



Welcome, Towne Park valet parking to CMC!

We're now offering this free service to our patients and visitors. For more on parking and renovations around CMC, see page 2: *New Spaces, New Places at CMC!*



CMC Pioneers Therapy for Innovative LUKE Arm

Until recently, prosthetics for upper-extremity amputees were very similar to what was available during the Civil War. Gilford's Chuck Hildreth lost both arms in an electrical accident in 1981 and recalls learning "to do most everything without arms because the first prosthetics were so uncomfortable."

Recently, he sat down to dinner and cut a steak for the first time since he was 18 years old. "It seemed like a little thing but I got a big grin on my face and thought 'that felt pretty good.'"

Hildreth has the LUKE Arm, a revolutionary device developed by Manchester-based company DEKA in partnership with the DARPA Revolutionizing Prosthetics project. It is manufactured by DEKA offshoot Mobius Bionics and fit at Next Step Bionics and Prosthetics, also in Manchester. Occupational therapy,

essential to helping patients adapt their arm to everyday use, is provided by Catholic Medical Center's Outpatient Rehabilitation Services.

The LUKE Arm is shaped and acts like a human arm, responding to signals from the body to make the limb move. Hildreth's LUKE Arm is fitted to his right shoulder socket and connected to sensors on his foot. Different foot movements control different arm movements.

Amy Quinney, OT/L, CHT, from CMC's Outpatient Rehab, is helping Hildreth relearn tasks and customize the LUKE Arm to suit his needs. They work closely with the prosthetists at Next Step, who tweak the LUKE Arm software for ideal fit and function. "If it wasn't for the help here," says Hildreth, "I don't know if I'd be going in the right direction, or I'd get frustrated. I used a screwdriver



Chuck Hildreth and Amy Quinney, OT/L, CHT work together at CMC's Outpatient Rehab to adapt to using the LUKE Arm for everyday tasks.

in clinical trials but I never knew why it worked. Now I understand."

"With the sophistication that the LUKE Arm offers, it is absolutely necessary to have occupational therapy to begin prior to the fitting process," says Next Step President Matt Albuquerque. "Amy (Quinney) and our relationship with CMC was the answer to that issue. CMC therapists spent time getting fully trained in the operation of the prosthesis which no other private therapists have received."

continued on page 2

Medical News

LUKE Arm, continued from cover

Quinney describes working with LUKE Arm patients as her dream job. “My role is to work at the intersection of this highly advanced prosthetic and the person’s real life activities,” says Quinney. “Seeing someone realize that he will be able to enjoy dinner out with his wife, go fishing, run the family business or man the grill at the community BBQ is when we see the heart of this amazing technology.”

In addition to Hildreth, Quinney is working with an amputee from the United Kingdom and with Junius Moore, a left arm amputee from North Carolina. Both men were fitted with the LUKE Arm at Next Step and receive therapy from Quinney.

Moore is among the first people to have the groundbreaking targeted muscle reinnervation (TMR) surgery,

which reassigns the nerves that once controlled the amputated limb. Those nerves communicate with Moore’s LUKE Arm. All he has to do is think about moving his left elbow, hand, or fingers, and the LUKE Arm responds. Quinney worked with him to relearn many motions including tying shoes, an important task for a dad of a young child.

“With help from Dr. Chi at Oregon Health and Science University who did my TMR surgery, Matt at Next Step and Amy at CMC, I can begin to see what the future holds for amputees like me,” says Moore.

Out of the seven LUKE Arms worldwide, six have been fitted at Next Step and three are getting therapy at CMC’s Outpatient Rehab. Next Step’s Albuquerque says there’s tremendous

potential for the program. “There may not be a ton of need for the LUKE Arm right now, but what are the possibilities that it presents? And the only team of people that exists right now — the inventor, the manufacturer, the certified prosthetist and the occupational therapy — are all right here in Manchester. Why would you go anywhere else?”



New Spaces, New Places at CMC!

Added parking, practices, and departments

For nearly a year, CMC has been renovating to provide you with even better patient care. We’ve recently opened several new spaces including a relocated Outpatient Non-Invasive Cardiology suite and a Clinical Decision Unit, where patients who come to the Emergency Department can be observed more closely and treated before being sent home. We’ve also

opened a new practice at 160 S. River Road in Bedford, CMC Vein & Vascular Specialists. New offices for New England Heart & Vascular Institute, the Surgical Care Group, and Manchester Urology Associates are also at this location.

You’ll also find valet parking in front of the hospital and in the parking garage. Valet parking is free of charge and available



to patients and visitors Monday–Friday, from 8 AM–4 PM.



Outpatient Non-Invasive Cardiology suite



Clinical Decision Unit

And the work isn’t over yet – we’re currently adding a new, 10-bed wing to our Intensive Care Unit. The construction may cause some noise and disruption around the hospital. We apologize for the inconvenience and thank you for your patience as we build a better CMC!

Where **heart** meets health.

