

Living news

Heart *to* Heart *our mission in action*

As Charles looks out at the spectacular view of downtown Manchester and beyond from the common room on the eleventh floor of the Carpenter Center, he can also look down to the streets which until recently were his home. From this vantage point he humbly shares his story of recovery and how CMC saved his health, his heart and his dignity.

Charles never imagined that he may one day become homeless. But, like so many, he was living paycheck to paycheck and did not have health insurance. When he became sick and shortly thereafter lost his job he found himself without a home and living on the street within two short weeks.

“For over twenty years I was never late paying my rent and I was my landlord’s favorite tenant. I always worked and never had any substance abuse issues. But when I could not pay rent I ended up on the streets,” shares Charles.

While living on the streets and in a rooming house in Manchester, Charles was robbed, beaten, hungry and cold, but he found refuge just



CMC & HCH patient Charles outside his new home

a few blocks east of Elm Street at New Horizon’s Shelter and CMC’s Health Care for the Homeless clinic. Once there, the staff encouraged him to take advantage of the services offered at CMC’s Health Care for the Homeless (HCH) clinic, which is located on the lower level of the shelter.

“I went for a simple flu shot and the nurse at the clinic thought I didn’t look very good,” adds Charles. “Charles’ blood pressure was extremely high,” said Registered Nurse and Certified Diabetes Educator, Tracy Tinker, “so we scheduled him an appointment to meet with cardiologist Dr. Philip Fitzpatrick at Catholic Medical Center’s cardiac care program.” Through this, Charles discovered that he had blocked arteries, atrial fibrillation and diabetes. “I knew I did not feel well but I wasn’t interested in talking about how I felt, because I am a private person. I didn’t realize how dreadfully sick I was,” shares Charles. “I was told that I would need to undergo a cardiac procedure and then ongoing medical treatment to treat my condition. CMC provided that care to me, despite my inability to pay for my care.”

“Even though I was homeless they did not skimp on my care,” shares Charles. “There were seven doctors consulting on my heart care. After receiving life saving surgery, which included heart stents, he graduated to cardiac rehabilitation. “The cardiac nurses at CMC were angels of mercy,” added Charles. “I am quite certain they were surprised to learn that I was homeless but they gave me world class care and I never felt judged because of my situation. And, I continue to get follow-up care with Dr. Fitzpatrick every six months.”

The Health Care for the Homeless program is a full service primary care practice funded by a series of grants and generous in-kind support from CMC. “Our goal is to create a ‘medical home’ for our patients to assure no one is turned away because of their inability to pay and to help

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GET YOUR
pink
ON!



Sat, Feb 8, 2014 — 7 PM

Join us for this
FUNdraising event with the
Manchester Monarchs!

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Heart to Heart, *continued from page 1*

prevent the inappropriate use of the hospital emergency rooms for primary care needs,” states Marianne Savarese, RN, BSN, who has been the Project Director for nearly twenty years. The HCH model is one of outreach health care; setting up clinics where people who are homeless are found. In Manchester, the HCH clinics are based on site at New Horizons Shelter, Inc. and at Families in Transition, Inc. program.

“Caring for people who are homeless is like the jazz *“CMC employees are wonderfully meddling”* of healthcare—we must remain nimble and ready to respond to the unique needs of our patients; 90% live below poverty, 80% do not have health insurance, 70% report mental health issues, and 50% admit to addiction. Most suffer a tri-morbidity

of medical, mental health and addiction problems, all at the same time,” shares Marianne. “Health problems can lead to homelessness, and being homeless certainly leads to health problems. Through HCH outreach we can insure access to care, intervene early to address complex health issues, and help to end a person’s homelessness.”

Each February, we focus on raising awareness for national heart month, because it is our responsibility to educate, to empower and to provide programs and resources that help individuals throughout our community to reduce your risks and to take charge of your cardiovascular health.

