

At 95, Annette has More Living to Do



Annette Hebert has stories to tell. That's what happens when you live for 95 years.

Her French-Canadian accent is still thick, her wit is still sharp and the stories she tells are still fresh in her mind.

She will tell you about the blind date that led to marrying the man who eventually became her husband, or riding alongside her uncle in an oil truck through the streets of Manchester. She will tell you of square dancing and the time she spends growing vegetables in her garden.

Annette still lives in her own house and drives her own car. And, thanks to a life-saving procedure performed at Catholic Medical Center's New England Heart and Vascular Institute, she has no plans to slow down.

"It gave me another 95 years to live," Annette says with a laugh. "I feel really, really good."

Annette—who turned 95 on March 14—is one of the oldest patients to receive the revolutionary transcatheter aortic valve replacement, or TAVR, by the specialists at CMC. Her team included Dr. James Flynn and Dr. Benjamin Westbrook.

The minimally invasive procedure helps extend the lives of people with aortic stenosis who may be at high risk or

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Medical News

At 95, Annette has More Living to Do, continued from page 1

not eligible for a valve replacement requiring open-heart surgery. TAVR procedures are most commonly performed in patients who are in their seventies or eighties or even older, like Annette. They are performed by delivering the fully collapsible replacement valve through a catheter inserted in the femoral artery or a large artery in the chest.

The procedure was commercially approved in the United States in 2011 and was first performed at CMC's New England Heart and Vascular Institute in 2013. "It's a great new option for patients who are at high risk for traditional open heart valve surgery," Dr. Flynn says.

Annette Hebert always knew CMC would be the place for her to receive care. After all, this is the only hospital she has known since arriving in Manchester in 1941 from the small farming town of Rivière-Verte, in the Canadian province of New Brunswick, to work for her uncle's oil delivery business.

She and her husband raised their family in a three-decker house at the corner of Rimmon and Mason Streets, on the West Side, and lived there for 60 years. She moved to a house in the

Pinardville section of Goffstown after her husband died in 2000, but still drives back to the old neighborhood to attend church at Sainte Marie.

The West Side has been a big part of her life and CMC has held a special place. This is where both of her daughters were born and it is where she has been treated every time she needed to go to the hospital. CMC was certainly the place she was going when she was told she would need to have the TAVR procedure.

"She didn't want to go anywhere else," says Denise Rosander, Annette's daughter. "We are very fortunate to have this."

Annette was back home two days after the procedure and was driving again a week later. She is now picked-up by a CMC shuttle for cardiac rehab three times a week. She may not shovel her own driveway anymore, but Annette's routine has not changed drastically after this life-extending procedure.

She still cooks her own food, such as salmon and cheese and tomato sandwiches, and plays bingo every week. "You have to live happy-go-lucky," she says. "And I am very happy after this." 

For additional information about the Heart Valve Clinic or TAVR, contact New England Heart and Vascular Institute at **603.669.0413**.





New Physician SPOTLIGHT

Adding new first-class physicians to our medical staff is a direct reflection of how we are invested in you. Meet just a few of our new innovative physicians who are helping care for patients like you.



Amoskeag Primary Care welcomes **Cesar L. Baruja Baquer, MD**, a Board Certified Family Practitioner with a Medical Degree from Universidad Nacional de Asuncion, in Paraguay. He completed his residency in Family Medicine at Bella Vista Hospital in Puerto Rico.

Dr. Baruja has worked for the past 10 years at Syracuse Community

Health Center in Syracuse, NY. He has international medical experience, serving communities and patients in Germany and Paraguay. He has worked in both Internal Medicine and Urgent Care settings, with a wealth of experience serving both inpatient and outpatient needs.

Dr. Baruja is fluent in Spanish, German and Guaraní, which allows him to connect with patients of various backgrounds and nationalities.



Family Health & Wellness Center is proud to welcome **Michelle Kinbrook, MD**, a Board Certified physician in both Pediatrics and Internal Medicine. She graduated from the University of Kentucky College of Medicine in Lexington, Kentucky and went on to complete a combined residency in Internal Medicine and Pediatrics

at Baystate Medical Center, Massachusetts, an affiliate of Tufts University School of Medicine.

Dr. Kinbrook graduated with an Honors level Bachelor of Science degree in Biochemistry from Imperial College in England. She was pursuing cell and molecular biology research when she discovered her passion working with patients and with the clinical applications of research. Just before embarking on her medical training and career, Dr. Kinbrook helped develop a state-funded healthcare access program for the underserved communities in Kentucky.

As a result of her medical training, and her life experiences with people from different walks of life, Dr. Kinbrook enjoys taking care of patients of all ages, from newborns to geriatrics. Prior to Catholic Medical Center, she practiced traditional inpatient-outpatient medicine in rural Wyoming and then Maine, often being the “family doc” for members, and extended members, of her families. As a physician, Dr. Kinbrook admits to, first and foremost, being a scientist and practicing evidence-based medicine. However, she is very cognizant that many other factors could affect a person’s health. She respects patients’ preferences and prefers to work together with them in optimizing their health and quality of life.

Dr. Kinbrook loves animals, the natural outdoors, creative arts and music. In her spare time, she enjoys hiking, snowboarding, contra dancing, pottery and writing.

For additional information or to establish care with Dr. Baruja or Dr. Kinbrook, please call the **CMC Primary Care Access Line: 603.314.4750**.