CMC Welcomes Addiction Medicine Specialist

Catholic Medical Center has opened a new practice dedicated to helping people achieve and sustain recovery. CMC Addiction Medicine, led by Molly Rossignol, DO, offers medication assisted treatment (MAT) along with evaluation and management of alcohol, drug and other addictions. Dr. Rossignol is board certified in both family medicine and addiction medicine.

“Addiction is a disease that devastates individuals, families and communities,” says Dr. Rossignol. “As the science of addiction continues to advance, the most important aspects of care remain access and a non-judgmental approach. CMC has shown their commitment to treating people with empathy and evidence-based care and I look forward to caring for patients and

working in a supportive system.”

While several providers at CMC are licensed to prescribe MAT, CMC Addiction Medicine is the first physician practice in the Manchester area to specialize in this treatment. MAT relies on carefully-prescribed medications, such as suboxone, to help reduce cravings for opioids and other substances, while instituting other therapies including counseling, mutual help attendance and supporting the patient in managing other aspects of their disease.

“CMC is committed to being a leader in addressing the opioid epidemic in our community,” says CMC President & CEO Joseph Pepe, MD. “Dr. Rossignol’s addition to our team is an essential resource in that effort and I’m



Molly Rossignol, DO

thrilled that she’s bringing her expertise and compassion to CMC.”

CMC Addiction Medicine is located in the Notre Dame Pavilion, 87 McGregor Street, 603.663.6252 🇺🇸



Thomas Perry, MD

New Physician Spotlight

Welcome Dr. Thomas Perry to CMC’s Comprehensive Neurological Care

Dr. Perry earned his medical degree from the American University of the Caribbean School of Medicine. He completed his residency at the University of Cincinnati. Dr. Perry specializes in general neurology, movement disorders, dystonias, peripheral nerve disease, multiple

sclerosis, dementia, and migraine headaches, including BOTOX® treatment for chronic migraines.

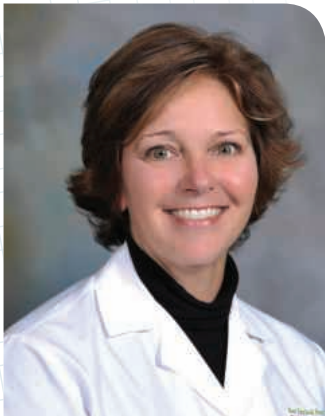
Dr. Perry is American Board Certified in Neurology.

For more information, please call CMC Comprehensive Neurological Care at 603.314.7565. 🇺🇸

Medical News

New England Heart & Vascular Institute Recognized for Nursing Excellence

Congratulations to NEHVI's Marilyn Daley, DNP, APRN, CHFNP who won the 2018 NP of the Year Award at the annual NH Nurse Practitioners conference. At that same event, NEHVI's Jennifer Thompson, APRN was awarded Advocate of the Year. Earlier in the spring, NEHVI's Carmen Petrin, APRN, MS was recognized in New Hampshire Magazine's May issue with a 2018 Excellence in Nursing Award for cardiovascular nursing and NEHVI's Alison Davis, MS, APRN, CHFNP, CCRN was named a 2018 Union Leader 40 Under Forty. We are proud to have these exceptional nurses as part of CMC's compassionate and dedicate provider team. 🇺🇸



Marilyn Daley, DNP, APRN, CHFNP



Jennifer Thompson, APRN



Carmen Petrin, APRN, MS



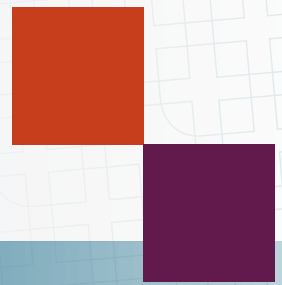
Alison Davis, MS, APRN, CHFNP, CCRN

Where Heart Meets Health

You may have seen some familiar CMC faces lately in our new commercials. The campaign, Where Heart Meets Health, shows the ways our patients and community can rely on CMC to deliver not only excellent care, but compassionate care as well. You can see the ads on WMUR, our Facebook page, and our YouTube channel. 🇺🇸



Where **heart** meets health.



Subsidized Health Services

CMC underwrites these services through its own funding, as well as donor and grant support, to increase access to care for those in need:

- Behavioral Health Services
- Health Care for the Homeless
- Pain Center
- Poisson Dental Facility
- Primary Care Services (under-served & under-insured)
- Pregnancy Care Center

