



## Quality of Life-changer

Tiny sensor provides big impact



Dr. Gregory Tracy is proud to share his CardioMEMS™ heart sensor success story.

Dr. Gregory Tracy never expected to have a pioneering medical procedure. Then again, he never expected to spend nine days in the hospital in December of 2014 with congestive heart failure and pneumonia. "I thought you had to be dead to be in for nine days," he jokes now, having been through a remarkable year and a half.

After that first hospitalization, doctors at the New England Heart and Vascular Institute at CMC implanted a pacemaker and defibrillator. But Dr. Tracy, a lifelong resident of and dentist practicing in Goffstown, went into heart failure again last November, "and they suggested this brand new procedure."

The CardioMEMS™ HF System is a state-of-the-art monitoring system which consists of a small sensor placed in the patient's pulmonary artery (PA) and a portable transmitting device that communicates with the sensor and sends real time measurements of the PA pressure back to CMC. The goal of this system is to recognize a change in PA pressure before any other signs of impending heart failure appear. This way, medication can be adjusted early and the patient can potentially avoid a hospitalization. Cardiologist Robert Capodilupo, MD, FACC, performed the procedure on Dr. Tracy in February.

"I lay on a pillow every morning," says Dr. Tracy. "They take a reading and they call me very religiously, once or twice a week, and say 'your numbers are good, stay on your meds. Your numbers aren't good, we need to tweak them.'"

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# Medical News

## Quality of Life-changer, continued from page 1


The CardioMEMS™ HF System was developed by St. Jude Medical and approved by the FDA in May 2014. CMC began implanting these sensors in March 2015. Since then, Catholic Medical Center has become the number one implanting site in New England. CMC is also one of 80 centers participating in the CardioMEMS Post-Approval Study and ranks in the top five nationwide in enrollment.

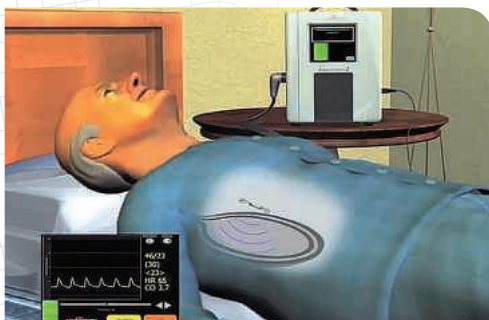
"This is an exciting option for Class III heart failure patients," says Dr. Capodilupo of the New England Heart and Vascular Institute at CMC. "It helps us maintain real-time awareness of how our patients are doing so we can respond appropriately. We've been able to keep them out of heart failure and out of the hospital."

Since having the CardioMEMS™ procedure, Dr. Tracy has not only stayed out of heart failure, he's also lost more than 80 pounds. "You guys are doing everything you can to prolong my life," he says. "The least I could do is probably lose some weight, so 86 down and still going."

Dr. Tracy says he didn't think twice about having the procedure when it was first presented to him and now lives a more carefree life. He also looks forward to his regular calls from his New England Heart and Vascular Institute nurse, Marie Plumer, CHF-RN, and appreciates how diligently she and the staff have communicated with his care team at the VA Medical Center. Dr. Tracy adds "It's been a great experience and I'd recommend it to anybody."

## To Learn More

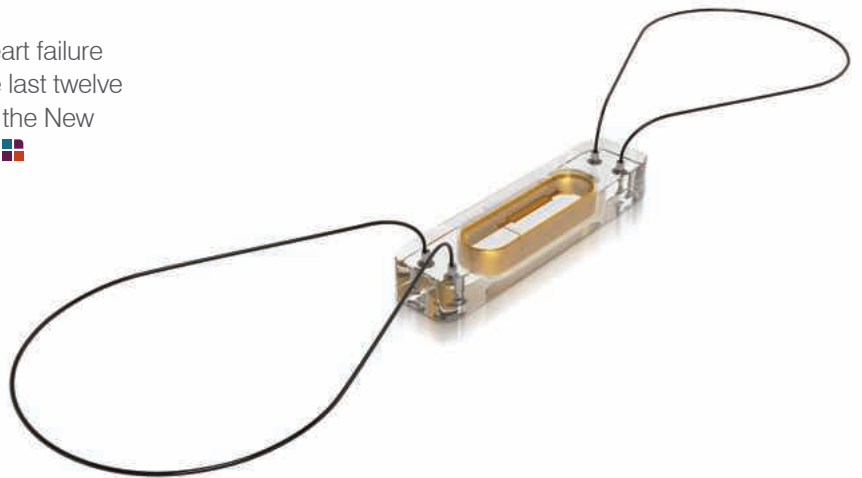
CardioMEMS is suitable for patients with Class III heart failure who have been hospitalized for their condition in the last twelve months. To learn more about CardioMEMS, contact the New England Heart & Vascular Institute at 603.669.0413. 



The CardioMEMS™ at home system is part of a patient's daily routine—each morning the remote system gathers pulmonary artery pressure information from the dime-sized implanted sensor (shown at right) and shares this data with physicians at CMC.



Dr. Robert Capodilupo (left) monitors critical information about Dr. Gregory Tracy's heart function from a remote receiver.



