Relaxing in a recliner with a compression band on your wrist for two hours following a transradial catheterization at Catholic Medical Center may not sound like part of a revolutionary treatment, but the transradial procedure has transformed heart catheterizations.

The New England Heart Institute at CMC is one of the leaders in northern New England in performing transradial catheterizations through the radial artery in a patient’s wrist. NEHI’s six interventional cardiologists performed approximately 1,000 of these procedures in 2012. Transradial catheterization improves patient safety, shortens hospital stays and has fewer complications than the traditional approach through the femoral artery in the groin.

“At CMC we are definitely ahead of the curve in doing transradial catheterizations,” says James Flynn, MD, FACC, who has been performing the procedure for 14 years. “It’s important to have a cardiologist who has done lots of these procedures, because it’s more challenging than the femoral approach.”

Because of the benefits to patients, the New England Heart Institute decided nearly three years ago to make transradial catheterization the hospital’s primary approach to heart catheterization. In 2012, about 75 percent of all catheterizations performed at CMC were performed using the transradial approach. Other heart centers have only recently joined the movement toward transradial catheterization.

Ideal candidates are patients under age 75 who are more than 5’ 5” tall and male. “With our experience we can usually use the radial approach, no matter a patient’s sex or height, and only occasionally need to convert to a femoral approach,” says Dr. Flynn.

To determine if a patient is a candidate for a transradial procedure, the cardiologist performs an Allen’s Test to check blood flow in the radial and ulnar arteries in the wrist. Following sedation and application of an anesthetic, the cardiologist inserts a catheter into the radial artery about one inch from the wrist and feeds the catheter over a wire into the heart. Dye is injected into the coronary arteries and pictures are taken using the latest fluoroscopy technology to determine if heart blockages exist. During a transradial procedure, stents can be inserted to open blocked coronary arteries.

continued on page 3
CMC Receives Get With The Guidelines: Stroke Bronze Quality Achievement Award

Catholic Medical Center has received the American Heart Association/American Stroke Association’s Get With The Guidelines®—Stroke Bronze Quality Achievement Award. The award recognizes CMC’s commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

“With a stroke, time lost is brain lost, and the Get With The Guidelines—Stroke Bronze Quality Achievement Award addresses the important element of time,” said Kendra Cline, Stroke Program Coordinator. CMC has developed a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department. This includes always being equipped to provide brain imaging scans, having neurologists available to conduct patient evaluations and using clot-busting medications when appropriate.

To receive the Get With The Guidelines—Stroke Bronze Quality Achievement Award, CMC consistently followed the treatment guidelines in the Get With The Guidelines—Stroke program. These include aggressive use of medications like tPA, antithrombotics, anticoagulation therapy, DVT prophylaxis, cholesterol reducing drugs, and smoking cessation. The Bronze Medal Award is the first in an ongoing self-evaluation by the hospital to continually reach above the 85 percent compliance level needed to sustain this award.

“We commend CMC for its success in implementing standards of care and protocols,” said Lee H. Schwamm, M.D., chair of the national Get With the Guidelines Steering Committee and Director of the TeleStroke and Acute Stroke Services at Massachusetts General Hospital in Boston. “The full implementation of acute care and secondary prevention recommendations and guidelines is a critical step in saving the lives and improving outcomes of stroke patients.”

Get With The Guidelines—Stroke uses the “teachable moment,” the time soon after a patient has had a stroke, when they are most likely to listen to and follow their healthcare professionals’ guidance. Studies demonstrate that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second stroke. Through Get With The Guidelines—Stroke, customized patient education materials are made available at the point of discharge, based on patients’ individual risk profiles. The take-away materials are written in an easy-to-understand format and are available in English and Spanish. In addition, the Get With The Guidelines Patient Management Tool provides access to up-to-date cardiovascular and stroke science at the point of care.

According to the American Heart Association/American Stroke Association, stroke is one of the leading causes of death and serious, long-term disability in the United States. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.
After transradial catheterization at CMC, patients recover in a recliner in a specially designed transradial suite and wear a compression band over their wrist incision for two hours before leaving an hour later. “In terms of safety and bleeding, the transradial approach has definitely shown to be safer,” notes Dr. Flynn.

Following a traditional transfemoral catheterization, patients must lie flat in the recovery area for up to six hours, with weights compressing the groin incision. For patients with back pain, prostate problems, pulmonary issues, acid reflux or restless leg syndrome, lying on their back during this long recovery period can be uncomfortable. The femoral approach also has a serious bleeding risk of 1 to 2 percent and up to 10 percent for patients who have experienced a heart attack.