Medical News

The Stork Project's Welcome Bundles:

A partnership that delivers at CMC's Mom's Place and Special Care Nursery

When a new mother in need delivers her baby at Catholic Medical Center, one of the first gifts she receives—along with all the flowers and cards from family and friends—is a Welcome Bundle from The Stork Project. Giving birth to a baby can be one of life's greatest joys, but it can also be an extremely stressful and sometimes frightening time for families who may be dealing with a baby who requires special medical care or is born prematurely. Many families may be facing financial and/or parenting stress or other hardships. For many families, the bundles symbolize hope, love and compassion. A Welcome Bundle sends the message that each family is cared for and each new baby deserves celebration.

Started in 2007 by Kathi Lewis, The Stork Project assists families with clothing for their newborns. Over the past seven years, more than 3,500 Welcome Bundles have been delivered by the Project to New Hampshire mothers and babies, and since 2009, 610 of those Welcome Bundles came from The Stork Project by way of CMC's Mom's Place and Special Care Nursery.

Each welcome bundle is unique. The clothes inside are all gently used, and each item holds within it the love showered on the baby who wore it. Bundles are gender-specific and are put together in monthly batches so



they are seasonally appropriate. Each bundle has 10 to 12 outfits as well as hats, socks, bibs and handmade booties and crocheted or knit afghan. All of these items are bundled in a new artisan quilt provided by volunteers from Project Linus.

The Bundles are delivered to CMC by Bonnie Frisard, a CMC employee and Stork Project volunteer. She gives them to social workers, who then promptly deliver them to families in need who are welcoming new babies.

The Project's reputation has spread widely through word of mouth, and Kathi Lewis collects donated newborn clothes (new and

gently used) from families, women's clubs, Girl Scout troops, and churches as well as from consignment stores throughout New Hampshire. Many seniors contribute beautiful hand knit and crocheted items. Generous parents also donate clothes, and willing social workers deliver the Welcome Bundles to the new babies.

Kathi, who volunteers all of her time, says she is just the middle of the hourglass that keeps the process flowing evenly. In addition to CMC, Welcome Bundles in Manchester are also shared with babies at Child Health Services, Easter Seals, Early Head Start, Elliot Hospital, Our Place, Well Sense and State of NH Child and Family Services.

For additional information, email storkproject@aol.com or "like" The Stork Project on Facebook. 🇺🇸



Philanthropy

Mark your calendars for CMC's fabulous spring events! These signature events provide important support for your hospital. We look forward to seeing you at these and other upcoming events!

CMC Wine & Beer Tasting—May 12

Bedford Village Inn, Bedford, 5:30-8 PM

Donation of \$85 per ticket

Benefitting: CMC's Community Health Services and Poisson Dental Facility, which provides dental care for underinsured adults and children.

Tickets: Contact Keri Degen at 603.663.6056 or kdegen@cmc-nh.org

CMC Golf Classic—June 8

Passaconaway Country Club, Litchfield, 8 AM

\$150 per golfer or \$600 per foursome

Benefitting CMC's New England Heart & Vascular Institute

Registration: Contact Brenda Cannon at 603.314.4758 or bcannon@cmc-nh.org

Soothing our Youngest Patients

You're invited to participate in our campaigns to help children. A \$25 donation to our **Books for Babies** campaign will provide storybooks and a journal for the parents. To date, generous donors have contributed \$850, which is a lot of books for a lot of babies!



It is easier to be calm when you're kept busy—your donation to **Keeping Kids Calm** will help purchase story and activity books to help keep children busy when they are in our Emergency Department. To make your \$25 donation, please visit CatholicMedicalCenter.org and click on Make a Gift shortcut in the upper right hand corner of the homepage. Donations can also be mailed to the CMC Development Office, 100 McGregor Street, Manchester, NH 03102.

Breast Cancer Awareness Events

A special thank you to all our supporters and survivors who attended this winter's pink sporting events and cheered on the Manchester Monarchs, Southern NH University, and St. Anselm's College teams as they raised awareness for breast cancer and donations to support our Breast Care Center. We also thank the Monarchs staff and players, and the players and behind-the-scenes organizers at both colleges, for their efforts to raise awareness of breast cancer.



Connie Campbell, MD, FACS, Surgical Director of Breast Health, drops the puck to begin the Manchester Monarch's Pink in the Rink game (above), and prepares for the tip off to start the SNHU women's basketball game (below).



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, Apr 11, May 16, or Jun 13, 9 AM-4 PM

195 McGregor St., Lower Level, Suite LL22

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

Registration required, call 603.626.2626

Mental Health First Aid

Most of us are familiar with CPR and Calling 911 in an emergency, but do we know how to administer first aid in a mental health crisis? Mental Health First Aid is an 8 hour training course that teaches how to help someone who is developing a mental health problem or is experiencing a mental health crisis. In the two half-day sessions, you will learn how to identify, understand and respond to signs of mental illness and addiction in this nationally recognized program.

Mon, Apr 11 & Apr 18, 12:30-4:30 PM

195 McGregor St., 3rd Flr, Suite 312

FREE, registration required, call 603.626.2626

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 the information to manage fertility and to identify possible underlying reproductive disorders.