Despite being on 24 medications, Charles is delighted to have a second chance and is also pleased to share that he is reconnecting with family that he lost touch with over the years. “I am forever grateful to the caregivers both at the clinic and at CMC’s New

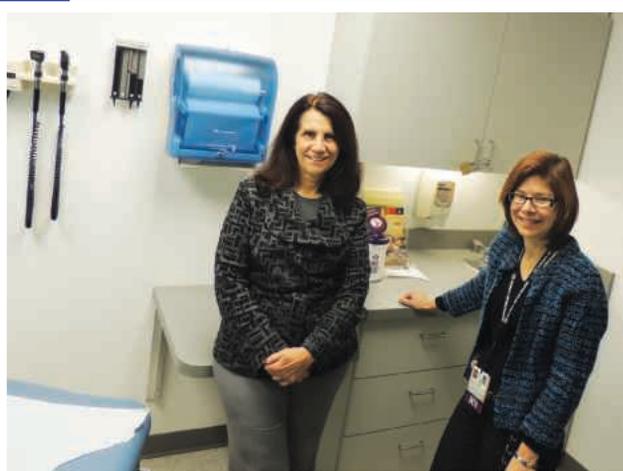
England Heart Institute for the first rate care I received, regardless of being homeless,” adds Charles. “The HCH team also helped me get dental work, new glasses and a new home.” The HCH staff helped him exit homelessness, by assisting with the application for disability payments and to get on a waiting list for housing.

“CMC employees are wonderfully meddling,” Charles says with a chuckle. “I feel incredibly fortunate to be where I am today and it is because of CMC’s caring staff. Seeing Dr. Paula Mahon in the HCH clinic is like having a family doc right in my neighborhood—she’s right there. And, if they don’t see me every few weeks at the clinic they call and make sure that I am okay.”

“Assessment is the key to our success,” states Tracy, “when someone walks through our door we start by trying to figure out why they are homeless and what is a priority in their care. Once we connect with them, we encourage them to come back for care on a regular basis.”

To your heart health,

Charles now proudly considers himself to be the “poster boy” for CMC, and he is forever grateful for the collaboration of the healthcare teams at the HCH clinic and the hospital that saved his life and greatly improved his quality of life. Heart surgery involves tremendous responsibility, courage and skill but brings great rewards. CMC’s award winning cardiologists make decisions every day that change lives and help patients with heart disease, like Charles, restore to their former selves.



Marianne Savarese, RN, BSN, Project Director (left) & Tracy Tinker, RN, MSN, CDE (right) in one of the HCN exam rooms.

FEBRUARY IS MONTH

Did you know?

Each year in America, an estimated **635,000** individuals experience their first heart attack and **280,000** have a recurrent attack.

Approximately every **34 seconds**, one person has a coronary event, and every minute someone will die of one.

But the good news is that **80 percent** of heart attacks and strokes can be treated or prevented, if you learn about what puts you at risk and take action toward fighting it.

The American Heart Association recommends that heart attack prevention begin by age 20. This means assessing your risk factors and monitoring them early on. For those over 40, or those with multiple risk factors, it's important to know your risk of developing cardiovascular disease in the next ten years. Many first-ever heart attacks or strokes are fatal or disabling, so prevention is critical. The sooner you begin comprehensive risk reduction, the longer and stronger your heart will beat.

Mark Your Calendar

National Wear Red Day®

Fri, Feb 7, 2014

American Heart Association's 2014

NH Heart Walk June 7

As we kick-off the New Year, what could be a better resolution than doing something to save your very own heart? **Start with one** of Life's Simple 7® Steps to a Healthier Heart:

- Get Active**
- Control Cholesterol**
- Eat Better**
- Manage Blood Pressure**
- Lose Weight**
- Reduce Blood Sugar**
- Stop Smoking**

Learn more and create your own action plan:
mylifecheck.heart.org

FEBRUARY IS MONTH

The Heart *Truth*

*From Prevention, through
Treatment and Recovery*

Come listen and mingle with a team of CMC experts, while you enjoy a lovely selection of elegant wines and heart-healthy dark chocolate samplings. Make it a date night! Come learn how you can prevent, treat and recover from heart disease at this most delicious event.

Wed, Feb 19, 2014

6-8 PM — Free

CMC, 100 McGregor Street, Roy Auditorium, Level C

Featuring:

Kristine Ziemba, APRN Associate Clinical
Director, Cholesterol
Management Center

James Flynn, MD, FACC Director, Cardiac
Catherization Laboratory
& Interventional Cardiology

Jacque Cuddihy, RD, LD Director, Nutrition Services &
Obesity Treatment Center

*In celebration of Heart Month,
Catholic Medical Center invites you to
**come learn about
your heart health!***

New Heart Valve Clinic at CMC

The New England Heart Institute has launched the Heart Valve Clinic to provide a multidisciplinary approach for the evaluation of patients with heart valve disease. Our CMC team of board certified cardiologists, cardiac surgeons and radiologists collaborate to offer treatment options for patients with heart valve disease. This exciting new program includes the evaluation of patients with valvular heart disease who were previously considered high risk or too high risk to undergo open heart surgery. A new procedure called Transcatheter Aortic Valve Replacement, or TAVR, allows patients with severe aortic valve stenosis to have their valve replaced without the need for open heart surgery.