# Caring for you.

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## Major Weight Loss: A Winnable Marathon

For first time marathon runners, there's a moment when every athlete knows whether or not they will be able to complete the full 26.2 mile course. For Rebecca Adey-Merrithew, the "moment" came at mile 16 during a training run for the 2015 Chicago Marathon. She finished Chicago strong and checked a box on her life's bucket list, then immediately set her sights on the 2016 Boston Marathon. Fittingly, she finished Boston Strong, but with a little help from her last experience. "The water bottle that I carried not only had water in it, it also had my Chicago medal in case I got to a point where I thought I couldn't do it," explains Rebecca. "I figured the medal would remind me that I had before and I could again. I didn't need it, but I had it anyway."

Rebecca's life-long dream was achieved by overcoming a decades-long battle with weight. It takes a certain dedication and discipline to tackle a marathon: smart choices, change and sacrifice. Rebecca admittedly had good reason to be skeptical about reaching her goal. A year before she started her training, she weighed 317 pounds. The idea of running a marathon was not realistic. Rebecca was active; in fact, she has hiked all of the 48 highest mountain peaks in New Hampshire. "I told myself I was healthy even though I was fat. But truth is I was killing myself," she recalls. She was finally motivated to make some changes when she saw a photo of herself and did not like what she saw.

### She turned her life around

"The solution was sitting right next to me, in my wife, Heather." In January of 2014, Heather Adey-Merrithew underwent laparoscopic sleeve gastrectomy, a surgery that both dramatically shrinks the size of the stomach, restricting food intake, and alters numerous gut hormones for digestion. Heather lost 100 pounds and opened Rebecca's eyes to the possibilities. Seven months later, Rebecca had the same procedure. The

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*All smiles—Rebecca Adey-Merrithew celebrates the ultimate success of completing her second marathon.*



# Medical News

## Major Weight Loss: A Winnable Marathon, continued from page 3

procedure, along with a drive to change, has given her a new lease on life. "I can take our two kids and the nieces and nephews outside and run around with them. I couldn't do that a few years ago," adds Rebecca.



Dr. Andrew Wu, a bariatric and general surgeon specialist at CMC's Obesity Treatment Center, an MBSAQIP Accredited Comprehensive Center, performed the laparoscopic sleeve gastrectomy on both women, and has remained in touch. "I think Rebecca is a model patient," says Dr. Wu. "She sees the

operation not as, 'Oh let me go get an operation', but rather as a tool she can use in addition to her drive to eat right, live a healthy life with exercise and make this the ultimate combination for success."

Before CMC doctors will perform this surgery, patients must first commit to a lifestyle change. That process includes losing at least eight percent of their body weight themselves, attending a six-week lifestyle change class and going through a psychological evaluation.

"If you can lose the weight on your own, and learn the tools to help you eat right and exercise, that's my number one goal," explains Dr. Wu. "In the right cases, and with patients dedicated to making permanent changes in their life, surgical treatment is beneficial."

### She went full speed

Dr. Wu points to Rebecca's changes as proof. "She went full speed," says Dr. Wu. "She has the internal drive to eat right, exercise and keep making good decisions."

Rebecca's diet is now 1200-1400 calories a day. The entire family has adjusted. "We got rid of our dinner plates, and now we eat off of salad plates," says Rebecca. "Every week, I develop a meal plan and we prepare meals each Sunday. Everything is labeled and portioned. It's easy for us because it is already prepped." The kids are making better choices,

there's mostly healthy food in the house, and both women say that is the key to long-term success. "I want to play on the ground with my grandchildren," says Rebecca. "If I hadn't made this commitment, that wouldn't happen."

For those struggling with obesity, Rebecca offers this advice: "If you don't make the change, think about what is ahead of you and consider whether the known is more dangerous and scary than the unknown, because it should be." Rebecca says the counseling and support she received from family and from the medical staff at CMC has made the difference. "The CMC approach is 'Let me help you get well', and that really appealed to me," says Rebecca. "They were interested in my health, not my money."

Every day, she's reminded that life is a marathon, which is appropriate given Rebecca's last couple of years. She also has learned nothing great is achieved alone. Her family cheered her on along the Boston Marathon route, images she will always carry with her towards every new finish line she faces.

For more information about the CMC Obesity Treatment Center, call 603.663.7377 and refer to pages 14 and 15 to review workshops and introductory offerings. ■■

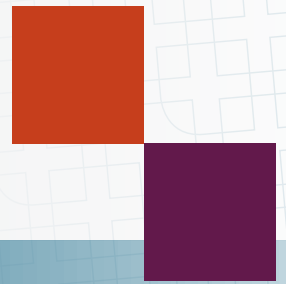


## We don't just change the numbers on the scale, we change lives

Our Obesity Treatment Center offers a team-based approach that will support you every step of the way to win your battle with obesity. Our program has recently been re-designated by the Metabolic and Bariatric Accreditation Comprehensive Center and Quality Improvement Program, a joint venture of the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery. Only a select group of bariatric surgery programs in the nation have met the requirements to achieve this important accreditation, signifying the highest standards in safe, quality weight loss surgery. ■■

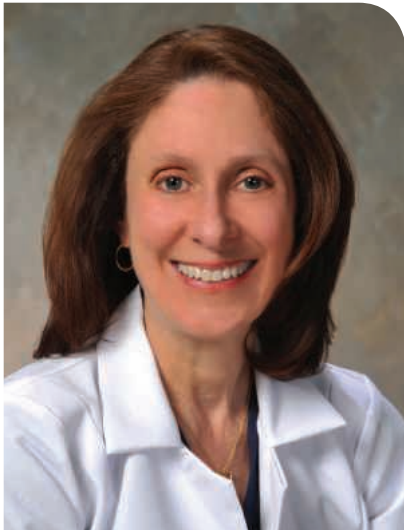
# Caring for you.