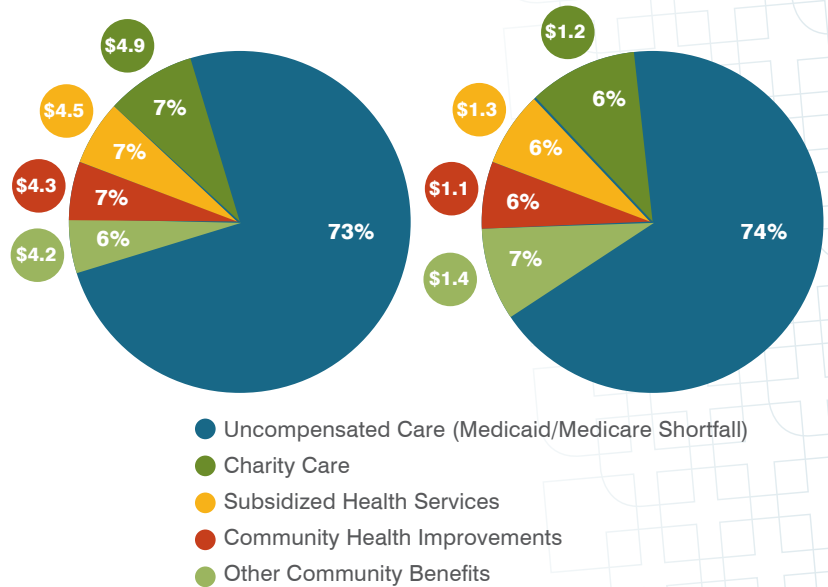
Community Health Improvements

Based on needs identified in the Greater Manchester Community Health Needs Assessment (CHNA), CMC provides community-based health education, prevention and supportive programs, including:

- Community health education, fitness classes and support groups
- Health screenings at little or no cost to community members, including breast, cervical and skin cancer screenings
- Medication Assistance Program
- Outreach and enrollment assistance for Medicaid and other government sponsored programs
- Patient transportation services
- Wellness Programs
- Parish Nurse Programs

**Other community benefits include: leveraged revenue, health professions education, financial contributions, community-building activities and clinical research.*

CMC 2017 Community Benefits Top \$85 Million



CMC's compassionate care extends beyond the advanced clinical services we offer patients in our facilities. We are in the community, supporting vital programs and services to meet the health needs of the most vulnerable and medically under-served populations.

Last year, CMC shifted the start of its fiscal year from July to September, creating a 15-month fiscal year. Between July 1, 2016 and June 30, 2017 (FY 2017), CMC provided more than \$66.1 million worth of care to our community. In the three month extension, July 1, 2017 to September 30, 2017, CMC provided an additional \$19.8 million in community benefits, totaling more than \$85 million for the 15-month fiscal year.

We are proud that CMC's level of community benefits historically exceeds the average for U.S. hospitals (as a percentage of revenue) and is among the highest in the state.

Please read our complete Community Benefits Report at CatholicMedicalCenter.org.



Medical News

CMC Health Care for the Homeless

Community benefits report – program highlight

“Phil” was homeless, living in a park in Manchester. Connecting him with resources was a challenge. The Health Care for the Homeless (HCH) outreach team started making contact with a simple “good morning” or “what can I help you with today.” After several of these exchanges, Phil started to express an interest in the outreach team and how they might be able to help. The HCH team built a trust that became invaluable to him.

Phil had a history of substance use, which became the daily focus of

his life. He wanted to stop using drugs and get an apartment. The HCH team got him connected to a provider at the clinic located at New Horizons/Families in Transition, assisted him with applying for Medicaid, and supported him in accessing care at a methadone clinic. In time, Phil established a consistent schedule at the methadone clinic and with his primary care provider at the HCH clinic. As a result of his commitment to be clean and his overall improved health, Phil qualified for an apartment



through a homeless housing program. He's achieved his goals, all because someone simply said good morning. 🇺🇸

To Supplement or Not to Supplement

That is the question

Many patients struggle to lower their cholesterol, despite taking prescription medications. Others prefer a natural alternative. “Over-the-counter-supplements are gaining momentum for those who want something in addition to or instead of medications for managing cholesterol,” says



Kristine Ziemba, MSN, FNP-BC, CLS, of CMC's Cholesterol Management Center. But not all supplements are created equal. While many have shown evidence of lowering lipids, others have not and may actually be harmful in trying to control cholesterol.

The following supplements have evidence of lowering lipids and should only be used in consultation with your cholesterol specialist or primary care provider:

- Niacin/Nicotinic Acid
- EPA /DHA Fish Oil
- Soluble Fiber
- Plant Phytosterols
- Red Yeast Rice
- Soy Protein
- Green Tea Extract

These supplements show no evidence of lowering lipids and are not recommended as a means of controlling cholesterol:

- Artichoke Leaf Extract
- Policosanol (plant extract, beeswax, and sugar-cane wax)
- Garlic
- Guggulipid (extract of mukul myrrh tree resin)
- Ginseng
- Selenium

The Food and Drug Administration (FDA) does not regulate or monitor over-the-counter dietary and herbal supplements for safety or consistency in composition. “Supplements

continued on page 7

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Advancing Care for Patients

New offering helps identify recurrent prostate Cancer

CMC now offers a new PET/CT imaging technique to help identify recurrent prostate cancer in previously treated patients with a rising PSA level. This examination helps in earlier detection and localization of recurrent prostate cancer than conventional imaging, which can allow for earlier treatment of the disease.

"The test is done as a PET scan," says Southern New Hampshire Radiology's Dr. Robert Sprague, "and it's a simple, outpatient procedure. We inject a dye called Axumin, which attaches to prostate cells in the body. It allows us to see abnormalities at a much smaller size. It's the most specific imaging test we have for looking for disease that's come back."