For more information about The Heart Valve Clinic or TAVR, contact New England Heart Institute at 603.669.0413.

Extraordinary Performance with a Lot of Heart...

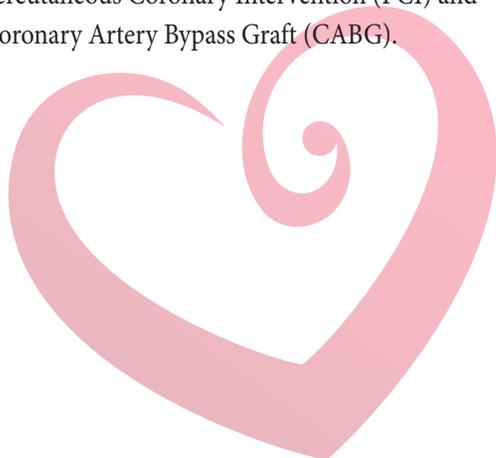
CMC Named in 50 Top Cardiovascular Hospitals

As the leading cardiovascular program in the region, Catholic Medical Center is committed to helping to raise awareness for cardiovascular disease and stroke in our community. CMC is proud to be recognized as the 2014 award winner of the Truven Health Analytics® 50 Top Cardiovascular Hospitals.

TRUVEN HEALTH ANALYTICS



In receiving this award, CMC has outperformed more than 1,000 U.S. hospitals in clinical expertise and quality outcomes for the two most common cardiovascular conditions, heart attacks and heart failure, and most common interventions, Percutaneous Coronary Intervention (PCI) and Coronary Artery Bypass Graft (CABG).



WELCOME CMC'S NEW MEDICAL STAFF

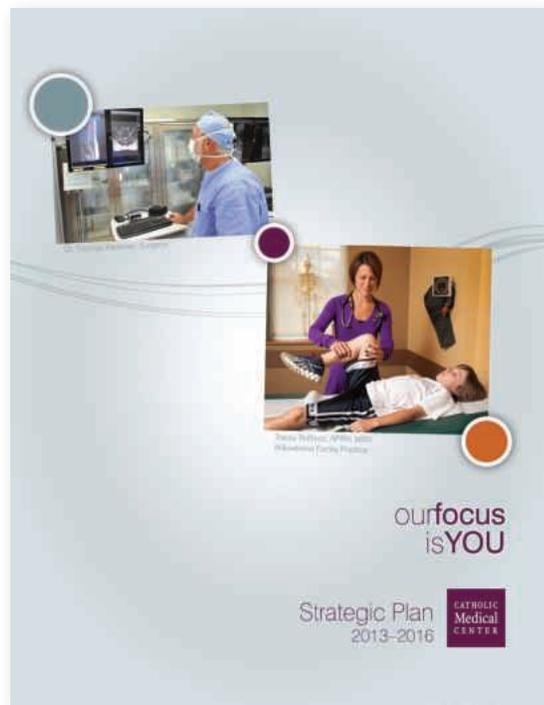
- Abigail Haynes, NNP Special Care Nursery
- Nicole Houston, APRN Cardiovascular Surgery
- Michelle Nathan, MD Emergency Medicine
- John Ortiz, Jr., CCP Cardiovascular Surgery
- Malgorzata Taras, MD Internal Medicine

Our Focus is You CMC's Strategic Plan

We have recently released our 2013-16 Strategic Plan, which will help us with defining priorities and directing our growth for the next four years.

"Our Strategic Plan will help us navigate our way through the rapidly changing healthcare environment," states Sue Manning, Vice President, Strategy. "It is shaped by a mission that has driven the medical center for more than 100 years providing health, healing and hope to the community."

CMC's strategy is to be an independently governed, Catholic Health System with outstanding programs and strong partnerships that contribute to our ability to improve the health of our community and surrounding areas throughout the entire continuum of care.



Review the plan at:

CatholicMedicalCenter.org/about-us/Strategic-Plan.aspx/Strategic-Plan.aspx

philanthropy at CMC

GET YOUR *pink* ON!