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## WELCOMING...


We're excited to add these talented providers to the CMC family!

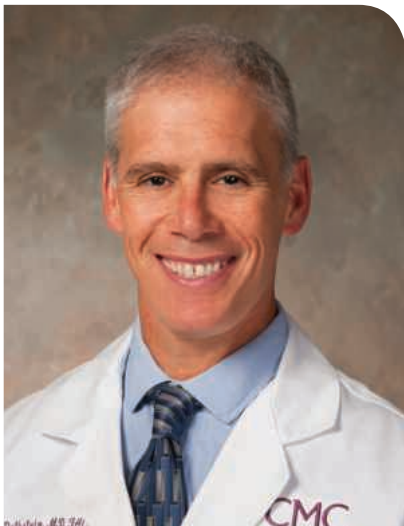


**Marissa Baltus, MD, MSPH** has joined CMC's Primary Care team at Granite State Internal Medicine in Bedford. She is board certified in internal medicine, having earned her undergraduate degree from Tufts University in Medford, Massachusetts, a Master of Science in Public Health (MSPH) from the University of North Carolina, Chapel Hill and a medical degree from Tufts University School of Medicine in Boston.

Dr. Baltus has worked for the past 25 years caring for families at Lahey Health in Burlington, Massachusetts, where she enjoyed caring for multiple generations of families, ranging in age from 18 to 100.


She has worked in both Internal Medicine and Urgent Care settings, and brings a wealth of experience serving both inpatient and outpatient needs. Dr. Baltus has also recently taught Tufts medical students.

For additional information or to establish care with Dr. Baltus, please call Granite State Internal Medicine: 603.314.4700. 



**James Rothstein, MD, FACS**, an American Board Certified vascular surgeon and a Fellow of the American College of Surgeons, has joined the award winning team at CMC's Surgical Care Group. He will offer vascular services to patients through the New England Heart & Vascular Institute and will soon be able to conveniently see patients at the new Epping office, a convenient location CMC plans to open this fall.

Dr. Rothstein brings 17 years of specialty knowledge in complex endovascular surgery, the treatment venous disease, varicose veins, dialysis access, and carotid disease to CMC patients. He received his medical degree from Robert Wood Johnson – Rutgers Medical School in New Jersey and completed his surgical residents at the National Naval Medical Center in Bethesda, Maryland. He completed a vascular fellowship at Case Western Reserve University in Cleveland, Ohio. He has also had several tours of duty as a trauma surgeon in the U.S. Navy.

To schedule an appointment with Dr. Rothstein or to learn more about CMC, call 603.627.1887. 



# Medical News

## CMC Volunteer recognized for dedication to service



*Governor Hassan congratulates Armand Soucy, accompanied by his wife Jan who is also a long-time volunteer at CMC.*

Every year, hundreds of volunteers donate more than 50,000 hours of their time and talent to CMC. And while we're thankful for each one of them, this year the State of New Hampshire has recognized one in particular for his dedication.

Manchester resident Armand Soucy, who has volunteered more than 8,000 hours of his time at CMC over the last 27 years, is the 2016 recipient of the Joseph D. Vaughan Award for Hillsborough County.

This year marks the 54th anniversary of the Joseph D. Vaughan Awards, which memorialize the late state legislator. Representative Vaughan was an early advocate for older residents of the state and was instrumental in creating a state

agency dedicated to the well-being of older people. The Joseph D. Vaughan Award is presented each year to individuals or couples, over the age of 60, who have shown outstanding leadership or demonstrated meritorious achievement as volunteers, on behalf of the older citizens in New Hampshire. One award is given in each of New Hampshire's ten counties.

Armand's lifetime of service began over 40 years ago with scouting, little league, jamborees and batting practice. Armand continues to serve the needs of the poor, elderly and homebound, and the homeless treating everyone with dignity and concern. Armand volunteers in the CMC Emergency Department every Sunday morning and he is also a CMC Caring Hearts Patient Visitor.

Armand also brings a smile to many faces on Christmas morning at CMC, dressing as Santa and visiting many departments. Wishing these patients who were too ill to go home a "Merry Christmas" and "feel better soon" brings a smile to everyone's face.

Armand truly is a volunteer for all ages and CMC is proud to have him on the volunteer team. ■■

## Do the Tick Check

How to spot, remove and identify



Call it Mother Nature's perfectly "buggy" weather mix. A mild winter combined with a relatively dry spring has experts predicting an especially severe tick season in New Hampshire. Before these persistent insects get a grip on your loved ones, take some simple steps to make sure your family and your pets are prepared.

"We caution families to really think about ticks this summer and take the necessary precautions to avoid complications like Lyme disease," explains Joseph Mangum, a Physician Assistant at CMC Urgent Care in Bedford. "Don't spend the summer on the couch, but recognize that the tick population is exploding in our state, so you have to be vigilant."

### A few simple tips:

- Avoid thick bushes and long grass, popular homes for ticks
- Use repellent, preferably 20%-30% DEET
- Check yourself before the ticks can get hold of you
- Remove and properly dispose of any tick you find on your body
- Don't hesitate to make an appointment with your practitioner or schedule a visit to Urgent Care if you're concerned about a bite, especially if you see a bullseye rash or start feeling fatigue or sick



This summer, CMC will again offer colorful snap bracelets and informational cards to patients at our Primary Care Practices, Urgent Care and the hospital. These handy reminders help people identify ticks and know what to do if they find one. For more information, visit [CatholicMedicalCenter.org/urgent-care](http://CatholicMedicalCenter.org/urgent-care). ■■

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## Leaves of Three, Leave Them Be

### How to recognize and avoid poison ivy

New Hampshire is synonymous with the great outdoors. From our backyards to our mountains, this time of year is one to get outside and enjoy our state's wild and plant life. Unfortunately, the Granite State is also home to its fair share of poison ivy. While poison ivy is easy to detect, many people don't notice it until it's too late.