Over 30 percent of men treated for primary prostate cancer will experience biochemical recurrence within 10 years. Of those men, over 30 percent will develop metastatic disease within eight years.

For more information about our PET/CT service for prostate patients, please call 603.663.6456. 



Save the Date


Join us in recognizing Ovarian Cancer Awareness night on Sat, Sep 1 at 7:05 PM when the New Hampshire Fisher Cats take on the Hartford Yard Goats at Northeast Delta Dental Stadium in Manchester. It's the last home stand of the regular season and will be followed by a fireworks show! Purchase your tickets today by visiting NHFishercats.com

You can also help to raise awareness by wearing teal on Sep 7 for Go Teal Day.



To Supplement or Not, Continued From Page 6

also lack clear and consistent evidence that they improve cardiovascular outcomes," says Ziemba.

If you are considering cholesterol-lowering supplements, be sure to talk first to your cholesterol specialist or primary care provider. For more formation on controlling your cholesterol, contact the Cholesterol Management Center at CMC's New England Heart & Vascular Institute at 603.663.6549. To sign up for the Center's newsletter, Cholesterol Connection, email lipid@cmc-nh.org. 



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health

Philanthropy

A Heartfelt Thank You

In March, CMC hosted a Donor Reception at the Manchester Country Club and nearly 150 supporters attended to celebrate the spirit of philanthropy.

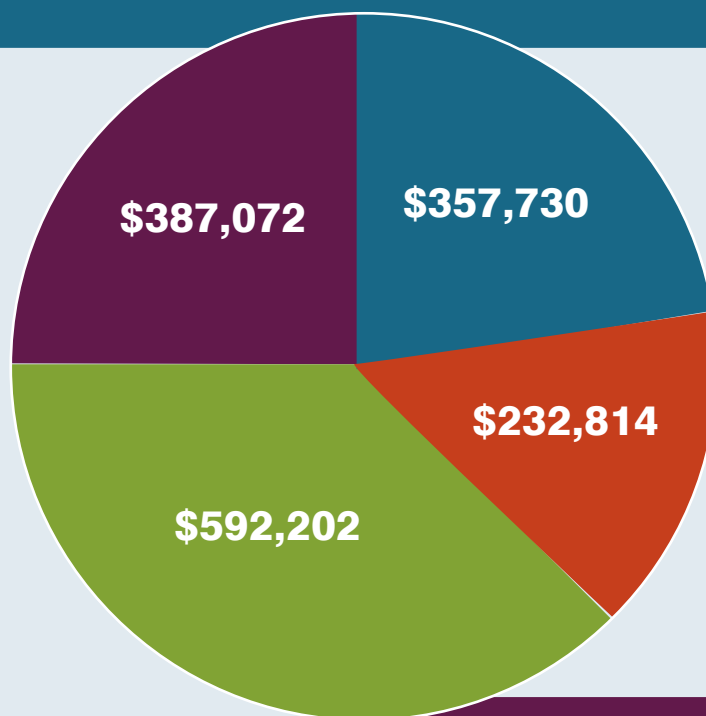
The event, sponsored by Eleanor Wm. Dahar, Esq. of Dahar Law Offices in Manchester, was held to thank donors for their contributions to CMC's recent growth, including the new outpatient non-invasive cardiology suite, the Clinical Decision Unit, Vein & Vascular Specialists in Bedford. President & CEO Joseph Pepe, MD and Senior Executive Vice President & COO Alex Walker, Jr., also spoke about the future growth of our New England Heart & Vascular Institute, increasing services for our veterans, and helping fight the opioid epidemic. In fact, thanks to help from donors, CMC leads the state in providing time and resources to the community (see Community Benefits Report, page 5).

During the brief presentation, Dr. Pepe said, "Contrary to the trend in healthcare, CMC is growing – and a lot of that is thanks to the ways you help spread the word about the amazing talent, compassionate excellence, and innovative technologies we have here. We are very blessed to be able to care for our community and to have your support in that effort. You give of yourselves in many ways and we appreciate it!"

If you would like to make a charitable gift to CMC, please visit www.CatholicMedicalCenter.org or call 603.314.4758.

Catholic Medical Center 2017 Charitable Support Totals

- Foundations & Grants
- Gifts from Individuals
- Corporate Support & Special Events
- Trust Income



Number of Gifts: 1,506
Number of Donors: 942
Total Raised: \$1,569,818

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Former board member and long-time donor, Eleanor Wm. Dahar, Esq., Donor Reception sponsor, and President & CEO Joseph Pepe, M.D.



CMC Development Committee Chair Matt Kfoury of Central Paper Products and Steve Friedman of 92.5 The River



Julie and Mark Whitney of Merrill Lynch



President & CEO Joseph Pepe, M.D., Emergency Department Medical Director Alan Flanigan, M.D., and Senior Executive Vice President & COO, Alex Walker, Jr.. Dr. Flanigan donated this flag that was flown over NATO Role 3 Multinational Medical Unit in Afghanistan during Operation Enduring Freedom, when Dr. Flanigan was serving in the Navy.

