### GIFTS HAVE BEEN MADE IN HONOR OF THE FOLLOWING:

*All aspiring new doctors that have so much information!*

*Robert Catania, MD*

*Dr. Christine Cochrane*

*Larry Gammon*

*Dr. Robert J. Larkin*

*Scott LeBlanc, DO*

*Stephen Michaud, MD*

*NEHI Physicians*

*Irene Reid*

#### GIFTS HAVE BEEN MADE IN MEMORY OF THE FOLLOWING:

*Laura Arel*

*Gertrude Auger*

*Fr. Joseph Christensen*

*Deloris M. Clark*

*Valrie C. Crocetti*

*Paul James Dlubac II*

*Marie L. Dubreuil*

*Mr. & Mrs. Vincent Giambartolomei, Sr.*

*Neva Gonthier*

*Jean Griffin*

*Timothy Michael Halliday*

*Mrs. Blanche Blouin Henderson*

*Alfred & Beatrice Levesque*

*Christopher G. Mares*

*Mr. & Mrs. John Mishico*

*John Morrow*

*Vivian Pankop*

*Donald Penn*

*Edward C. Robinson*

*Henry & Violette Thompson*

*Mae W. Tumler*

Looking for a thoughtful way to honor a trusted doctor, nurse, caregiver, volunteer or loved one? Tribute Gifts to CMC are the perfect way to recognize someone, and enhance care for others. Honor/memorial gifts are published in each edition of this newsletter. If you are interested in making a gift, please visit [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org) or call Cheryl Carter at 603.663.8011 or Brad Danielson at 603.341.4585.

# philanthropy at CMC



## FRUITS & VEGGIES FOR MOMS-TO-BE CMC RECEIVES GRANT FUNDING TO IMPLEMENT NEW PROGRAM

CMC is grateful to the Bishops Charitable Assistance Fund and the NH Charitable Foundation for their support of the implementation of a Fruit and Vegetable Assistance Program at the CMC Pregnancy Care Center.

The grants will provide qualified women receiving prenatal care at the CMC Pregnancy Care Center stipends to use at a local farmer's market to purchase fresh produce during their pregnancy.

*The Bishop's Charitable Assistance Fund makes grants to tax-exempt organizations without the regard to religious affiliation for projects that help people in New Hampshire meet their basic needs. The Fund is operated by volunteer lay men and women who serve as Directors and who make recommendations to the Bishop of Manchester for grants to any organization in New Hampshire whose mission is consistent with the teachings of the Roman Catholic Church. The Fund raises money through solicitation of individuals, businesses and philanthropic organizations. An annual accounting of funds raised and disbursements is available at [www.catholicnh.org/BCAF](http://www.catholicnh.org/BCAF).*

## SAINT ANSELM'S HAWKS DONATE TO CMC'S BREAST CARE CENTER

Dr. Pepe, CMC's President & CEO, visited with members of the St. Anselm's men's and women's ice hockey teams to thank them for their generous donation of \$5,200 in support of the CMC Breast Care Center. The Hawks held a two-day Pink in the Rink event at the Thomas F. Sullivan Arena to help raise funds and awareness for breast cancer.



(left to right) Jackie Bouchie, Mark Mead, Courtney Winters, Brian Sullivan, Dr. Joseph Pepe, Andi Foss, Tyler Estee, Tiffany Herron, Peter Sikalis

## TEN FINGERS, TEN TOES

SAVE THE DATE: CMC GALA—OCT 17, 2014



Your opportunity to empower women and their babies to have a kick-start to healthcare is at our annual Gala Event.

The CMC Gala, on Friday, October 17, 2014 at the Manchester Country Club, promises to be an enjoyable and enriching evening, and we hope you will be a part of it!

Proceeds from the event will benefit the Pregnancy Care Center, a service that provides prenatal care for underinsured women from the Manchester community. In order to supply the essential services for the women who walk through our doors, we rely on your on-going support.

For additional information, please call Keri Degen at 603.663.6056 or Cheryl Carter at 603.663.8011.

# 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

### PREVENTING SPORTS INJURIES

According to the National High School Sports related Surveillance Study conducted in 2012-2013, 2.16 injuries occur for every 1,000 athletic exposures. Often times, professional, college, recreational or young athletes may have faulty movement patterns, or inadequate strength and flexibility that contribute to this risk of injury during activity.

The good news is that there are evidence-based training programs to PREVENT many of these injuries from occurring. Both ankle and knee injuries have been shown to decrease from 20-50% from implementation of these injury prevention programs. To learn more please join us for this free event.