"The primary complication from poison ivy is an itchy rash, along with blistering and swelling, that can occur anywhere your skin comes in contact with the plant's oils," says Dr. Scott Hochgraf of CMC's Urgent Care in Bedford. "Usually the rash goes away on its own, but it can be dangerous if it spreads to areas like the face or genitals, or if the oil is inhaled from burning the plant."

Recognizing and avoiding poisonous plants are the best way to avoid suffering a reaction. Poison ivy's green leaves grow in groups of three – "leaves of three, let it be" – have notched edges and are often shiny from the poisonous oil. Poison ivy, more often than not, grows on a low-lying or creeping vine, but can sometimes intertwine with a shrub or bush.

If you do come in contact with poison ivy or sumac, follow these steps:

- Immediately wash the area that came in contact with the plant and keep the area covered with long clothing to prevent the spread of the oil
- Avoid contact with the face, especially eyes
- Use over the counter creams, Benadryl, or a cool, wet cloth to control itching
- Contact a doctor or make an appointment at Urgent Care if the rash begins to puss or causes a fever over 100 degrees, or if oil has been inhaled from a burning plant

For more information, visit [CatholicMedicalCenter.org/urgent-care](http://CatholicMedicalCenter.org/urgent-care) and search "poison ivy." 

## Keep Kids Healthy


### Immunization stops disease in its tracks

Even though the summer just started, the school year will be here before you know it. Now is the time to be thinking about your child's immunizations, which are required by the State of New Hampshire for children attending public schools.

By the time a child enters kindergarten, he or she should have been inoculated against diphtheria, tetanus and pertussis; polio; hepatitis B; measles, mumps, and rubella; and varicella, more commonly known as chicken pox. Your Primary Care office should have an immunization schedule for reference.

"Immunizations have been transformative in keeping kids healthy and preventing diseases that were crippling or deadly just a generation or two ago," says Carolyn Claussen, MD, of CMC's Willowbend Family Practice. "It's far easier to prevent these diseases than to treat them and their potential complications, especially when it comes to children in a school setting."

But what if your child isn't current on their shots? "It's never too late," says Jennifer Pelli Packard, MD, of CMC's Family Health and Wellness Center in Bedford who often works with families that, for one reason or another, are behind on immunizations. "I talk regularly with parents about the importance of keeping their kids on the immunization schedule, often sharing my own experience as a parent as an example. But there are guidelines from the American Academy of Pediatrics on how to get caught up if they've not kept to that schedule."

Both the Centers for Disease Control and Prevention and the American Academy of Pediatrics offer a wealth of science-based resources for parents seeking information on immunizations. Anyone looking to speak with a Primary Care Practitioner about getting a child vaccinated can call our Primary Care Access Line at 603.314.4750 or visit [CatholicMedicalCenter.org/primary-care](http://CatholicMedicalCenter.org/primary-care). 



# Philanthropy

## CMC Wine & Beer Tasting Supports Oral Healthcare for Underserved Children



Eleanor Wm. Dahar, Esq. and Deborah Blondin from Eastern Bank

On May 12th approximately 250 people gathered at the Bedford Village Inn for the 11th Annual Catholic Medical Center Wine and Beer Tasting Event. Donors and sponsors contributed nearly \$50,000 to support access to oral healthcare for at risk children and adults from the greater Manchester area.

Since 2006, this enjoyable event has contributed more than \$500,000 in support of CMC's Poisson Dental Facility and Community Health Services. Limited access to oral healthcare affects the overall health, including heart health, of a growing population in our community. The Poisson Dental Facility works closely with the Manchester Health Department's school-based oral health program. Last year, the dental facility had 3,294 visits, representing 6,145 procedures, 67% of which were performed on children. 🇺🇸



Paul Mertzic, RN, BSN, MS, Executive Director, Community Health/Mission; Mary Ann Aldrich, RN, PNP, BS, MSM, Director of Clinical Operations, Dartmouth-Hitchcock; Daniel Goldfarb, DMD, Poisson Dental Facility

## Save the dates!

- **Donor Thank You Event**—  
September 15, 2016  
Manchester Country Club
- **CMC Gala Event**—**October 21, 2016**  
Manchester Country Club

## Leave a healthful legacy

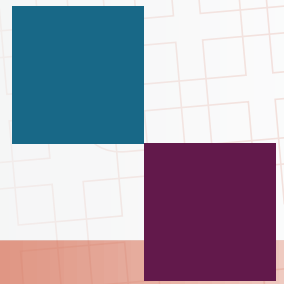
By including Catholic Medical Center in your will, trust, retirement account, or life insurance policy you can pass on your faith in CMC's ability to provide health, healing and hope to all. It's a beautiful gift that will make a powerful difference to the health of future community members. Questions? Contact Keri Degen at 603.663.6056 or [kdegen@cmc-nh.org](mailto:kdegen@cmc-nh.org) 🇺🇸





# Caring for you.

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## Annual June Golf Outing Raises \$85,000 Supporting the New England Heart & Vascular Institute