Mon, Apr 18, May 23 or Jun 20, 6:30-8 PM

195 McGregor St., Lower Level, Suite LL22

FREE educational session (\$20 fee for fertility kit if you enroll in extended program), Registration required, call 603.626.2626

Aging with a Sense of Humor

Attitudes toward aging are predominantly negative in American culture. An individual's attitude may positively or negatively impact one's health. Join Mary Wood-Gauthier RN, MSN as we explore the positive and the humorous aspects of moving through middle years to "senior" years. Discover how to challenge accepted norms of aging and face the years ahead with enthusiasm and a sense of humor.

Wed, May 18, 6-7:30 PM

Roy Auditorium, CMC

FREE, registration required, call 603.626.2626

Health Benefits of the Great Outdoors

Living busy lives with long to-do lists often results in us losing touch with the beauty and serenity that surrounds us in nature. Join Jake King, Partner/Lead Instructor at Thrive Outdoors to learn about the health benefits of the great outdoors, and the science that tells you why you should go outside. Learn how to unplug and find your calm, using nature and activities available in your area.

Wed, May 18, 1-2:30 PM, 195 McGregor St., Lower Level, Suite LL22 or

Wed, Jul 20, 6-7:30 PM, Roy Auditorium, CMC

FREE, registration required, call 603.626.2626

Healthy Eating for Healthy Aging

Does your diet effect how well you age? Are there changes you can make now that will make a difference for you later in life? Eating well doesn't have to be complicated. Whether you are still a Spring chicken or already in your golden years, join Lori Muller, RD, CDE to learn how to enjoy foods that are rich in nutrients and antioxidants while at the same time minimizing calories.

Tue, May 24, 6-7:30 PM

195 McGregor St., 3rd Flr, Suite 312

FREE, registration required, call 603.626.2626

Caring for you.

With heart.



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

Don't become a victim! This presentation will include discussion about how to identify scare ware and scare scams, spot phishing emails, and secure all devices to protect yourself from security breaches.

Wed, Jun 15, 6-7:30 PM

Roy Auditorium, CMC

FREE, registration required, call 603.626.2626

Concussion Discussion

With all the news about the short and long term effects of concussions, you may have questions and concerns. Join Jason Czarnosz, PT, DPT, ATC, LAT who will discuss signs and symptoms, testing, management, and recovery from concussion as well as what athletes need to know to stay safe.

Mon, Jun 27, 6-7:30 PM

Roy Auditorium, CMC

FREE, registration required, call 603.626.2626



Getting in Touch with Nature

Summer is a great time to get outside, be more active and enjoy the beauty that surrounds us. Join Dawn Genes, Director, Massabesic Audubon Center who will share the many ways to utilize the Center and the programs that occur throughout the year, including walking trails, a variety of landscapes, gardens, exhibits and live animals.

Tue, Jun 28, 6-7:30 PM

195 McGregor St., 3rd Flr, Suite 312

FREE, registration required, call 603.626.2626

Greater Manchester Brain Injury & Stroke Support Group

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

2nd Tue of month, 6-7:30 PM

RMU Level F, CMC

FREE, registration required, call 603.626.2626

Helping You Manage Your Cholesterol

The Cholesterol Management Center can help you manage your cholesterol and reduce your cardiovascular risk. Our team works to provide a lifestyle plan of diet and exercise that is tailored to you rather than a "one size fits all" plan. If needed, we work with you on a medication treatment plan to meet your individual needs, tolerances, and cholesterol goals. To schedule an appointment or obtain a physician referral, please call our office at 603.663.6549, option 2.

Diabetes Education

If you have pre-diabetes or diabetes, education is key to successful self-management. At the Diabetes Resource Institute at CMC, our Certified Diabetes Educators provide group and individual appointments, with extended early morning and late day appointments available. A referral from a primary care physician is required. To receive a copy of our monthly eNewsletter, email diabetesconnection@cmc-nh.org
To schedule an appointment, call 603.663.6431



Health & Wellness

NH Retired Men's Association

Social hour with refreshments and an informative speaker with topics of interest for retirees.

Third Tuesday of month

10:30 AM-12:30 PM

195 McGregor St., Lower Level, Suite LL22.

FREE, for more information: nhretiredmen.org

Massage

For information, or to schedule an appointment, call

603.641.6700

Holistic Health Series

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

Zentangle to Springtangle Tote

Join us as we celebrate the arrival of spring with the relaxing and stress reducing Zentangle. This unique art form uses simple repetitive shapes to create a lovely design while decreasing tension and creating a lovely art piece. Each student will get the fabric tote and Zentangle supplies to work on fabric. Participants may also create their project on paper for practice and bring the tote home to work on later if they choose. No art experience necessary.

Mon, Apr 25, 6:30-8:30 PM

Roy Auditorium, CMC

\$25, registration required, call 603.626.2626

An Introduction to Zentangle

Join us for an introduction and demonstration of the Zentangle method of drawing and learn how making simple, repetitive and deliberate strokes can produce a relaxed, mindful state and result in a beautiful piece of art. Watch a Zentangle demonstration, try out patterns and take home a Zentangle tile.

Mon, May 2, 1-3 PM

195 McGregor St., Lower Level, Suite LL22

\$10, registration required, call 603.626.2626

Self-Criticism to Self-Compassion: Building Self-Love through Expressive Arts

One of the greatest obstacles to effective and lasting change is the voice of our inner critic. This workshop will equip participants with simple, practical arts-based skills which foster growth in the often under flexed muscle of self-compassion. Participants will have the beginning of a toolbox of creative and mindful practices from which they can draw for ongoing growth in compassion for self and others.