Pass on Your Values


If you are like me and have been an ongoing supporter of the compassionate care delivered by Catholic Medical Center, have you wondered how you can benefit CMC in the future?



By naming CMC in your will or trust or as a beneficiary of your retirement plan, your generosity can become a legacy gift that will benefit the hospital's ability to deliver health, healing and hope for years to come. We don't have to be millionaires in order to achieve

this noble act. Any amount, whether \$5,000 or \$100,000 will provide for new technology, greater charity care and modern facilities for future generations.

Let your grateful heart live on forever. For more information, please contact Jennifer Higgins Pitre, Vice President of Philanthropy at 603.665.2569 or Jennifer.Pitre@cmc-nh.org.

Submitted by Richard M. Bunker, Chair of the CMC Legacy Committee. 

 Grateful Heart Legacy Society
CATHOLIC MEDICAL CENTER

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, Jul 16, Aug 13, or Sep 17, 9 AM-4 PM

195 McGregor St, Lower Level, Suite LL22

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

Registration required, call 603.626.2626



Freedom From Smoking®

The American Lung Association's Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. The program focuses almost exclusively on how to quit, not why to quit. The 8-session group program is based on proven addiction and behavior change models and offers a structured, systematic approach to quitting. Because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques. Betsy Angelakis, MD will attend one of the sessions to discuss the low dose CT Lung Screening Program at CMC and why early diagnosis of lung cancer is so important.

Tue, Sep 11-Oct 23, 6-7:30 PM

G5, Level G, CMC

\$49, registration required, call 603.626.2626



Embracing Life's Seasons: A focus on the positive potential of aging

Each season of life has developmental advances, challenges, pleasures and beauty. Our youth-oriented culture tends to focus on decline and negative stereotypes. We are conditioned to fear and to fight any outward indications of advancing years. Join Mary Wood-Gauthier, RN, MSN as we discuss the natural developmental changes throughout the adult life, the influence of societal and personal attitude toward getting older, and the steps we can take throughout our lives to embrace the joy and privilege of becoming older and wiser.

Wed, Sep 19, 6-7:30 PM

195 McGregor St. Lower Level, Suite LL22

FREE, registration required, call 603.626.2626



Blood Drive

CMC is hosting a blood drive in cooperation with the American Red Cross on:

Fri, Sep 28, 10 AM-4 PM

195 McGregor St, 2nd Floor conference room

Call to make an appointment: 603.626.2626 or online at redcrossblood.org. Walk-ins are also welcome.

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,

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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 the 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

Massage

Research supports the benefits of massage as an effective treatment for reducing stress, pain and muscle tension.

For information, or to schedule an appointment, call 603.641.6700



Greater Manchester Brain Injury & Stroke Support Group

A support group for brain injury & stroke survivors, their family members, and their caregivers. 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, for more information, call 603.626.2626

Holistic Health Series

Good Health Starts in Your Gut

The bacteria in your gut may be small, but they can have a huge impact on your health. What's going on in your gut can affect the health of your entire body, from autoimmune conditions to depression. Learn about maintaining a balanced microbiome for good gut health, prebiotics and probiotics, how you can prevent a "leaky gut", and much more.

Tue, Aug 21, 6-7:30 PM

195 McGregor St, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626



Write Away

Journaling is more than writing in your diary. For many it is a powerful tool for stress management that can clarify thoughts that lie beneath the surface of our conscious mind. While very helpful as an exercise to manage daily stress, it may be particularly helpful in coping with the stress of a new or chronic illness. Participants will be guided with a choice of topic and specific directions to help navigate thoughts on the topic. Participants will not be required to share their journal writing experience unless they choose to.

Wed, Sep 12, 1-2:30 PM

195 McGregor St., Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and helps 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



Health & Wellness

Fitness

Staying Strong, Living Long!

With a focus on strength, flexibility and balance, we'll use hand weights, leg weights and resistance tubing. Perfect for older adults and/or those new to exercise.

Tue & Thu, 9-10 AM

195 McGregor St., Lower Level, Suite LL22

\$20 month, registration required, call 603.626.2626



Parkinson's Dance Class

Join us for specialized dance classes that empower people with Parkinson's disease to explore movement and music in a safe and creative environment. Dance has proven to be beneficial in addressing PD specific concerns such as balance, flexibility, and coordination. The classes are open to the participants, their friends, family, and caregivers. No dance experience necessary.

Tue, 1-2:15 PM

195 McGregor St., Lower Level, Suite LL22

\$40 (8 weeks), registration required, call 603.626.2626

Barre

This total body conditioning class is a fusion of yoga, Pilates, and strength training, with a focus on overall body and core strength, flexibility, balance, and stability. It's easy on the joints, helps develop muscle definition, and improves mobility. Use of disks, core balls, tubing and weights will be incorporated into the class. No experience needed! Participants should be able to get up and down from the floor with ease throughout the class.