The Monarchs Care Foundation and Catholic Medical Center are once again teaming up to raise awareness and money to fight breast cancer. The event will feature pink ice and specialty pink jerseys!



Sat, Feb 8, 2014 — 7 PM



Join us for this FUNdraising event with the Manchester Monarchs! Verizon Wireless Arena, Manchester, NH

Since the start of this event, the Manchester Monarchs have donated over **\$40,000** to the Breast Care Center at CMC to support new technologies that can help detect cancer earlier thus leading to better outcomes for patients.

One in eight women is diagnosed with breast cancer each year in this country. This growing epidemic unfortunately touches many lives in our community. Luckily, treatment options and advancements are rapidly being made for this dreadful disease. Your donation will be used in support of emerging technologies which will assist with cancer detection, diagnosis and

treatment. We know that early diagnosis leads to better outcomes. The most accurate testing and diagnosis can lead to the best treatment plan possible for patients.

There is no greater gift one can give than the gift of hope. By supporting Pink in the Rink, you can help the staff at CMC's Breast Care Center obtain the tools they need to care for their patients and to create hope for a healthy tomorrow.

For ticket information please visit: manchestermonarchs.com

Manchester Monarchs Jersey Donated to CMC

John Karagianis, a grateful patient of CMC, kindly donated an authentic game-worn Manchester Monarchs hockey jersey to the hospital. It is now on display near the elevators in the C100 wing of our Cardiac Medical Unit.



To thank CMC for the care he has received, John Karagianis presents CMC with a Monarch's jersey with Registered Nurses Shelly, Michelle and Patricia.



Breast Cancer Survivors join Monarch players on the ice during last year's Pink in the Rink event.

philanthropy at CMC

Lighting the Way

CMC's 10th Annual Gala Event

On Friday, October 18, 2013 over 350 business and community members attended the Annual Catholic Medical Center Gala Event benefiting the Pregnancy Care Center, a service that provides prenatal care for the uninsured and underinsured women from the Manchester area.

The event was held at the Manchester Country Club and was the most successful in CMC's Gala Event history, raising over \$205,000, according to event chairman Joe Reilly, President and CEO of Centrix Bank, "I am honored to Chair the Gala Event and to thank all our generous supporters who recognize the importance of CMC's Pregnancy Care Center as a vital community resource that helps hundreds of women each year to receive the prenatal care necessary for a healthy pregnancy," stated Joe.

Dr. Joseph Pepe, President and CEO of CMC was proud to present the Ninth Annual Charles F. Whittemore Award to Dr. David Charlesworth, one of the founding physicians of the cardiac program at CMC. "I am proud to present this award to Dr. Charlesworth to honor his pioneering vision and contributions to the New England Heart Institute," said Dr. Joseph Pepe. "His commitment helped to ensure that our cardiac patients have access to the most advanced treatments, care and medical teams. Today, CMC is recognized as one of the 50 top hospitals in the nation for cardiac surgery and we are grateful to him."

Thank you to all our generous supporters!



Celebrating at the 2013 Gala (left to right): Joseph Pepe, MD, President & CEO, Catholic Medical Center; Most Reverend Peter A. Libasci, Bishop of Manchester; and David Charlsworth, MD, FACS.



Gala Chairman, Joe Reilly (second from left, back row) joined by Centrix Bank co-workers and friends.

CMC New England Heart Institute

The New England Heart Institute recently received an anonymous donation of \$184,000 from a grateful patient to purchase new equipment. Due to their generosity, an Intravascular Ultrasound, CX50 Portable Ultrasound, and a Stress Test Machine will be purchased. We would not be able to provide exceptional care at CMC without the support of our generous benefactors.

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

IS IT WHOLE GRAIN?

This fun and engaging, healthy aging series will help you incorporate more whole grains into your meals and snacks. We will taste test delicious whole grains, as well as share tips and recipes. *(For individuals 60 years or older).*

Tue, Jan 7, 14 and 28, 11 AM—12 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

or Tue, Jan 7, 14 and 21, 1:30 PM—2:30 PM

Location: Parish of the Transfiguration

Free, 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, Jan 13 and Wed, Jan 15; Mon, Feb 10 and Wed, Feb 12;

Mon, Mar 10 and Wed, Mar 12

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.

CARING FOR COMMON SPORTS INJURIES

Being physically active is an important part of staying healthy and having fun, but many people will experience an injury at some point in their lives.