Bleeding is a concern with patients who are on blood thinners. Performing a transradial catheterization on these patients is generally safer, says Dr. Flynn, and interruption of the patient’s blood thinner is minimal.

“Patients who have had a previous transfemoral catheterization and then a transradial procedure say the transradial is much more comfortable,” he adds. “But even more important is the decreased incidence of serious bleeds with the transradial approach. For most patients, it is a beneficial procedure that improves patient comfort and safety.”

Focus Groups to Discuss the Health Care Needs of our Community

As part of our Community Needs Assessment, Catholic Medical Center and Elliot Health Systems are forming focus groups to discuss what the healthcare needs of our community are. We will be asking you to participate in one of a variety of focus groups such as; teens, minorities, the uninsured and underinsured, mothers, seniors, and mental health.

We are very interested in your thoughts and ideas as they relate to the healthcare needs of our community. If you are interested in participating in a 2 hour focus group to discuss the healthcare needs of any of the sub-groups mentioned above, or would like more information, please call 626.2626.
CMC MISSION AWARD

Dr. Paula Mahon is the recipient of the 2012 CMC Mission Award. She is involved with two CMC practices that serve some of the most medically compromised populations; the homeless and refugees, and currently serves as the Physician for the Civil Surgeon Program. In this role, she assists people needing medical clearance and helps them navigate through complicated immigration requirements. As the primary physician for the West Side Neighborhood Health Center, she works tirelessly to bring quality healthcare to many who have suffered unimaginable physical and psychological trauma. As a physician member of the Healthcare for the Homeless team at New Horizons and Families In Transition, she networks with resources at CMC and within the community to accomplish great things; providing critical access to healthcare services, promoting wellness, increased awareness, and disease prevention.

Dr. Mahon has been an advocate for the care of those most vulnerable in our city. She is keenly aware of the patients’ needs and is wholeheartedly committed to their care. Possessing a passionate dedication and compassion to serve others, she puts herself in their shoes and supports them on their journey to better living situations and social circumstances. She has an engaging sense of humor and relates to each patient on his or her level. She appreciates the richness of other cultures; and when possible, greets patients in their native language. Congratulations to Dr. Mahon!

Why You Need a Primary Care Provider

According to the Centers for Disease Control and Prevention, more than 82 percent of Americans had contact with a health care professional during the past year. This contact could have been at a scheduled appointment, urgent care or emergency room. Considering this statistic, doesn’t it make sense to take control of your personal health and choose a Primary Care Provider?

A Primary Care Provider or (PCP) is someone who is specifically trained in treating the entire person, which includes physical, mental and emotional wellbeing. They look at your health from many angles, seeing the big picture.

A PCP is considered the first line of defense or the so-called “gatekeepers” to your health. Establishing a relationship with your provider when you are feeling healthy, helps your PCP better assess changes when you become ill.

Another key reason for having a PCP is to avoid the need to use the emergency room or urgent care for your basic healthcare needs. This puts an unnecessary strain on the emergency care system, which may result in long wait times, and expense. Additionally, it is not always possible to make a complex medical diagnosis in an emergency setting.

How to Choose a Primary Care Provider:

- **AREAS OF EXPERTISE**: Does the provider see families, or only adults? Do they have subspecialties or special interests in medicine?
- **ASK TRUSTED FRIENDS OR FAMILY**: Even if their provider isn’t taking new patients, perhaps there is another provider in the practice who is.
- **BOARD CERTIFIED**: Has the provider achieved this indicator of expertise?
- **HOSPITAL CHOICE**: Does the provider have privileges at your preferred hospital?
- **INSURANCE COVERAGE**: Does the provider’s office accept your insurance plan?
- **OFFICE PRACTICES**: Do the office hours match your schedule? Are you comfortable with the practice’s atmosphere and office staff?
- **PREVENTIVE CARE**: Does the provider encourage patients to take an active role in maintaining a healthy lifestyle?

Pictured are staff from Willowbend Family Practice and Urgent Care at the “Pink Hair” event held at Mode Salon in Manchester, in which pink hair extensions were sold through the month of October. This was a fundraiser for Carolyn’s Crusaders, a team in the American Cancer Society’s Making Strides Against Breast Cancer. This was the team’s 3rd year walking and included members from Manchester Family Physicians and Willowbend Family Practice. Many people, including the staff of Urgent Care pictured here, participated in the Pink Hair event. In total, Carolyn’s Crusaders raised over $10,000 for the ACS.