Have you sustained an injury or fear you may while participating in your sport? Physical therapists from CMC Outpatient Rehabilitation Services will discuss evidence-based strategies to incorporate into your workouts and pre-season training to reduce your risk of injury by 20 to 50%. Information

will be provided about an injury risk-screening test you can attend.  
Wed, Jul 9, 6-7 PM  
Location: Catholic Medical Center  
Registration required, call 626.2626.

### FAMILY PLANNING THE "NATURAL" WAY!

Discover a highly effective way to plan or avoid pregnancy "naturally." By learning how to recognize the natural signs of fertility, a couple can manage their fertility without drugs or devices. This system is easy to learn and interpret.

Wed, Jul 23, Aug 20, or Sep 24,  
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 626.2626.

### AARP SMART DRIVER PROGRAM

AARP's program teaches drivers how to boost safety awareness, increase confidence, and minimize crash risk. Persons of any age may attend.  
Mon, Aug 11 and Wed, Aug 13 or  
Mon, Sep 8 and Wed, Sep 10  
9 AM-12 PM  
Location: 195 McGregor Street, Lower Level, Suite LL22  
\$20 (2 classes): \$5 discount to AARP members.  
Registration required, call 626.2626.

### PUTTING OUT THE FIRE: ADVANCES IN THE MANAGEMENT OF GASTROESOPHAGEAL REFLUX DISEASE

Gastroesophageal reflux, the back-up of stomach acid into the esophagus, is a common problem which can lead to many different symptoms and cause long term complications if not properly treated. Patients may suffer from heartburn, difficulty swallowing or even develop a chronic cough or hoarseness due to reflux. In some patients, long-term problems such as narrowing of the esophagus, esophageal ulcer, or even a precancerous condition known as Barrett's Esophagus can develop. There are now several effective medical and surgical techniques available to manage gastroesophageal reflux. Join Dr. Robert Catania (*shown at right*) to learn about the lifestyle changes and treatment options currently available for the management and treatment of GERD.

Tue, Jul 22, 6-7 PM  
Location: Catholic Medical Center  
Free, registration required, call 626.2626.



### WHAT'S THE BIG DEAL ABOUT GENETICALLY MODIFIED FOODS?

There's a lot of buzz these days about GMO's – but what exactly are they and what's the significance? NH offers a wide variety of fresh local foods. Find out why eating local may improve your overall health.

Wed, Aug 20, 6-7 PM  
Location: Catholic Medical Center  
Free, registration required, call 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 fall.

Wed, Sep 17 to Oct 8, 6:45-8 PM  
Location: TBD  
Fee: \$69 (4 Week Series). Registration required, call 626.2626.

### ONE-ON-ONE WITH A HEALTHY WAY: 4 VISIT PACKAGE

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

Ongoing  
Location: 769 South Main Street, 3rd Floor  
Fee: \$249. Registration required, call 663.6931.

# health *and* wellness

## WEIGHING IN ON YOUR WEIGHT LOSS OPTIONS AT CMC

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

Ongoing

Location: 769 South Main Street, 3rd Floor

Fee, registration required, call 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: 769 South Main Street, 3rd Floor

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

Registration required, call 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: 769 South Main Street, 3rd Floor

Registration required, call 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 1,600 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session. Ongoing.  
Registration required, call 663.7377.

## HYPNOSIS FOR SMOKING CESSION

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 626.2626.

## MASSAGE

For information, or to schedule an appointment, call 641-6700.

## CHAIR MASSAGE

For more information contact our Parish Nurse Program, call 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, nhretiredmen.org

## PArish NURSE PROGRAM

The CMC Parish Nurse Program is present in 17 local faith communities in the Greater Manchester Area, providing spiritual, physical, psychological and social care to their members and neighbors. Parish Nurses provide a variety of health screenings including blood pressure, hearing and weight screenings, as well as wellness education programs and patient advocacy. The CMC Parish Nurse Program serves people of all ages, and welcomes people of all ethnic and religious affiliations. Find our monthly calendar on the CMC website.