Double the sponsorship from last year meant 52 foursomes and 32 new sponsors were given the choice of playing in the morning or the afternoon. We are grateful for the support and enthusiasm of our volunteers and all of our generous sponsors, including:

- Aqueduct Technologies
- Spectrum Marketing Companies
- Tufts Health Freedom Plan
- ARAMARK
- ITS, Inc.
- EMC<sup>2</sup>
- Adaptive Communications and Aruba/HPE
- MetLife
- Dunkin' Donuts
- FairPoint Communications
- RoundTower Technologies
- Merrimack Street Volvo
- Sibson Consulting
- Dartmouth-Hitchcock Manchester
- L&B Construction Management



Tournament Sponsor Aqueduct Technologies' team: Manak Ahluwalia, Aqueduct, Tom Della Flora, CMC VP & Chief Information Officer, Roland Butle, Aqueduct and Michael Christopher, CISCO.



A ladder truck dropped about 500 golf balls from 100' for our first-ever Golf Ball Drop Raffle, sponsored by Tufts Health Freedom Plan and the Manchester Fire Department. Brenda Cannon, CMC Development Officer, and Assistant Fire Chief Richard McGahey determined the winning balls. Valerie Alves from BayState Financial and Sarah Twomey from Marsh USA each won gift cards valued at \$250 for Closest to the Pin, and Randy Parker from BayState Financial won \$150 for the ball that rolled furthest away.



Miss NH 2016 Caroline Carter poses with the team from the Diocese, including Meredith Cook, Bishop Christian, Tony Haley and Diane Quinlan.



# Health & Wellness

## SAVE THE DATE!

### Women's Health Forum 2016— Taking Care of # 1

Sat, Nov 12, 8:45 AM-3:15 PM

Join us for this rejuvenating, fun and informative day together! The Women's Health Forum is an event designed by women for women of all ages and is a joint effort by Catholic Medical Center and Dartmouth-Hitchcock Manchester.

**New Location**—Puritan Backroom Conference and Event Center

\$55, registration required. To learn more or to register, call 603.626.2626

### *Healthy Wealthy and Wise: An Introduction to Estate Planning*

Estate planning can be complicated and myths abound that could have a negative impact on your estate. Find out the facts about wills vs. trusts, estate tax rules and Medicaid rules for long term care. An expert from St. Mary's Bank will help you separate fact from fiction and show you how a little effort goes a long way toward peace of mind.

Wed, Aug 3, 6-8 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626



### *You Can Prevent Type 2 Diabetes!*

If you are at risk for, or currently have pre-diabetes, The Diabetes Prevention Program is designed to empower you to take charge of your health and well-being. You'll meet with trained CMC lifestyle coaches for 16 weekly sessions and learn ways to incorporate healthier eating, physical activity, stress reduction and coping skills into your daily life. To qualify for this program you must be at least 18 years of age and meet one or more of the following criteria:

- Be overweight
- Have a fasting blood sugar of 100-125 mg/dl
- Have an A1C of 5.7 to 6.4%
- Been told by your health care provider that you have pre-diabetes, high blood sugar or are at risk for developing diabetes
- Have a history of high blood sugars during pregnancy

This program is not designed for those who already have diabetes. To see if you are at risk for developing diabetes, complete the CDC pre-diabetes screening test at:

<http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf>

Mon, Sep 12-Jan 2, 5:30-6:30 PM

195 McGregor St, Lower Level, Suite LL22

\$99, registration required, call 603.626.2626

## 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 11, Aug 15, or Sep 12, 9 AM-4 PM

195 McGregor St., Lower Level, Suite LL22

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

Registration required, call 603.626.2626

### *The Health Benefits of the Great Outdoors*

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

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

FREE, registration required, call 603.626.2626

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## ***Leg Pain and PAD (Peripheral Artery Disease)***

If you are finding you walk less than you used to do to avoid muscle aches in your legs, or perhaps you've had a wound on your leg or foot that seemed to take forever to heal, you may be experiencing a potentially serious health condition known as PAD. Peripheral Artery Disease occurs when the arteries in your legs become narrowed, limiting the blood flow to your muscles. In this program, vascular surgeon Patricia Furey, MD, FACS will discuss the often sneaky symptoms of PAD, how to avoid it and what treatment options are available.

Wed, Aug 24, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626



## ***Eating Well in the Fast Lane***

Are you worried that you and your family are compromising healthy eating because of lack of time? Do you find that you are often eating at fast food chains or restaurants? Sue Sheehy, RDN, LD will discuss ways to eat healthy with the busy lifestyles families lead today. Focus will be on preparing quick meals at home, bringing healthy food and snacks on the road, to school and to work, and how to choose healthier meals when dining out. Learn how you can take steps today to improve the quality of your nutrition even when it feels like you are living life in the fast lane.

Tue, Sep 13, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

## ***Arthritis: Managing Pain and Staying Active***

Is arthritis keeping you from doing the things you love to do? Join Physical Therapist Lisa Rondeau to learn about the two most common types of arthritis; osteoarthritis and rheumatoid arthritis. Discussion will include various treatment options including medical management, lifestyle modification, nutrition and the types of exercise that are most beneficial in managing arthritis.