Tue, May 3, 6-7:30 PM

Level G, Suite G1, CMC

\$10, registration required, call 603.626.2626

Mindful Eating 101

Food gets serious when you're trying to lose weight or have to eliminate favorite treats to manage health issues. It can be stressful and taxing, leaving you more with a feeling of deprivation than accomplishment. Mindful eating is a way of enhancing your view of the entire eating experience, including preparation. Learn how a mindful approach helps you to drop self-judgment while bringing you more in touch with how eating can nourish and satisfy you on all levels.

Thu, May 19, 6-7:15 PM

195 McGregor St., 3rd Flr, Suite 312

\$15, registration required, call 603.626.2626



Caring for our Community with Heart

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.

At Catholic Medical Center, we recognize our role in keeping Manchester healthy. We are highly invested in programs that address the health of our community, with a particular emphasis on those most in need. To better serve the community, CMC along with other health care organizations conducts a community health needs assessment every three years. The assessment helps us prioritize and identify gaps of services, and develop and grow programs to address community needs in our service area. (To review the Greater Manchester Community Health Needs Assessment, please visit CatholicMedicalCenter.org)

CMC provides a variety of health services, education, and preventative programs and screenings to promote the health of our community. Some examples of these programs include the following:

In response to the increased awareness related to the effects stress has on overall health, Community Health Services has developed a holistic line of educational programs and services for our community. Programs such as Happiness is a Muscle, Introduction to Positive Psychology, Food as Medicine and Making a Change for Wellness encourage the use of mindful techniques as an option to reduce stress. These programs have been well received by the community and continue



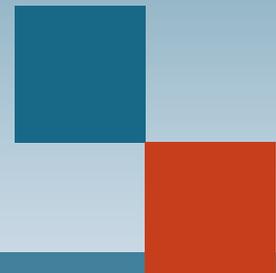
to provide us with positive feedback in this unique approach to stress management.

The **Health Care for the Homeless (HCH)** program provides primary medical care, behavioral health

services, addiction counseling, nurse case management, social services and health education to approximately 1,300 homeless individuals in Manchester.

The mission of HCH is to guarantee access to high quality, comprehensive health care for all people who are homeless in Manchester, in a way that respects their dignity. With the expansion of Behavioral Health Services and the addition of a Community Health Worker to the HCH team, more homeless individuals are being identified and connected to HCH program for comprehensive health





Community BENEFIT REPORT FY15

care. The HCH Manchester program is made possible through state and federal grants and the generous support from the Manchester Health Department and Catholic Medical Center.



The **Poisson Dental Facility** provides comprehensive oral health care services for children and adults in need of dental care who would otherwise not have access due to the numerous barriers associated with oral health care. The program has been improving the oral health of the underserved in the Manchester area since it was started in 1983. In an effort to meet the growing need for oral health services, the program expanded to include school-based dental care for children in need attending Manchester elementary and middle schools. This school-based program is made possible through collaboration with the City of Manchester Health Department and Easter Seals NH. CMC Poisson Dental Facility also provides onsite dentistry at Dartmouth-Hitchcock Manchester by integrating these services within their pediatric practice. This allows for ease of access for the patients and direct communication amongst the providers of care.

The **West Side Neighborhood Health Center** has provided primary care and behavioral health services to under and uninsured patients in our community. The West Side Neighborhood Health Center (WSNHC) specializes in caring for refugees, from newborns to the elderly, providing a medical home for this population.

The **Pregnancy Care Center** provides supportive prenatal care to all women and their families, regardless of their ability to pay. Our mission is to improve pregnancy outcomes by serving those most in need and those unable to access services in a

traditional prenatal setting. The Pregnancy Care Center now offers Centering Pregnancy™. Centering is a model of group care that integrates the three major components of care: Health Assessment, Education and Support, into a unified program. Centering is an evidence-based redesign of health care delivery that helps to promote safe, efficient, effective prenatal care that is patient centered, equitable and culturally appropriate. Patients meet with their care provider and other group participants for an extended period of time (90-120 minutes) at regularly scheduled visits over the course of their care. Visits promote greater patient engagement, personal empowerment and community-building.



The **Medication Assistance Program** helps patients decrease financial barriers to accessing medications needed to manage long term/chronic health conditions for the uninsured and underinsured patients through pharmaceutical companies and other low cost medication programs. The outcomes show significantly improved compliance with medication management and improved overall health. In FY15 the Medication Assistance Program staff helped 314 patients obtain over 1,600 prescriptions with a value of over \$710 thousand dollars.

This 2015 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. Our broad range of community-focused programs provided more than \$80.5 million in community benefit services in FY2015.

Caring for you.

With heart.