Thu, Jul 26-Oct 11, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Get Fit Boot Camp

This great interval training workout is designed to help you build strength and cardiovascular endurance using weights and aerobic conditioning exercises.

Thu, Jul 26-Oct 11, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

A Strong Core and 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, Jul 24-Oct 9, 5:30-6:30 PM or

Thu, Jul 26-Oct 11, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626



Yoga 101

In this beginner level class, you will learn basic yoga postures and how to modify them as needed. Take time out of your busy day to refresh and learn the benefits of practicing yoga to improve strength, agility and the ability to manage stress. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Jul 24-Oct 9, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Where heart meets health.

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 a slower-paced class with a focus on stretching postures and gentle flows. You will be guided through a variety of postures, moving between sitting, standing and laying down, using props as needed. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Jul 24-Oct 9, 10:15-11:15 AM or
Tue, Jul 24-Oct 9, 3:45-4:45 PM or
Tue, Jul 24-Oct 9, 6:30-7:30 PM or
Thu, Jul 26-Oct 11, 10:15-11:15 AM
195 McGregor St., Lower Level,
Suite LL22
\$90 (12 weeks), registration required,
call 603.626.2626



Yoga Flow

In this class based on the Vinyasa flow style of yoga, we will build strength, stamina, and flexibility by using gentle, flowing sequences. We will end with stretching postures and relaxation exercises to reduce tension and calm our minds. Participants should be able to get up and down from the floor with ease throughout the class.

Mon, Jul 23-Oct 1, 6:45-7:45 PM, (10 weeks, no class 9/3)
195 McGregor St., Lower Level, Suite LL22
\$75, registration required, call 603.626.2626

Chair Yoga

Strengthen your muscles, improve your balance, and increase your flexibility through a gentle, supportive yoga practice. Reap all the benefits of yoga while practicing with the stability and security of a comfortable chair. We will use our breath to bring awareness to our movements and reduce our stress, creating a sense of calm to our mind and body. No experience needed!

Thu, Jul 26-Oct 11, 1-2 PM
195 McGregor St., Lower Level, Suite LL22
\$90 (12 weeks), registration required, Call 603.626.2626

The Wellness Center

Whether you are a healthy individual interested in exercise or wanting to control your risk factors, The Wellness 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-12 PM 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

Nutrition Solutions

The Outpatient Nutrition Center can help you cope with a multitude of health issues as it relates to nutritional needs within the scope of one's lifestyle, financial situation, cooking abilities, etc. Our services include but are not limited to: general nutrition, weight management, cholesterol and hypertension management, pre-diabetes and gastrointestinal health. We provide recommendations for cancer prevention, nutrition guidance during and after a cancer diagnosis, COPD, dysphagia, kidney disease, wound healing, pregnancy, and more.

195 McGregor Street, Suite 312
To schedule an appointment or obtain a physician referral, call 603.663.8739

Surgical Weight Loss Options at CMC's New England Weight Management Institute

If you've had difficulty achieving your weight loss goals, weight loss surgery at our New England Weight Management Institute may be right for you. Our experienced surgical team has performed more than 2,400 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Wed, July 11, Aug 8, or
Sep 5, 4:30-6 PM
The Falls Event Center
21 Front Street,
Manchester
Registration required,
call 603.663.7377



Health & Wellness

OPTIFAST® - Medically Supervised Rapid Weight Loss Program

Achieve rapid weight loss with OPTIFAST®'s comprehensive, medically supervised, low calorie fasting program. On average, participants lose 50 pounds in 12 to 22 weeks. Weekly support group and medical clinic occurs every Tuesday from 4:30-6:30 PM. For those who may need alternate scheduling, daytime appointments can be arranged. Fee varies per individual. Medical monitoring is required. See below for FREE info session schedule. Call 603.663.6297 for more information.

“Opti-Mistic” Lifestyle - OPTIFAST® Partial Fast Program

This flexible program involves a combination of OPTIFAST® Meal Replacement products and self-prepared meals and snacks. Learn and implement proper meal structure from day one. Get consistent results with easy to follow meal plans and pay only for the cost of food*. FREE optional monthly support group offered. See below for FREE info session schedule.

For more information, call 603.663.6297.

**Cost is based on BMI & number of products required per week, call to get your personal quote*



FREE OPTIFAST® Information Sessions

Learn about both the OPTIFAST® low-calorie Full Fast plan for rapid weight loss and the “Opti-Mistic” Lifestyle Partial Fasting plan. Bring your questions, sample OPTIFAST® products, and complete the first step to getting started on either plan.