Please find our services at the following locations:

Parish of the Transfiguration

(CMC Parish Nurse Main Office)

603-663-8004

Monday 9-1 PM, Tuesday-Thursday 9-3 PM, Closed Friday

Bedford Presbyterian Church | Tuesdays, 9:45-11:15 AM

Blessed Sacrament Church | Wednesdays 1:30-3 PM

Brookside Congregational Church | Thursdays 10-11:30 AM

First United Methodist Church | Tuesdays 8:30-10:30 AM

Immaculate Conception Parish, Penacook | Sundays 9-10:30 AM  
Thursdays 8:30-10 AM

St. Andrew's Episcopal Church | 1st and 3rd Tuesday 8-9 AM

St. Anne-St. Augustine Parish | 2nd Tuesday 10:30-11:30 AM

St. Anthony Church | Thursdays 9-11 AM

St. Elizabeth Seton | 1st and 3rd Tuesday 8:30-10:30 AM

St. George Greek Church | 2nd Wednesdays 9:30-11AM

St. John the Baptist, Suncook | Mondays 9-11 AM

St. Joseph Cathedral | 1st Sundays 9:30-10:30AM & 11:30 AM-1 PM

St. Matthew's Episcopal Church | Wednesdays 9 AM-12 PM

St. Pius X Church | Fridays 8:30-11 AM

St. Raphael's | 3rd Tuesdays 12:30-1:30 PM

Sacred Heart | Fridays 8:30-9:30 AM

For further information, call 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 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 663.8000.

## 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 626.2626.

### SKIN CANCER SCREENING

Approximately one million cases of skin cancer are diagnosed each year. Early detection is the key to curing all types of skin cancer.  
This screening is for persons who do not have a dermatologist or are uninsured.  
Mon, Sep 8, 12-2 PM  
Location: 195 McGregor Street, Lower Level, Suite LL22  
Free, registration required, call 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, Sep 8 to Nov 3, 7-8 PM or  
Tue, Sep 9 to Oct 28, 6:15-7:15 PM or  
Thu, Sep 11 to Oct 30, 5:30-6:30 PM  
Location: 195 McGregor Street, Lower Level, Suite LL22  
Fee: \$60 (8 weeks) Registration required, call 626.2626.

### GENTLE YOGA

Designed for various fitness levels. A gentle way to experience flowing postures. Poses and sequences will offer many modifications.  
Tue Sep 9 to Oct 28, 3:45-4:45 PM or  
Wed, Sep 17 to Nov 5, 7:00-8:15 PM or  
Thu, Sep 18 to Nov 6, 10:15-11:30 AM  
Location: 195 McGregor St., Lower Level, Suite LL22  
Fee: \$60 (8 weeks). Registration required, call 626.2626.

### CMC PARISH NURSE INDOOR WALKING PROGRAM

Tue, 9:30-10:30 AM or  
Wed, 9:30-10:30AM  
Location: Parish of the Transfiguration  
Free, for more information, contact the Parish Nurse Program at 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 663.8004.

### 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 663.8000.



# health *and* wellness



## 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 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 626.2626.

### ONLINE 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 626.2626.

### BIRTHING FROM WITHIN

This unique childbirth preparation program provides the practical information you need about pregnancy, labor and birth. It also offers methods for coping and managing the unknowns that are so difficult to plan for. You will enter your birth journey with greater confidence, trust, love, joy and courage. Fee: \$110. Registration required, call 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 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 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 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 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 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 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 663.6686 . For after hours or weekends, call the Mom's Place at 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 626.2626.

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

## 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).



CATHOLIC MEDICAL CENTER

100 McGregor Street  
Manchester, NH 03102

ECRWSS  
NONPROFIT ORG.  
U.S. POSTAGE PAID  
MANCHESTER, NH  
PERMIT NO. 11

## BE THE VOICE OF THE PATIENT

### DO YOU HAVE IDEAS TO HELP IMPROVE OUR HOSPITAL?

At CMC we believe that patient and family engagement is essential in improving patient safety, quality, and delivery of care. **The Patient & Family Advisory Council** is a committee of patients and family members who serve as the VOICE of the patient; bringing YOUR perspective to hospital operations. As those who have had experiences as patients or family members at CMC, advisors play a valuable role in helping hospital leaders enhance services and programs provided.

The Patient & Family Advisory Council only requires a few hours a month and you can help by:

- Sharing your insights, opinions and ideas in productive ways
- Participating in discussion groups
- Identifying opportunities that will improve the patient & family experience
- Collaborating on solutions
- Working on short-term projects

If you are interested in working with us to strengthen communication and collaboration among patients, facilities, caregivers and staff, please contact: Karen McLaughlin 603.663.6438; email: [kmclaugh@cmc-nh.org](mailto:kmclaugh@cmc-nh.org)