Wed, Sep 14, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

## ***Greater Manchester Brain Injury & Stroke Support Group***

This support group for brain injury & stroke survivors, their family members and their care givers 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

## ***Helping You Manage Your Cholesterol***

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



# Health & Wellness



## **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](mailto:diabetesconnection@cmc-nh.org)

To schedule an appointment, call 603.663.6431

## **Computer Club**

Second Thursday of month, 10-11 AM  
FREE, for more information, call 603.626.2626

## **NH Retired Men's Association**

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

Third Tuesday of month  
10:30 AM-12:30 PM  
195 McGregor St., Lower Level, Suite LL22.  
FREE, for more information, [www.nhretiredmen.org](http://www.nhretiredmen.org)

## **Massage**

For information, or to schedule an appointment, call 603.641.6700

## **Holistic Health Series**

### ***The Skinny on GMO's***

Genetically modified ingredients are now in nearly all processed foods, but there is much more to the story than a few altered genes. Laura J. Wolfer, a molecular biologist, avid organic gardener, naturalist and educator on the connection between food and health, will discuss the very real dangers of GMO agriculture to our health and the environment, as well as how to identify and avoid genetically modified foods in the grocery store. This educational presentation will leave you with something to chew on.

Tue, Jul 26, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

### ***Mindfulness Introduction and Refresher***

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

Thu, Jul 28, 6-7:15 PM

195 McGregor St., 3rd Flr, Suite 312

\$10, registration required, call 603.626.2626

### ***Anxiety: Strategies to Find Inner Peace***

The haunting voice of anxiety often interrupts our management of daily activities. In this program, therapist Jill Leppanen-Lerner, LCMHC and a local music therapist will discuss the role anxiety plays in our lives, the diagnosis for "General Anxiety Disorder" and the role of integrative therapies such as nutrition, exercise, supplements, music therapy, mindfulness and other mind-body strategies in reducing and managing anxiety.

Wed, Aug 10, 6-8:00 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

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## ***Untangle with Zentangle; A Unique Relaxation Strategy***

Instead of raking leaves, relax and celebrate autumn by “Zentangling” a leaf. Zentangle is a relaxing fun and engaging art form that even individuals who believe they have no artistic talent can use to unplug, de-stress and enjoy. When you complete this introductory class you may be surprised to find you are more relaxed, energized and have a unique piece of art worth displaying on your wall. Even if you think you can't draw... you can Zentangle.

Wed, Sept 21, 6:30-8:30 PM

Roy Auditorium Level C, CMC

\$25 (materials included), registration required, call 603.626.2626

## ***Hypnosis for Smoking Cessation***

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

## **The Center for Wellness**

### ***Moonlight Hike***

Join expert guides from Thrive Outdoors, LLC for a peaceful, flat 3 mile hike under the starry skies at beautiful Lake Massabesic. The moon is known as the Flower Moon, the Corn Planting Moon, or the Milk Moon. Join us for some trivia on the reasons behind these names, and enjoy a time of reflection in the stillness of nature after dark.

Sat, Sep 17, 6:45-10:00 PM

Lake Massabesic Front Park, 16 Londonderry Turnpike, Manchester

Fee \$10, registration required, call 603.626.2626

### ***Family Hikes***

Spending time outdoors with your family, enjoying all that nature has to offer is a great way to de-stress, while enjoying the benefits of physical activity and teaching our children about nature.

Join expert guides from Thrive Outdoors, LLC for one of the following family hikes:

A three mile hike (round trip) on the Yellow Trail to Battery



Point, a peninsula in Lake Massabesic.

Sat, Jul 30, 10 AM-12 PM

26 Audubon Way, Auburn

A short two mile trail walk around Dorrs Pond. This is a very good hike for beginners or small children as they can stop before we turn around for the second loop. Very easy.

Sat, Oct 15, 10 AM-12 PM

Livingston Park, Daniel Webster Highway, Manchester

Fee \$15 per family up to 4 people (parents and children), \$3 for each additional child. Registration required, call 603.626.2626

### ***ZUMBA®***

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

Tue, Aug 16-Nov 1, 6:30-7:30 PM or

Thu, Aug 18-Nov 3, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

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

### ***ZUMBA Gold®***

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

Tue, Aug 16-Nov 1, 10:15-11 AM

195 McGregor St., Lower Level, Suite LL22

\$75 (12 weeks), registration required, call 603.626.2626



# Health & Wellness

## *Yoga 101*

Have you been curious about what yoga is all about? In this class you'll learn the basic yoga postures and how to modify them to your fitness level. 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.

Tue, Aug 16-Nov 1, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

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

## *Gentle Yoga*

Yoga can help you increase flexibility, gain physical and mental strength, and improve overall feelings of health, vitality and peace. This gentle yoga series is designed for various fitness levels looking for a slower-paced class with a focus on stretching postures and gentle flows. All levels are welcome.

Tue, Aug 16-Nov 1, 3:45-4:45 PM or

Wed, Aug 17-Nov 2, 6-7:15 PM or

Thu, Aug 18-Nov 3, 10:15-11:30 AM

195 McGregor St., Lower Level, Suite LL22

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

## *Yoga Flow*

In this energizing class based on the Vinyasa flow style of yoga, we will build strength, stamina, and flexibility by using longer held postures and flow sequences. We will end with gentle stretching and relaxation exercises to reduce tension and calm our minds. All levels are welcome.

Wed, Aug 17-Nov 2, 3:30-4:15 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, Aug 16-Nov 1, 5:30-6:30 PM or

Thu, Aug 18-Nov 3, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

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

## *The Fitness Center*

Whether you are a healthy individual interested in fitness or wanting to control your risk factors, The Fitness Center has something for you. The Center offers a variety of programs to help you achieve your goals including classes that are medically supervised by healthcare professionals. Our staff, through their expertise and support, can help you play a major role in your own health and wellness!