Mon, July 2; Wed, July 18; Wed, Aug 1, 15; or Wed, Sep 5, 19,

5:30-6:30 PM

The New England Weight Management Institute, 769 South Main St., 3rd Floor, Manchester

FREE, registration requested, call 603.663.6297

Parish Nurse Program

The CMC Parish Nurse Program is present in 21 local faith communities in the greater Manchester area, providing spiritual, physical, psychological and social care to their members and neighbors of varied ethnic and religious affiliations. Parish Nurses provide a variety of health screenings, wellness education programs and patient advocacy. Find our monthly calendar on the CMC website. Please find our services at the following locations:

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

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

Congregational Church, Goffstown, Wed, 10 AM-12 PM

Divine Mercy, Peterborough, Reopens Sep 2018

First United Methodist Church, Tue, 8:30-10:30 AM

Food for Children, JFK Coliseum, 4th Sat, 9-11 AM

Litchfield Community Church, 2nd Wed, 10 AM-12 PM & 2nd Sat, 8:30-11:30 AM

Sacred Heart Church, Tue, 8:45-10:30 AM, reopens after Labor Day

Salvation Army, 3rd Thu, 9-11 AM

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 – reopens Oct 2018

St. Catherine of Sienna, Wed, 11 AM-12 PM

St. Elizabeth Seton, Bedford, 1st and 3rd Tue, 8:30-10:30 AM – reopens Sep 4

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

St. Joseph Cathedral, 1st & 3rd Tue, Senior Group, 10-11:30 AM

St. Lawrence, Goffstown, Tue, 10-11 AM.

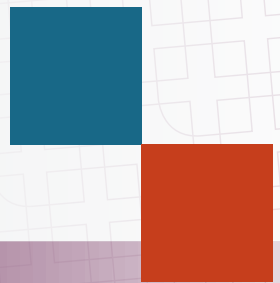
St. Matthew's Episcopal Church, Goffstown, Wed, 10 AM-12 PM – reopens after Labor Day

St. Pius X Church, Fri, 8:30-11 AM, closed July, August and reopens Sep 28

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

Immaculate Conception Parish, Nashua, call for information.

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Grief & Loss Support Group

The goal of this confidential group is to provide a monthly opportunity for people who have experienced the death of a loved one to engage in mutual support. The group is open-enrollment and people can attend whenever they wish. Participants do not need to be members of Immaculate Conception Church. The group is facilitated by a licensed mental health counselor and will include educational, support, and spiritual components. Immaculate Conception, 216 East Dunstable Road, Nashua FREE, call 603.663.8004 for information.



S.H.I.N.E.

S.H.I.N.E. is a senior support group offering sociability, education, nutritious food and exercise. Wednesdays, 10:30-11:45 AM, reopens after Labor Day. St. Matthew's Parish House 7 N. Mast Rd. Goffstown FREE

Prayer Shawl Program

Parish of Transfiguration, 1st Wed of the month, 10:30 AM-2 PM, reopens after Labor Day
St. Joseph Cathedral Rectory, 2nd Tue of the month, 1-2 PM
St. Pius X, 1st Fri of the month, 9 AM, reopens after Labor Day
St. Elizabeth Seton, 1st Mon of the month, 6-7:30 PM, reopens after Labor Day
St Lawrence, 3rd Thu of the month, 10 AM
FREE

Chair Exercises

Congregational Church, Goffstown, Wed, 10 AM
St. Elizabeth Seton, Bedford, Tue, 9:00 AM, reopens Sep 4
Parish of the Transfiguration, Thu, 9:30 AM
FREE

Indoor Walking, 1-2 miles

Parish of Transfiguration, Tue, 9:30 AM
FREE

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

BeWell Cancer Survivorship Program

Caring for You During Your Cancer Journey-Body, Mind and Spirit



BeWell Cancer Survivorship Newsletter

At Catholic Medical Center, we understand that a cancer diagnosis and treatment for you or a loved one can be a challenging time. In an effort to support you and your family, we offer patients and their families a quarterly educational and supportive eNewsletter. To receive a copy, email us at bewellsurvivorship@cmc-nh.org
FREE

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

Health & Wellness

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.

Tue, July 31 & Sep 25, 6-8 PM

FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.1828



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, Sep 4, 5:30-6:30 PM

Breast Care Center, 9 Washington Place, Suite 203, Bedford

For more information or to schedule an appointment, call Becky at 603.641.6700

To learn more about the BeWell Cancer Survivorship Program and to see a complete listing of our services and classes go to CatholicMedicalCenter.org/BeWell or call 603.663.6535.

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.

2nd Wed of the month, 3-4 PM

FREE, registration required, call 603.629.8683

Oncology Exercise Program

This program is for patients who are undergoing cancer treatment or are in the recovery phase following treatment. 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, various class times

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

FREE 90 day membership, registration required, call 603.663.8000

Thriving with YogaCaps

A gentle, therapeutic, mat-based yoga class for individuals and their caregivers who have had or have cancer.

No previous yoga experience needed.

Thursdays, 6:30-8 PM

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

FREE, registration required, call 603.674.3770



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 use 7 movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included 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

Vein Screening – New Location!

Your legs can tell an awful lot about your overall health.

If you've been wondering about the cause of your varicose veins, aching, itchiness, pain, heaviness and/or swelling in your legs, join the experts at CMC's Vein & Vascular Specialists for a complimentary 15-minute vein screening clinic.