For more information, call 626.2626 or
Fact or Fiction?

Stress: Getting to the Heart of It

Everyone’s definition of “stress” is unique. People respond in different ways to events and situations in their lives. One person may find an event joyful and gratifying, yet another may find the same event unpleasant and annoying. Some may face life’s challenges with ease, and others may respond with feelings of fear, anxiety, or moodiness. At some point in life we may experience stress, which can be managed well to avoid future health issues.

Identifying the “stressors” in life is the first step to managing stress effectively. Once identified, there are many ways to deal with stress. Do one thing at a time. Concentrate on each task as it comes. Learn how to manage your time effectively. Be realistic and flexible. Ask for help or try simply saying no. You don’t have to meet others’ expectations or demands all the time. Eat well-balanced meals and drink wisely. Abusing alcohol, tobacco and food may seem to reduce stress, but it actually adds to it. Find the time to exercise, relax and do the things you enjoyed before the change or stressor occurred. Speak with your family, friends or call a therapist for guidance. And finally, be sure you are getting enough sleep.

Stress can affect the heart.

Fact: Some research suggests that stress can increase the risk of heart disease. Stress by itself might be a risk factor, or it could be that high levels of stress make other risk factors (such as high cholesterol or high blood pressure) worse. The link between stress and heart disease is not yet known, however, chronic stress that causes an increase in heart rate and blood pressure may damage the artery walls. It can also weaken your immune system and cause uncomfortable physical symptoms like headache and stomach problems. When stress is constant (chronic), your body remains in high gear on and off for days or weeks at a time.

Chronic stress may cause high blood pressure.

Fiction: Chronic stress does not cause high blood pressure. It is unknown what the precise causes of high blood pressure are, but contributing factors include being overweight, eating too much sodium/salt, lack of physical activity and drinking too much alcohol.

Stress can never be controlled.

Fiction: Learning how to deal with stress requires work on a daily basis. Doing activities such as guided imagery, journaling, getting a massage, meditation, prayer, music therapy or yoga are practical ways to stay in control of any stressor. In time, we can master the tools to handle a stressful situation or to prepare for any potential future situations.

Keeping a positive attitude is one of the best defenses against stress.

Fact: Telling yourself you can get through a situation keeps you in control. Think about the outcome, and ask yourself what is the worst possible thing that can happen? Control what you can and let go of what you cannot control. Realize that you can learn something from every situation. To learn more about ways to manage stress call 626.2626.
Keeping Up with your Heart Health

According to the American Heart Association (AHA), 1 in 3 adults have some form of cardiovascular disease. The good news is heart disease and stroke can be prevented 80% of the time. To establish what your chances of getting heart disease are, the AHA suggests you ask yourself 3 questions:

1. **How many risk factors do I have?**
   The more risk factors you have, the greater your chance of developing heart disease.

   **Risk factors that CAN’T be changed:**
   - Age
   - Gender
   - Family History

   **Risk factors that CAN be changed:**
   - Smoking
   - Diabetes
   - High blood cholesterol
   - High blood pressure
   - Physical inactivity
   - Obesity and overweight

2. **Do I know Life’s Simple 7™ Keys to Prevention?***
   - Stop smoking
   - Reduce blood sugar
   - Control cholesterol
   - Manage blood pressure
   - Get moving
   - Eat right
   - Lose weight

3. **Am I making an effort, or making excuses?**
   - It costs too much to eat healthy
   - I don’t want to stop eating foods I like
   - I cannot find time to exercise
   - I’m too busy taking care of others to take care of myself
   - I don’t really know how to take care of my heart

*heart.org/mylifecheck  **heart.org/makinganeffort

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The New England Heart Institute is Hosting a Free Lecture Series to Celebrate Heart Month

**Cardiovascular Surgery Trends in 2013**
Yvonne Baribeau, MD, FACS
Wednesday, February 6, 6:30 - 8 pm
Learn about the changes in cardiovascular surgery and how the changes have positively affected patient outcomes. FREE. Registration required.

**Optimizing Your Risk Factor Profile with “Dr. K”**
Peter Klementowicz, MD
Wednesday, February 20
Assessment of Blood Pressure & Body Mass Index, 5:30-6:15 pm
Lecture: 6:30 - 8 pm
Dr. Klementowicz is the only Lipidologist Cardiologist in NH. He will present on what you can do to create a risk factor profile against heart disease. FREE. Registration required.