Come by for a tour, Mon, Wed or Fri

8:30 AM-12PM or 3:30-5:30 PM

195 McGregor St., Lower Level, Suite LL23

Fee varies. For more information, call 603.663.8000

## **Nutrition and Weight Loss**

### *Surgical Weight Loss Options at CMC's Bariatric Surgery Center of Excellence*

If you've had difficulty achieving your weight loss goals, weight loss surgery at our Bariatric Surgical Center of Excellence may be right for you. CMC's Obesity Treatment Center's experienced surgical team has performed more than 2,000 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Thu, Jun 30, Mon, Aug 1 or Thu, Sep 1

Roy Auditorium Level C, CMC

Registration required, call 603.663.7377

### *Weighing in on Your Weight Loss Options at CMC*

Learn about nutritional programs CMC offers to help you achieve your weight loss and long term weight maintenance goals. Step one for Optifast plans.

Wed, Jul 6, Jul 20, Aug 3, Aug 17, Sep 7 or Sep 21

Mon, Aug 15 or Sep 26

5:30-6:30 PM

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

FREE, registration required, call 603.663.6297

Caring for you.  
With heart.



### ***A Healthy Weigh Workshop: Skinny Gut***

Your weight is influenced by your gut microflora. Learn how to reseed and nurture your intestinal garden with probiotics and prebiotics to support a healthy weight and a good gut.  
Mon, Jul 18, 5:30-7 PM

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

\$15, registration required, call 603.626.2626

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

Achieving rapid weight loss can help provide the motivation to transform health and make long term lifestyle changes. On average participants lose 50 pounds in 12 to 22 weeks. This comprehensive medically supervised fasting program offers a weekly group and medical clinic. For those who may need alternate scheduling, daytime appointments can be arranged.

Tue, 4:30-5:30 PM (clinic); 5:30-6:30 PM (group)

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

Fee varies per individual. Registration required, call 603.663.6297

### ***Optimistic Lifestyle - Partial Fast Program***

This flexible program involves a combination of OPTIFAST® Meal Replacements and some of your own foods. Specific guidance is given to support low glycemic food choices, hormonal balance and reduced insulin.

2nd & 4th Wed, 5:30-6:30 PM

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

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

For more information or to schedule an appointment, call 603.663.6297

## **Parish Nurse Program**

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

Our services are offered 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

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

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

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

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

Congregational Church Goffstown, Wed, 10 AM-12 PM

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

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

St. Anthony Church, Thu, 9-11 AM

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

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

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

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

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

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

St. Philip Greek Orthodox Church Nashua, Wed 10 AM-12 PM; last

Sunday of the month 11:30 AM-1 PM

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

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

### ***S.H.I.N.E.***

Supportive services for older adults.

Wed, 10:30-11:45 AM

St Matthew's Episcopal Church, Goffstown

FREE



# Health & Wellness

## **Prayer Shawl Program**

Parish of Transfiguration, 1st Wed, 10:30 AM –12 PM  
St. Joseph Cathedral Rectory, 2nd Tue, 1 –2 PM  
St. Pius X, 1st Fri, 9 AM  
St. Elizabeth Seton, 1st Mon, 6:00 –7:30 PM  
FREE

## **Chair Exercises**

Tue, 9:45 AM, Bedford Presbyterian Church  
Wed, 10 AM, Goffstown Congregational Church  
Tue, 9:00 AM, St. Elizabeth Seton, Bedford, NH  
Thu, 9:30 AM, Parish of the Transfiguration & St. Anthony Church  
FREE

## **Indoor Walking, 1-2 miles**

Tue & Wed, 9:30 AM  
Parish of Transfiguration  
FREE

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

## **Cancer Education and Support**

### **Free Wig Bank**

For cancer patients coping with hair loss from cancer treatment (all wigs are new and have been donated by the American Cancer Society).

Norris Cotton Cancer Center  
FREE, appointment required, call 603.629.1828

### **Look Good, Feel Better**

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

Last Tuesday of the month, 6-8 PM  
FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.1828

### **Living with Cancer Support Group**

This support group provides education and support for patients who are undergoing treatment for cancer or their loved ones and caregivers.

Second Wednesday of the month, 3-4 PM  
FREE, registration required, call 603.629.8683

## **Oncology Exercise Program**

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

Mon, Wed, Fri, ongoing, various class times  
The Fitness Center, 195 McGregor St., Lower Level, Suite LL23  
Fee varies, registration required, call 603.663.8000

## **YogaCaps**

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

Thursdays, 6:30-8 PM  
The Fitness Center, 195 McGregor St., Lower Level, Suite LL23  
FREE, registration required, call 603.674.3770

## **Lymphedema Support Group**

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

Tue, Sep 27, 5:30-6:30 PM  
Breast Care Center, 9 Washington Place, Suite 203, Bedford  
For more information or to schedule an appointment, call 603.641.6700

## **Screenings**

### **Skin Cancer Screening**

Approximately one million cases of skin cancer are diagnosed each year. Early detection is key to curing all types of skin cancer. This screening is for people who do not have a dermatologist or are uninsured.

Wed, Sep 28, 1-3 PM  
FREE, registration required, call 603.626.2626





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With heart.

## **Functional Movement Screening**

CMC is now offering a screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30 minute screening will utilize 7 movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included in this 30 minute session will be a review of the findings, and individualized corrective exercises to assist in restoring maximal function.