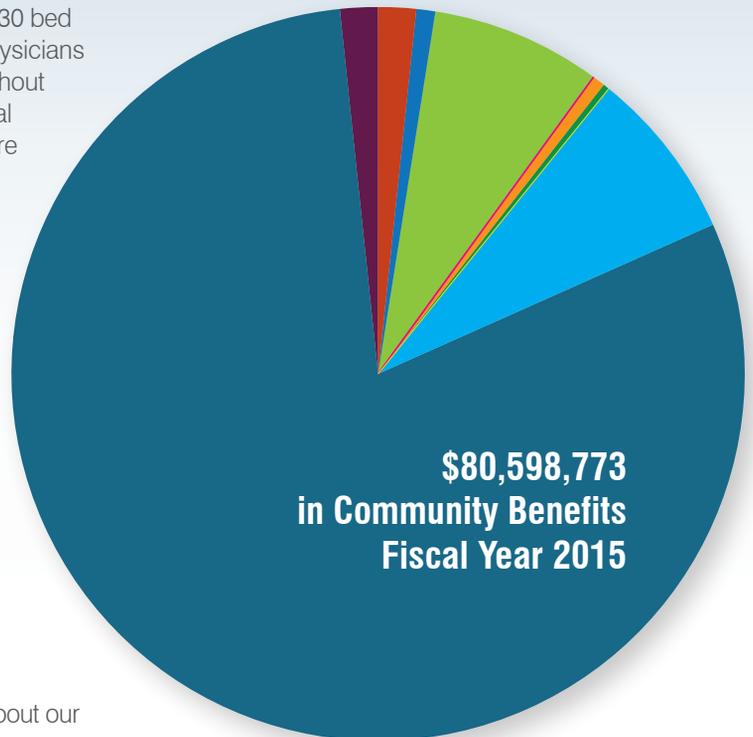
CARING FOR OUR COMMUNITY

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 our community, and we work hard to evolve to meet and exceed patient expectations. Currently, Catholic Medical Center has one of the highest case mix indexes, which indicates 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 2015, CMC provided over \$80.5 million dollars in support to care for the patients in our community.

Community Benefit Report 2015 Stats

To read our complete 2015 Community Benefit Report visit CatholicMedicalCenter.org. If you have questions or comments about our community benefit activities, please e-mail us at info@cmc-nh.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
Behavioral Health Services
Pregnancy Care Center
Special Care Nursery
West Side Neighborhood Health Center

- Community Health Improvement Services \$1,425,351
- Health Professions Education \$745,872
- Subsidized Health Services \$5,926,725
- Clinical Research \$96,593
- Financial Contributions \$459,177
- Community Building Activities \$189,292
- Community Benefit Operations \$94,675
- Charity Care \$5,885,175
- Medicaid/Medicare Shortfall \$64,445,295
- Leveraged Revenue \$1,330,618



Uncompensated Costs of Government Programs: \$64,445,295

(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 \$64 million during fiscal year 2015. 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: \$5,885,175

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: \$5,926,725

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:

- Health Care for the Homeless
- Medication Assistance Program
- Poisson Dental Facility
- Behavioral Health Services
- West Side Neighborhood Health Center
- Pregnancy Care Center
- Special Care Nursery

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.

Community Health Improvement: \$1,425,351

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 and the City of Manchester's Neighborhood Health Improvement Strategy. 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.

We are the home to the nationally recognized New England Heart & Vascular Institute. The Institute is a national center for advanced clinical trials, cardiovascular rehabilitation and wellness education. Our physicians provide care in local community hospitals including: Androscoggin Valley Hospital, Huggins Hospital, Monadnock Community Hospital, Parkland Medical Center, St. Joseph Hospital, Speare Memorial Hospital and Upper Connecticut Valley Hospital.

Community health improvement and support programs include:

- Community health education
- Community physical fitness programs
- Health screenings at little or no cost to community members, including various cancer screenings
- Fruit and Vegetable Assistance Program
- New England Heart & Vascular Institute's outreach services
- Parish Nurse Program
- Patient transportation services
- Behavioral Health services
- Fertility Health Education services
- Wellness programs for the homeless



CATHOLIC MEDICAL CENTER

100 McGregor Street
Manchester NH 03102

CatholicMedicalCenter.org

Caring for you.

With heart.

Serenity Saturday

Nothing dampens the spirit like feeling stressed and depleted. Taking a personal time-out is one of the best ways to “re-juice the batteries” and reconnect to our source of possibility. Over the course of the day, we’ll engage in guided mindful practice, journaling, quiet contemplation and practices to help you feed your inspiration. Emerge from this mini-retreat feeling like you refilled your personal well of peace and creative energy.

Sat, May 21, 9 AM-3 PM

Roy Auditorium, CMC

\$99, registration required, call 603.626.2626

For the Love of Pets

Animal-assisted therapy can significantly reduce pain, anxiety, depression and fatigue in people with a range of health problems. Join Sue Tremblay, Director of Volunteer Resources, and learn about CMC’s Pet Therapy Program and other pet therapy activities in our community. Spend some time socializing with the therapy animals.

Wed, Jun 22, 6-7:30 PM

Roy Auditorium, CMC

FREE, registration required, call 603.626.2626



Mindfulness Introduction and Refresher

Whether you are new to mindfulness or just need to reinforce your practice, this program is for you. Come participate in the practice of mindfulness and learn how it can help reduce stress and bring a little bit of serenity to your life.