All programs are held at Catholic Medical Center. Space is limited and registration is required. Call 626.2626 or visit us online at catholicmedicalcenter.org.

For more information, call 626.2626 or
Pink in the Rink

The Monarchs Care Foundation and Catholic Medical Center are once again teaming up to raise awareness and money to fight breast cancer. The Pink in the Rink night will take place on Saturday, February 9, 2013 at 7 pm. The event will feature pink ice and specialty pink jerseys!

Since the start of this event, the Manchester Monarchs have donated over $25,000 to the Breast Care Center at CMC to support new technologies that can help detect cancer earlier thus leading to better outcomes for patients.

CMC Gala

On Friday, October 19, 2012 over 400 guests 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 Brady Sullivan Plaza and was the most successful in CMC’s Gala history, raising over $189,000. According to event chairman Rick Botnick, President & CEO of E & R Laundry and Dry Cleaners, “It was my honor to chair this year’s event, because it is an important community program that helps hundreds of women each year receive the prenatal care they need to have a healthy pregnancy.”

Joe Graham, Vice President/General Manager of Clear Channel Media and Entertainment New Hampshire and Chairman of the CMC Board of Directors presented the Eighth Annual Charles F. Whittemore Award in honor of Charlie Whittemore, past President & CEO and long time Board member of CMC to Joseph Reilly, President/CEO and Co-Founder of Centrix Bank.

“We are honored to present this year’s award to Joseph Reilly, for his dedication and philanthropic commitment to the community and the impact his generosity has made on the lives of countless people and organizations” says Joe Graham.

“This is my first Gala as President and CEO of Catholic Medical Center and I am thrilled to be part of the event” says Dr. Joseph Pepe. “The outpouring of support by our donors this year reinforces the level of community spirit we have in Greater Manchester for this vital service to those in need.”

Pink in the Rink

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 pathology 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 the Breast Care Center at CMC give patients the tools they need to create hope for a healthy tomorrow.

For ticket information please visit www.manchestermonarchs.com or call 663.6920.
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

**What is YOUR Stress Style?**
Wed., Jan. 16
6 to 7 PM
Location: Catholic Medical Center

Each of us has a certain way we respond to the “stressors” in our lives. Accepting which ones we can control or have no control over is a challenge to us all. In this interactive hour, embrace new tools to manage and even welcome stress. **FREE!** Registration required.

**AARP Driver Safety Program**
Mon., Jan. 21 and Wed. Jan. 23 or
Mon., Feb. 18 and Wed. Feb. 20 or
Mon., March 18 and Wed. March 20
1 to 5 PM
Location: 195 McGregor St., Lower Level, Suite LL22

The nation’s first and largest classroom refresher course geared especially to your safety needs. Persons of any age may attend.
Fee: $14 (two sessions) ($2 discount AARP members). Registration required.

**Screening for Prostate Cancer: Tackling the Controversy**
Wed., Jan. 23
6 to 7 PM
Location: Catholic Medical Center

If you’re 40 or older, the American Urological Association (AUA) recommends you talk with your doctor about your risk for prostate cancer. Catholic Medical Center is once again joining forces with the National Football League (NFL) and the AUA in the national Know Your Stats About Prostate Cancer® campaign. John Munoz, MD, Urologist and recognized expert, using the daVinci Robotic Intuitive Surgical System, will discuss current research and treatment options. Do you know your risk? **FREE!** Registration required.

**Taking Charge of your Fertility Naturally!**
Wed., Jan. 23, Feb. 20 or March 20
6:30 to 8:30 PM
Location: 195 McGregor St., Lower Level, Suite LL22

Learn how to care for your fertility with highly effective hormone free symptoms of fertility tracking. Couples use these systems to successfully achieve or avoid pregnancy. Tracking helps physicians to identify and treat underlying GYN disorders that may contribute to infertility. **FREE!** Registration required.

**It’s Tax Time!**
Thurs., Feb. 7 to Apr. 11
9:30 AM to 12 Noon
Fri., Feb. 8 to Apr. 12
Noon to 2 PM

IRS and AARP trained counselors will assist you with your tax return. **FREE!** Registration required.

**Heart Month Lectures-February 2013**
The New England Heart Institute at Catholic Medical Center is sponsoring a lecture series to celebrate heart month. See Page 6 for details.

**Taking Control of Your Blood Pressure**
Tues., March 14 and 21
2 to 4 PM
Location: 195 McGregor St., Lower Level, Suite LL22

In partnership with your healthcare provider, you can learn to manage your blood pressure and help prevent associated health problems. This unique self-management program will help you identify steps you can take to improve your blood pressure now. **FREE!** Registration required.