Join Anthony Marino, MD to learn more about common sports injuries, including tips on prevention and treatment.

Wed, Jan 22, 6—7 PM

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

Free, registration required, call 626.2626.

ARE YOU STRUGGLING WITH INFERTILITY?

Learn about an effective hormone free method of fertility tracking to identify the time of fertility. Supported by the science of NaProTechnology, this system can be useful in identifying the underlying causes of female reproductive disorders.

Wed, Jan 22, Feb 19 or Mar 19, 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.

OSTEOPOROSIS AND BONE HEALTH ACROSS THE LIFE SPAN

Millions of Americans have Osteoporosis, many of whom will suffer a fracture at some time in their life. Adrian Thomas, MD will explain the importance of understanding bone health across the age span and important steps in preventing the risk of fracture

Tue, Jan 28, 6—7 PM

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

Free, registration required, call 626.2626.

MAKING SENSE OF THE NEW HEALTH INSURANCE OPTIONS

Become familiar with all of the new health insurance options and products available on the New Hampshire-Health Insurance Exchange. During each session, Certified Application Counselors will be on hand to explain these options and to assist you personally with the application process. This service is sponsored by the federal Department of Health and Human Services.

Tue, Jan 28, 2—3 PM or 6—7 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Free, for more information about the Insurance Exchange call 663-8155. To register for this session call 626.2626.

IT'S TAX TIME!

IRS and AARP trained counselors will assist you with your tax return.

Thursdays, Feb 6 to Apr 10, 9:30 AM—12:30 PM

Fridays, Feb 7 to Apr 11, 12—3 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Free, registration required, call 626.2626.



THE HEART TRUTH: FROM PREVENTION, THROUGH TREATMENT AND RECOVERY

American Heart Association recommends that heart attack prevention begins by age 20. The sooner you begin comprehensive risk reduction, the longer and stronger your heart will beat. (For more information see page 4.)

Wed, Feb 19, 6—8 PM

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

Free, registration required, call 626.2626.

THE BENEFITS OF NUTRITION AND FITNESS ON AGING

Proper nutrition and exercise can reduce the risk of countless conditions, including cardiovascular disease, Alzheimer's, diabetes and depression. Thomas Kleeman, MD will discuss how staying in shape will reduce the risk for disease and potential injury as you get older. Even simple changes can have a big impact!

Tue, Feb 25, 6—7 PM

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

Free, registration required, call 626.2626.

CONCUSSION: ADVANCES IN DIAGNOSING AND TREATMENT

With all the news about the short and long term effects of concussions, you probably have concerns and questions. Adam Cugalj, DO, will discuss symptoms, testing, management and recovery from concussion, as well as what athletes need to know to stay safe.

Tue, Mar 11, 6—7 PM

Location: CMC, 195 McGregor Street, Roy Auditorium, Level C

Free, registration required, call 626.2626.

health *and* wellness

WEIGHING IN ON YOUR WEIGHT LOSS OPTIONS AT CMC

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

On-going

Location: 195 McGregor Street, Suite 312

Free, 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: 195 McGregor Street, Suite 312

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: 195 McGregor Street, Suite 312

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 1,500 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session. Ongoing. Registration required, call 663.7377.

HYPNOSIS FOR SMOKING CESSATION

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

Thursdays, 1 PM

Location: Catholic Medical Center

Fee: \$115.00.

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

Please find our services at the following locations:

Bedford Presbyterian Church

Blessed Sacrament Church

Brookside Congregational Church

First United Methodist Church

Immaculate Conception Parish, Penacook

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

Sacred Heart Church

Saint Andrews Episcopal Church

Saint Anne - Saint Augustine Parish

Saint Anthony Church

Saint Elizabeth Seton

Saint George Greek Church

Saint John the Baptist, Suncook

Saint Joseph Cathedral

Saint Matthew's Episcopal Church

Saint Peter Church

Saint Pius X Church

Saint Raphael Church

For further information, Call 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).

Location: Norris Cotton Cancer Center at CMC

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.

YOGACAPS

For patients and their caregivers who have had or have cancer

Thursdays, 6:30—8 PM

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

Free, registration required, call 670.0302.

health and wellness

"I'M A SURVIVOR"

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

Last Wednesday of month, 4—5 PM

Location: Norris Cotton Cancer Center

Free, to register, call 629.8683.