Thu, Jul 28, 6-7:15 PM

195 McGregor St., 3rd Flr, Suite 312

\$10, registration required, call 603.626.2626

The Center for Wellness

ZUMBA®

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

Tue, Mar 29-May 17, 6:30-7:30 PM or

Thu, Apr 14-Jun 2, 5:30-6:30 PM or

Tue, Jun 7-Jul 26, 6:30-7:30 PM or

Thu, Jun 16-Aug 4, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

\$60 (8 weeks), registration required, call 603.626.2626

ZUMBA Gold®

This energetic, dance based fitness program combines a mixture of Latin, and world rhythms for a great aerobic workout. This class is perfect for active older adults looking for a modified, lower intensity Zumba class.

Tue, Mar 29-May 17, 10:15-11 AM or

Tue, Jun 7-Jul 26, 10:15-11 AM

195 McGregor St., Lower Level, Suite LL22

\$50 (8 weeks), registration required, call 603.626.2626



Health & Wellness

Yoga 101 Series

Have you been curious about what yoga is all about? Here is your chance to learn the basic yoga postures and how to modify them to your own level of fitness. Take time out of your busy day to refresh and learn the benefits of practicing yoga regularly to improve strength, agility and the ability to manage the stress of everyday life.

Tue, Mar 29- May 17, 12-12:45 PM or

Tue, Jun 7-Jul 26, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$60 (8 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 designed for various fitness levels. Poses and sequences will offer many modifications.

Tue, Mar 29-May 17, 3:45-4:45 PM or

Wed, Apr 6-May 25, 6-7:15 PM or

Thu, Apr 14- Jun 2, 10:15-11:30 AM or

Tue, Jun 7-Jul 26, 3:45-4:45 PM or

Wed, Jun 8- Jul 27, 6-7:15 PM or

Thu, Jun 16-Aug 4, 10:15-11:30 AM

195 McGregor St., Lower Level, Suite LL22

\$60 (8 weeks), registration required, call 603.626.2626

A Strong Core & More

Maintaining core muscle strength helps to stabilize, protect, and move the spine. This class will focus on improving overall body strength with a strong focus on the core, including abdominal and back muscles.

Tue, Mar 29-May 17, 5:30-6:30 PM or

Thu, Mar 31-May 19, 3:45-4:45 PM or

Tue, Jun 7-Jul 26, 5:30-6:30 PM or

Thu, Jun 9-Jul 28, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

\$60 (8 weeks), registration required, call 603.626.2626

The Fitness Center

Whether you are a healthy individual interested in fitness or wanting to control your risk factors, The Fitness 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-12PM or 3:30-5:30 PM

195 McGregor St., Lower Level, Suite LL23

Fee varies. For more information, call 603.663.8000

Nutrition and Weight Loss

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 1,950 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Tue, Apr 5, Mon, May 2 or Wed, Jun 8

Roy Auditorium Level C, CMC

Registration required, call 603.663.7377

Weighing in on Your Weight Loss Options at CMC

Learn about the various nutritional, non-surgical programs that CMC offers to help you achieve your weight loss and long-term weight maintenance goals.

Wed, Apr 6, Apr 20, May 4, May 18, Jun 1 or Jun 15

Mon, Apr 25 or May 23

5:30-6:30 PM

Obesity Treatment Center, 769 South Main St., 3rd Flr., Suite 300, Manchester

FREE, registration required, call 603.663.6297

A Healthy Weigh Workshop: Skinny Gut

Your weight is strongly influenced by your gut microflora. Learn how to reseed and nurture your intestinal garden to support a healthy weight and maintain a good gut.

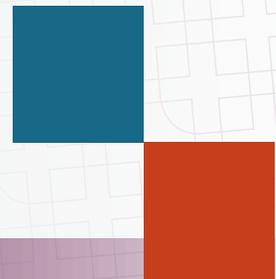
Mon, Jun 20, 5:30-7 PM

Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester

\$15, registration required, call 603.626.2626

Caring for you.

With heart.



OPTIFAST®-CMC'S Medically Supervised Rapid Weight Loss Program

With OPTIFAST®, rapid weight loss can provide motivation needed to help transform health and to make long-term lifestyle changes. This comprehensive program offers a weekly group and medical clinic. For those with conflicting schedules, individual medical monitoring can be arranged. On average, participants can achieve 50-pound loss in 12 to 22 weeks.

Tue, 5-5:30 PM, (medical clinic), 5:30-6:30 PM (group session)
Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300,
Manchester

Fee varies per individual. Registration required, call 603.663.6297

***Optimistic Lifestyle - Partial Fast Program**

You will eat a combination of OPTIFAST® Meal Replacements, plus a daily meal using your own healthy foods. Specific guidance is given to support low-glycemic food choices and hormonal balance related to food choices.
Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300,
Manchester

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

For more information or to schedule an appointment, call 603.663.6297

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. Check our event offerings on our monthly calendar on the CMC website.

Parish of Transfiguration (CMC Parish Nurse Main Office,
603.663.8004)

Mon, 9 AM-1 PM, Tue-Thu, 9 AM-3 PM, Closed Fri

Bedford Presbyterian Church, 2nd and 4th Tue, 9:45-11:15 AM

Blessed Sacrament Church, 1st and 2nd Wed, 1:30-3 PM

Brookside Congregational Church, Thu, 10-11:30 AM

1st United Methodist Church, Tue, 8:30-10:30 AM

Congregational Church Goffstown, Thu, 10AM - NOON

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

St. Anne- St. Augustine Parish, 2nd or 3rd Tue, 10:30-11:30 AM

St. Anthony Church, Thu, 9-11 AM

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

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

St. Joseph Cathedral, 1st Sun, 9:30-10:30 AM & 11:30 AM-1 PM

St. Lawrence, 1st and 3rd Thu, 9-11AM

St. Matthew's Episcopal Church, Wed, 10 AM-12 PM

St. Pius X Church, Fri, 8:30-11 AM

St. Raphael's, 3rd Tue, 12:30 -1:30 PM and Burns High Rise
1:30-2:30 PM

Sacred Heart, 1st Mon, 8:45-10:00 AM



CATHOLIC MEDICAL CENTER

Health & Wellness

Diaper Drive for Our Place

Our Place is a Catholic Charities Program that supports the health and wellbeing of underserved and at risk parents and children.