**Is It Whole Grain?**
Thurs., March 21, 28 and Apr. 4 (3 session series)
2 to 3 PM
Location: 195 McGregor St., Lower Level, Suite LL22

Do you know the health benefits of whole grains? Are you eating whole grains at every meal? In this healthy aging series we will taste test delicious whole grain foods, as well as share tips and recipes. (For individuals 60 years or older). **FREE!** Registration required.

For more information, call **626.2626** or visit www.catholicmedicalcenter.org
A Healthy Weigh—A Controlled Carbohydrate Plan for Life
10-week session. (Next session begins Thursday, January 17)
3:30 to 4:30 PM
Location: 195 McGregor St., Suite 312
Feel energized with this low sugar, low starch plan for burning stored body fat. Rich in heart healthy fats for pleasurable eating. A sound way to a thinner body and better health. Fee: $195.00 (10 weeks). Registration required.

Metabolism Matters
Mondays (individual appointment)
8 to 9 AM
Location: 195 McGregor St., Suite 312
Weight management success is just a simple measurement away. Your metabolism + your daily physical activity = the calories you burn. Fee: $150. (some insurance plans cover cost). Registration required. Call 663.6297.

Weighing In On Your Weight Loss Options at CMC
Location: 195 McGregor St., Suite 312
Learn about nutritional options for weight loss and long term weight maintenance. FREE! Registration required. Call 663.6297 for next session dates.

Optimistic Lifestyle—Partial Fast Program
First and third Thurs. of month
4:30 to 5:30 PM
Location: 195 McGregor St., Suite 312
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. FREE! Fee for food products varies. Registration required. Call 663.6297.

OPTIFAST®—CMC’s Medically Supervised Rapid Weight Loss Program
Tuesdays
5:30 to 6:30 PM
Wednesdays
5:30 to 6:30 PM
Location: 195 McGregor St., Suite 312
Have you repeatedly lost and regained the same pounds? Nutrition education, behavior modification and exercise are key 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. 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. The procedures to be discussed include adjustable gastric banding, gastric bypass, and gastric sleeve. FREE! Registration required. Call 663.7377 for next session dates.

Hypnosis For Smoking Cessation
Thursdays
1:00 PM
Location: The Wellness Center, 195 McGregor St., Lower Level, Suite LL23
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. Fee: $115.00. Registration required.

Parish Nurse Program
Provides nurse consults, screenings, wellness programs and spiritual support in local faith communities. Call 663.8004.

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
January
Second Thurs. of month
9:30 to 11 AM
February and March
Second Wed. of month
9:30 to 11 AM
Location: CHS, 195 McGregor St., Lower Level, Suite LL22. FREE!

Retired Men’s Association
Third Tues. of month
10:30 AM to Noon
Location: CHS, 195 McGregor St., Lower Level, Suite LL22  FREE!
CANCER EDUCATION AND SUPPORT

Free Wig Bank
Location: Norris Cotton Cancer Center at CMC

For cancer patients coping with hair loss from cancer treatment. (All wigs are new and have been donated by the American Cancer Society). FREE! Appointment required. Call 629.1828.

Oncology Exercise Program
Ongoing
Location: The Wellness Center, 195 McGregor St., Lower Level, Suite LL23

Our staff will develop a personal exercise program for you to maintain your strength through and beyond your journey with cancer. Fee varies. Registration required. Call 663.8000.

YogaCaps
Thursdays
6:30 to 8 PM
Location: The Wellness Center, 195 McGregor St., Lower Level, Suite LL23

For patients and their caregivers who have had or have cancer. FREE! Registration required, call 670.0302.

“i’m a Survivor”
Last Wed. of month
4 to 5 PM
Location: Norris Cotton Cancer Center

The “I’m a Survivor” group is geared towards those patients who have completed or are living with a long term diagnosis of cancer. Family members, friends and caregivers are welcome to attend. FREE! Registration required. Call 629.8683. (Please call the day of scheduled group meeting to ensure that the group is still being held).

Living With Cancer Support Group
Second Wed. of month
3 to 4 PM
Location: Norris Cotton Cancer Center

This group provides education and support for patients, their loved ones and caregivers. Group is targeted toward patients who are undergoing treatment for cancer. Various topics and speakers are offered each month. FREE! Registration required. Call 629.8683. (Please call the day of scheduled group meeting to ensure that the group is still being held).