2nd Thu of the month, 5-6 PM

Vein & Vascular Specialists, 160 S. River Rd, Bedford

FREE, to schedule an appointment, call 603.665.5150



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Vascular Screening

Vascular problems can lead to life threatening conditions like heart attack, stroke and limb loss. Vascular disease occurs when plaque builds up in the arteries and diminishes blood flow. Risk factors include smoking, age and high cholesterol. Symptoms can be hard to detect, but most often occur in the legs and may include; trouble or pain with walking, poor wound healing, cool skin or sores on the legs, visual problems, high blood pressure. Vein & Vascular Specialists, 160 S. River Rd, Bedford and Surgical Care Group, 87 McGregor St, Suite 3100, Manchester \$95, to schedule an appointment, call 603.665-5150

Lung Cancer Screening

Lung cancer is the number one cause of cancer related death in the US and in the world. Lung cancer kills more women than breast, ovarian and uterine cancer combined and more than prostate cancer for men. If you are aged 55-77, have a 30 pack year smoking history (calculated by your provider), currently smoke or have quit within the last 15 years, you may be eligible for a FREE lung cancer screening. Check with your provider to see if you qualify or call 603.663.5219 for more information.

Patient Assistance Services

Breast and Cervical Cancer Screening

FREE, breast and cervical cancer screenings save lives. Breast Care Center, CMC
Registration required. To see if you qualify, call 603.626.2626

Medication Assistance Program

The Medication Assistance Program helps uninsured and under-insured patients obtain long term prescription medication from major pharmaceutical companies. CMC staff assists 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 farah.deselle@cmc-nh.org.

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 information to manage fertility and to identify possible underlying reproductive disorders. Highly effective to achieve or avoid pregnancy "naturally".
Wed, July 11, Aug 15, Sep 19, 6:30-8 PM
ACR Conference Room, Level G, CMC
FREE, registration required, call 603.626.2626



Welcome Visits at the Mom's Place

Are you unsure where to go for your prenatal care? Do you want to learn more about having your baby at CMC and what to expect during your stay? 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

Health & Wellness

Preparation for Breastfeeding

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

Thu, Jul 19, Wed, Aug 8, or Thu, Sep 6, 6:30-8:30 PM

Pregnancy Care Center

FREE, registration required, call 603.626.2626

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. Call for dates and locations.

\$40, registration required, call 603.626.2626

Exploring and Preparing for Vaginal Birth after Cesarean (VBAC)

Have you had a cesarean birth and are expecting again? Is VBAC an option for you? Come and learn more to help you make the decision and to prepare your mind, body and heart for the journey ahead. Topics include: labor process, preparing your body, partner support, pain coping practices and preparing for the unexpected and unknown.

Thu, Jun 28, Wed, July 18, or Thu, Sep 20, 5:30-8:30 PM

FREE, registration required, call 603.626.2626

Preparation for Birth

In this series, parents-to-be prepare their bodies, minds, hearts 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 is included in this in-depth series.

Sat & Sun, Aug 18 & 19 or Sep 15 & 16, 9 AM-2:30 PM (2 sessions)

Tue, July 10-31, Aug 7-28 or Sep 4-25, 6-8:30 PM (4 sessions)

195 McGregor St., 1st Floor, Suite 110

\$130, 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.

Call for dates and locations.

\$40, registration required, call 603.626.2626



CPR and Safety Class for Caregivers of Infants and 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 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.

Mon, July 9, 5:30-8:30 PM or Sep 8, 9:30 AM-12:30 PM

\$20 per person, 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

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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.

Wed, July 11, Aug 8, Sep 12, 6-8:30 PM

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

Registration required, call 603.626.2626



Prenatal Yoga

Join other expecting moms and enjoy the 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 you 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.

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

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

Registration required, 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.

Sun, July 15, 4:30-5:30 PM

Wed, Aug 22, 6-7 PM

Sat, Sep 8, 2-3 PM

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 provides 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, including postpartum emotions. 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.

Mondays, 1-2:30 PM

195 McGregor Street, Suite 110

FREE, registration required, call 603.626.2626



Bike around Manchester this Summer

Bike Manchester and Zagster partnered up to offer a bike share program in the City of Manchester. The program was launched in the summer of 2017 with locations throughout Manchester. Currently you can find them at: The Granite YMCA, Martignetti Companies, McLane Middleton, Puritan Backroom, Southern New Hampshire University... and now Catholic Medical Center, the first location on the west side!

“We all know that being physically active makes us feel better, but it also helps you fight off illness, stress and fatigue, which is why CMC was so excited to support this initiative in our community,”

– Dr. Joseph Pepe,
CMC President & CEO

Those interested in renting a bike must download the Zagster app on their smartphone to use bicycles from bike share stations. First-time users can type the discount code ‘tryabike’ in the Zagster app for a free 1-hour ride on our bike share network. *Don't forget to bring a helmet!*



CMC Chief Medical Officer, Dr. William Goodman takes the bike for a spin!

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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 CMC Connect App

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