Tue, Apr 26, 9 AM-12 PM

Diaper donations accepted at the Parish of Transfiguration—Parish Nurse Office. To make alternative drop off arrangements, please call 603.663.8004.

Historical Church Walk

Tour three local houses of worship to learn about their architecture, history, culture and traditions.

Tue, May 17, 9:15 AM-1 PM

9:15-10:15 AM St. Joseph Cathedral

10:30-11:15 AM Gospel Baptist Church, 52 Concord St., Manchester

11:30 AM-12:15 PM Amoskeag Presbyterian Church, 95 Brook St., Manchester. Brown bag lunch followed by church tour at 12:15-1 PM.

Please bring a nonperishable food donation for the food pantry.

SHINE

Supportive services for older adults.

Wed, 10:30-11:45 AM

St Matthew's Episcopal Church, Goffstown

FREE

Prayer Shawl Program

Parish of Transfiguration, 1st Wed, 10:30 AM-12 PM

St. Joseph Cathedral Rectory, 2nd Tue, 1-2 PM

St. Pius X, 1st Fri, 9 AM

St. Elizabeth Seton, 1st Mon, 6:00-7:30 PM

FREE

Chair Exercises

Tue, 9:45 AM, Bedford Presbyterian Church

Tue, 9:00 AM, St. Elizabeth Seton, Bedford, NH

Thu, 9:30 AM, Parish of the Transfiguration & St. Anthony Church

FREE

Indoor Walking, 1-2 miles

Tue & Wed, 9:30 AM

Parish of Transfiguration

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

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).

Norris Cotton Cancer Center

FREE, appointment required, call 603.629.1828



Look Good, Feel Better

This program focuses on teaching women how to cope with skin changes and hair loss during cancer treatment using cosmetic and skin care products donated by the cosmetic industry.

Last Tuesday of the month, 6-8 PM

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

Second Wednesday of the month, 3-4 PM

FREE, registration required, call 603.629.8683

Oncology Exercise Program

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

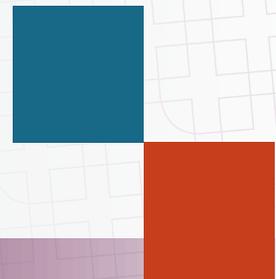
Mon, Wed, Fri, ongoing

The Fitness Center, 195 McGregor St., Lower Level, Suite LL23

Fee varies, registration required, call 603.663.8000

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With heart.



YogaCaps

A gentle, therapeutic yoga class for patients and their caregivers who have had or have cancer. No previous yoga experience needed.

Thu, 6:30-8 PM

The Fitness Center, 195 McGregor St., Lower Level, Suite LL23
FREE, registration required, call 603.674.3770

Lymphedema Support Group

To empower, inspire and assist in the needs of patients, caregivers and health care providers faced with all forms of lymphatic issues.

Tue, Jun 21, 5:30-6:30 PM

Breast Care Center, 9 Washington Place, Suite 203, Bedford
For more information or to schedule an appointment, call 603.641.6700

Screenings

Functional Movement Screening

CMC is now offering a screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30-minute screening will utilize seven movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included in this 30-minute session 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

Patient Assistance Services

Breast and Cervical Cancer Screening

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

Breast Care Center, CMC

To see if you qualify, call 603.626.2626

Medication Assistance Program

The Medication Assistance Program helps uninsured and underinsured patients obtain long term prescription medication from major pharmaceutical companies. Catholic Medical Center staff assist patients in determining eligibility and completing the necessary paperwork. Patient eligibility criteria in general includes: US residency, limited household income and must not be eligible for any other type of prescription coverage including Medicaid, VA and private insurance.

For an appointment, call 603.663.8752

Pregnancy, Birth and Beyond

The Mom's Place childbirth and parenting programs are offered by nurses specially trained to work with families on their birth and parenting journey. Join us to learn, grow and connect with others. For more information on any of our classes or services please call 603.626.2626 or email Farrah at fdeselle@cmc-nh.org.

Welcome Visits at The Mom's Place

Do you want to learn more about having your baby at CMC and what to expect during your stay? Are you unsure where to go for your prenatal care? Expectant moms and partners or support persons are encouraged to join us, ask questions, meet staff, explore our birthing suites and learn the essentials about your stay. We look forward to welcoming you!

FREE, registration required, call 603.626.2626

Preparation for Breastfeeding

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

Thu, Apr 7, May 5 or Jun 2, 6:30-8 PM

Level E, CMC

FREE, registration required, call 603.626.2626.



Health & Wellness

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 and are given the opportunity to develop decision-making tools.