SCREENINGS
Space is limited so please register early.

Breast and Cervical Cancer Screening
Sat., 8 AM to Noon or
Tues., 4 to 6 PM (please call for dates)
Location: Catholic Medical Center

FREE screenings for women with limited income, who have no health insurance or have a high deductible. Registration required. To see if you qualify, call 626.2626.

EXERCISE AND FITNESS

Staying Strong! Living Long! Exercise Program
Tues., and Thurs.
9 to 10 AM
Location: 195 McGregor St., Lower Level, Suite LL22

Improve your strength, flexibility and balance. Fee: $15 per month. Registration required.

Chair Exercises
Tues., 10:00 AM
Location: Bedford Presbyterian Church
Thurs., 9:30 AM
Location: Parish of the Transfiguration & St. Anthony Church
FREE! For more information, contact the Parish Nurse Program at 663.8004.

CMC Parish Nurse Walking Program
Tues., 9:30 AM
Location: Parish of the Transfiguration
FREE! For more information, contact the Parish Nurse Program at 663.8004.

For more information, call 626.2626 or visit www.catholicmedicalcenter.org
The Wellness Center: Achieving Health And Fitness Step By Step
Ongoing
Location: The Wellness Center, 195 McGregor St., Lower Level, Suite LL23
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. Fee varies. Registration required. Call 663.8000.

NEW! On-Line Childbirth Education Program
Preparation for the birth of your baby is very important. Managing the time to get to class may be a challenge for many families. Our 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 the 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: $80.

Hypnobirthing® The Mongan Method
A unique method of relaxed childbirth education that incorporates self hypnosis and relaxation techniques. Fee: $165. (5 weeks). Registration required.

Caring For Your Newborn 1 and 2
Designed to move parents along from parenting their baby in pregnancy to after the baby is born. Topics include picking a pediatrician, feeding choices, newborn and infant health concerns, equipment, and infant care for the first few days following birth. Fee: $30. Registration required.

Preparation for Breastfeeding
Prepare for the breastfeeding experience and learn skills to meet both the infant and mothers needs. Fee: $30. Registration required.

Becoming A Big Sister Or Big Brother
Offered at developmentally appropriate levels to help parents introduce their child to becoming a sibling. A tour of the Mom’s Place is included. (Class is for ages 2 to 5 years). Fee: $10 per family. Registration required.

Lactation Services
One on one education and encouragement for new mom’s before the birth, during the hospital stay and after going home. Call 663.6686 (Mon. to Fri., 8 AM to 4 PM). After-hours call The Mom’s Place at 663.6667. FREE! Registration required.

“Mommie and Me Club”
Weekly program offered to provide support, sharing tips for infant care, sleeping challenges, feeding and fostering friendship for mother’s in their developing roles as parents. We invite you to attend the Breastfeeding Success Program immediately following the class. FREE! Registration required.

Breastfeeding Success
This program provides moms with an opportunity to meet with other new moms, as well as the certified lactation consultant, to share experiences and address specific challenges related to feeding and other issues. FREE! Registration required.
For the past three years, Catholic Medical Center has proudly partnered with The Business Advisory Council, otherwise known as BAC, in Project SEARCH. BAC is a group of industry representatives that provides the expertise necessary for Project SEARCH program sites to stay connected to local employers and to understand workforce development needs in their business sector. BAC co-chair members are Bob Duhaime from Catholic Medical Center and Mary Ann Aldrich from Dartmouth Hitchcock-Manchester.

The Project SEARCH Program is a unique, 1 year school to work program that takes place entirely at the workplace. This innovative business led model features total workplace immersion, which facilitates a seamless combination of classroom instruction, career exploration, and on the job training and support. The main goal of Project SEARCH is real life work experience combined with training in employability and independent living skills to help youths with significant disabilities make successful transitions from school to a productive adult life.

An active, sector based BAC can create competitive employment opportunities for Project SEARCH graduates. The BAC can also be an effective advocate for diversity policies that include people with disabilities as well as hiring practices that target candidates with disabilities. The BAC has been a resource for creating networking opportunities for businesses to share best practices in disability employment.

During the first year of partnering with CMC, the program was awarded 100% Employment Placement at the National Project SEARCH Conference. Additionally, CMC was recognized by the State of NH Department of Health and Human Services Commissioner Nicholas Toumpas for its accomplishments as a program.

If you have any questions about joining the BAC or leads for employment, please contact Kaite Carmody at 663.8109 or carmodyk@sau25.net.