\$25. For more information or to schedule an appointment, call 603.641.6700

## **Patient Assistance Services**

### **Breast and Cervical Cancer Screening**

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

CMC Breast Care Center, 9 Washington Place, Suite 203, Bedford  
To see if you qualify, call 603.626.2626

### **Medication Assistance Program**

The Medication Assistance Program helps uninsured and underinsured patients obtain long term prescription medication from major pharmaceutical companies. Catholic Medical Center staff 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 [fdeselle@cmc-nh.org](mailto:fdeselle@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 the information to manage fertility and to identify possible underlying reproductive disorders.

Mon, Jul 25, Aug 29 or Thu, Sep 29, 6:30-8PM

195 McGregor St., Lower Level, Suite LL22

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

### **Welcome Visits at The Mom's Place**

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

FREE, registration required, call 603.626.2626

### **Preparation for Breastfeeding**

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

Thu July 7, Aug 4, Sep 1, 6:30-8 PM

Level E, CMC

FREE, registration required, call 603.626.2626.



# Health & Wellness

## ***Cesarean Birth Awareness***

This program is designed for couples looking to deepen their knowledge about cesarean birth. Discussion will include practical strategies that may help prevent the need for a cesarean birth. We also discuss preparation for a cesarean birth should it become necessary, expectations, risks, common fears associated with cesarean birth, and how you can actively participate in the process of birth. Postpartum expectations and recovery are included. Parents are encouraged to bring questions and concerns and are given the opportunity to develop decision making tools.

Thu, Sep 22, 6-8:00 PM

Level E, CMC

\$30, registration required, call 603.626.2626

## ***Preparation for Birth***

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

Sat & Sun, Aug 27 & 28 or Sep 10 & 11

9 AM-2:30 PM (2 sessions)

Tue, Aug 2-Aug 30 (no class on Aug 9) or Sep 6-Sep 27

6-8:30 PM (4 sessions)

Level E, CMC

\$120, registration required, call 603.626.2626

## ***Birthing Again***

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

Sat, Aug 13, 9:30 AM-12:30 PM

Level E, CMC

\$40, registration required, call 603.626.2626

## ***CPR and Safety Class for Caregivers of Infants & Children***

Learn how to prepare and care for infants and children in emergencies including life threatening situations.

Learn about injury prevention, basic life-saving skills, and CPR with a Special Care Nursery registered nurse in a comfortable, relaxed environment. This program is appropriate for expectant parents or parents and caregivers of infants and children up to the age of 8. This is a non-certification class.

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

Registration required, call 603.626.2626

## ***Parenting Your Newborn***

This program helps prepare parents-to-be and new parents for the physical and emotional needs of their baby and their own experience as parents. Topics include normal newborn appearance and behavior, crying and soothing, sleep, feeding, recognizing illness, common concerns and building coping practices. This class offers you an opportunity to explore the expected joys and challenges of parenting, to have open, lively discussions about today's parenting topics and build confidence in parenting your newborn.

Thu, Jul 21 or Sept 15, 6-8:30 PM

Sat, Aug 6, 9:30 AM-12 PM

Level E, CMC

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

Registration required, call 603.626.2626



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With heart.

## **Prenatal Yoga**

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

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

Mon, 6:15-7:15 PM

Level E, CMC

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

Registration required, call 603.626.2626

## **Yoga with Your Baby or Tot**

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

### **Baby Yoga (six weeks to crawling)**

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

Mon, 10:30-11:15 AM

Level E, CMC

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

### **Tots (crawlers-36 months)**

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

Mon, 9:30-10:15 AM

Level E, CMC

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

Level E, CMC

To register, call 603.626.2626



## **Becoming A Big Sister Or Big Brother**

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

Sat, Aug 6 or Sep 3, 12:30-1:15PM

Level E, CMC

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

## **Lactation Services:**

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

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

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

This weekly program is offered to provide support for new moms as they begin or continue on their parenting journey. Each week focuses on a different topic that is important to moms in our community and culture. Join us to talk, listen and be in a nurturing environment. Light refreshments will be served. Infants up to crawling are encouraged to join their moms.

FREE, registration required, call 603.626.2626





## Summer's Here and so are bumps and bruises.

Our Urgent Care doctors  
are close by when the  
unexpected happens.

Walkin care available  
everyday.

**8 AM-8 PM M-F**

**9 AM-5 PM weekends**

**9 AM-2 PM holidays**

Bedford Medical Park  
5 Washington Place Bedford NH

**603.314.4567**

**cmc-urgentcare.org**

Catholic Medical Center is a fully accredited hospital of the Joint Commission. Requests for a public information interview can be made by contacting the Joint Commission at [jointcommission.org](http://jointcommission.org). ©2016 CMC. All rights reserved.

## your thoughts

We welcome your comments and encourage your ideas about future stories in Healthy Living News. Please contact us at [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org) or e-mail [info@cmc-nh.org](mailto:info@cmc-nh.org).

## On the Move

**Amoskeag  
Primary Care is  
on the move  
and getting a  
new name!**

This July, Amoskeag Primary Care will become Amoskeag Family Practice at a new, larger office less than two blocks away from the original location at 1650 Elm Street.



Our new office will be located at **1750 Elm Street, Suite 201A**, in the Brady Sullivan Tower. Our phone number, 603.623.3343, will remain the same. Feel free to call us if you have any questions about the transition. There will be additional, free parking available and you can conveniently make your appointment online: [cmc-primarycare.org](http://cmc-primarycare.org)