LIVING WITH CANCER SUPPORT GROUP

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

Second Wednesday of month 3—4 PM

Location: Norris Cotton Cancer Center

Free, to register, call 629.8683.

SCREENINGS

Space is limited so please register early.

BREAST AND CERVICAL CANCER SCREENING

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

Saturday, 8 AM—Noon or

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

Location: Catholic Medical Center

Registration required. To see if you qualify, 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, Feb 3 to Mar 31, 7—8 PM or

Tue, Feb 4 to Mar 25, 6:15—7:15 PM or

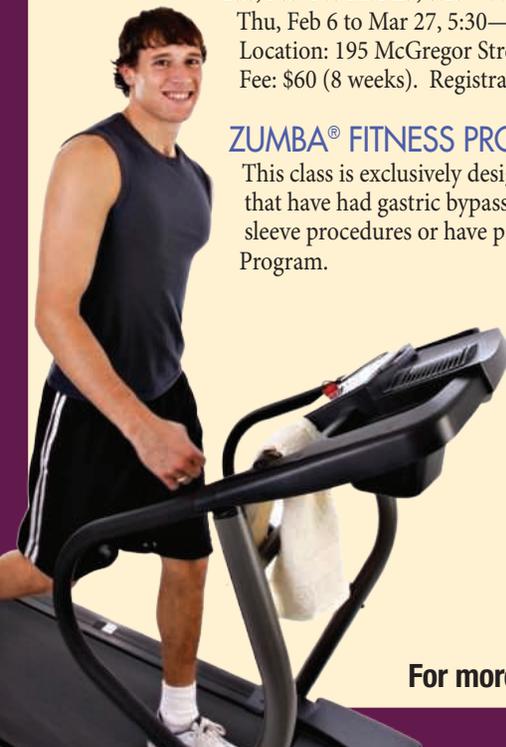
Thu, Feb 6 to Mar 27, 5:30—6:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$60 (8 weeks). Registration required, call 626.2626.

ZUMBA® FITNESS PROGRAM

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



Tuesdays, ongoing 5—6 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

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

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, Feb 4—Mar 25, 7:15—8:15 AM or

Wed, Feb 5—Mar 26, 7:00—8:15 PM or

Thu, Feb 6—Mar 27, 10:15—11:30 AM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$60 (8 weeks). Registration required, call 626.2626.

STAYING STRONG! LIVING LONG! EXERCISE PROGRAM

Improve your balance, strength, and flexibility.

Tuesdays and Thursdays, 9—10 AM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$15 per month. Registration required, call 626.2626.

CMC PARISH NURSE INDOOR WALKING PROGRAM

Tuesdays, 9:30—10:30 AM

Wednesdays, 9:30—10:30 AM

Location: Parish of the Transfiguration

Free, for more information, contact the Parish Nurse Program at 663.8004.

FAITHFULLY FIT FOREVER

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

Free, registration required, call 663.8004.

CHAIR EXERCISES

Tuesdays 10—11 AM

Location: Bedford Presbyterian Church

Tuesdays 9—10 AM

Location: Saint Elizabeth Seton, Bedford, NH

Thursdays, 9:30—10:30 AM

Location: Parish of the Transfiguration & Saint 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.

For more information, call **626.2626** or visit www.catholicmedicalcenter.org

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.

ON-LINE CHILDBIRTH EDUCATION PROGRAM

Our web based interactive program is designed for busy parents who want accurate, reliable information in the privacy of their own home. Participants in this unique program are invited to a one evening, face to face class for a questions and answers session, and tour of The Mom's Place. Fee: \$60.

HYPNOBIRTHING; THE MONGAN METHOD

This unique program prepares couples for the Birthing Experience through positive reinforcement and deep relaxation techniques. For more information and to register, please 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 the basics of getting started, and how 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.**

"MOMMIE 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.



For more information, call 626.2626 or visit www.catholicmedicalcenter.org

Community Health Services

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

Breast and Cervical Cancer Program	626.2626
Community Education and Wellness	626.2626
Fertility Health Education	663.8706
Healthcare for the Homeless	663.8718
Parish Nurse Program	663.8004
Poisson Dental Facility	663.6226
Advance Directives	626.2626
Medication Assistance Program	663.8752
West Side Neighborhood Health Center	663.5382

Healthcare Resources Call 626.2626

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

Support Groups Call 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

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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.

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