Level E, CMC

\$30, registration required, call 603.626.2626



Preparation for Birth

In this series, parents-to-be prepare their body, mind, heart and changing relationship for labor, birth and early postpartum. This class helps parents learn practical information about labor and birth and fosters awareness, flexibility, determination and resourcefulness. It builds coping practices and facilitates a deeper connection between the birthing mom and her partner or support person. This class offers you what you can't get from a book or online. Refreshments are provided. A tour of The Mom's Place and birth suites are included in this in depth series.

Sat & Sun, Apr 23 & 24 or May 14 & 15 or Jun 11 & 12

9 AM-2:30 PM (2 sessions)

Tuesdays, May 3-May 14 or Jun 7-Jun 28

6-8:30 PM (4 sessions)

Level E, CMC

\$120, registration required, call 603.626.2626

Birthing Again

This class offers parents the opportunity to give special attention to a pregnancy and birth following other births. Topics include preparing yourself, relationships and siblings for the new baby and changes to come as well as pain coping practices and partner support. Time is provided for processing past birth experiences and their impact on the upcoming birth.

Level E, CMC

\$40, registration required, call 603.626.2626

CPR and Safety Class for Caregivers of Infants & 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 comfortable, relaxed environment. This program is appropriate for expectant parents or parents and caregivers of infants and children up to the age of 8. This is a non-certification class.

Sat, Jun 4, 9:30 AM-12 PM

Level E, CMC

\$30 (includes 2 parents or one parent with caregiver).

Registration required, call 603.626.2626

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.

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

Thu, Apr 21, May 19 or Jun 16, 6 PM-8:30 PM

Level E, CMC

Couples fee: \$40 or \$20 if taken in addition to Preparation for Birth Series.

Registration required, call 603.626.2626

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With heart.

Prenatal Yoga

Join other expecting moms and enjoy the wonderful benefits of yoga during this very special time! This gentle class helps ease the stresses and discomforts of the changing pregnant body while also teaching to quiet your mind and connect with your baby. Prenatal yoga helps keep your core toned, encourages correct posture and balance, releases tension and enhances circulation. Classes help prepare your mind and body for labor and birth.

What to bring/wear: yoga mat, water, comfortable clothing
All stages of pregnancy welcome. No prior yoga experience needed.

Mon, 6:15-7:15 PM

Level E, CMC

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

Registration required, call 603.626.2626

Yoga with Your Baby or Tot

Research shows that infants and young children who experience touch and physical attention from caregivers have improved learning and self-regulation as they develop. Take a break from the busy day and join us to give you and your baby or toddler some special time to connect and learn more about what you can do at home to give your baby the best start. No yoga experience is needed. Blankets and yoga mats are provided or bring your own if you prefer.

Baby Yoga (six weeks to crawling)

Through gentle guided movement, massage, and song, parents will bond with their infant while encouraging emotional and physical development. Classes are laidback and soothing crying babies, changing and feeding during class is the norm. Join us to relax, have fun and connect with other new parents.

Mon, 10:30-11:15 AM

Level E, CMC

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

Tots (crawlers—36 months)

Crawlers and walkers move through simple yoga poses while sitting, walking, jumping and standing with the assistance of their parents.

Mon, 9:30-10:15 AM

Level E, CMC

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

Level E, CMC

To register, call 603.626.2626



Becoming a Big Sister or Big Brother

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

Sat, Apr 2, May 7 or Jun 4, 12:30 AM-1:15 PM

Level E, CMC

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

Lactation Services:

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

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

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

This weekly program is offered to provide 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. 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, registration required, call 603.626.2626





CATHOLIC MEDICAL CENTER

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your thoughts

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

A Walk of Heart

Grab your sneakers, your friends, your kids, your dog and join the CMC team at the American Heart Association's:

Heart & Stroke Walk | Sat, June 4—10 AM Choose a one-mile or three-mile loop

(registration opens: 8:30 AM; Subway sandwiches & vendor fair: 11 AM)
Derryfield Park, 450 Bridge Street, Manchester NH

New this year—three of Manchester's Hospitals, Catholic Medical Center, Elliot Health System and Dartmouth-Hitchcock, are participating in the American Heart Association **Hospital Cup Challenge**. Each staff has been challenged to fundraise the most lifesaving dollars to support cardiovascular research.

"The Hospital Cup Challenge is a fun, 'heart healthy' competition with a very important purpose," said Dr. Joseph Pepe, president and CEO of Catholic Medical Center. "At Catholic Medical Center, it is our responsibility to motivate, build awareness and to educate the community we serve on the importance of reducing the risks associated with heart disease and stroke and living a healthy lifestyle."

The life-saving funds raised by the annual NH Heart & Stroke Walk funds research and initiatives that promote the prevention, treatment and better patient care in the areas of cardiovascular disease and stroke, the No.1 and No.5 killers in the United States. Contributions to this event will

be used to improve the quality of care provided here in New Hampshire.

Help grow our team and help CMC win the cup! Sign-up today: heartwalk.kintera.org/newhampshire/CMC



From left, Steven Paris, Medical Director of Dartmouth-Hitchcock Manchester; Jim Woodward, President & CEO of Elliot Health System; and Dr. Joseph Pepe, President & CEO of Catholic Medical Center, pose with the Hospital Cup Challenge silver cup. (Courtesy Union Leader/Millyard Studios)

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