

# A Healthy You



 Athol Hospital  
PATIENT & VISITOR  
**ENTRANCE**

Member of the Heywood Healthcare Family

## The Power of a Healthy Partnership

The Center for Skilled Nursing and Rehabilitation  
Advancing Mental Health and Suicide Prevention  
State-of-the-art Diagnostics give Athol an Edge  
Fighting Childhood Obesity  
Health & Wellness Programs



**Heywood Healthcare**  
Athol Hospital | Heywood Hospital

# Dear Friends of Heywood Healthcare,



Our partnership gives Heywood Healthcare the power to leverage services across both hospital organizations to improve your healthcare experience, including an innovative partnership for Emergency Care that shares the strengths of both hospitals to provide a greater depth of services and continuity of care for patients.

As Heywood Healthcare's one year anniversary approaches, I am inspired by the many benefits the partnership between Athol Hospital and Heywood Hospital have already brought to our region.

In this issue of *A Healthy You*, you'll find evidence of the many new programs and community initiatives that Heywood Healthcare is leading to make our area a healthier place to live. Upfront, you'll find an overview of some of the important community benefit programs that Heywood and Athol Hospitals spearhead as non-profit organizations, including Lifeline, a monitoring program that helps seniors feel secure and independent in their homes, a national model children's nutrition and fitness program, and community cooking classes designed to combat diabetes and its serious debilitating effects.

As a federally designated critical access hospital, Athol Hospital is authorized to transition acute care beds to skilled nursing/rehabilitation beds, offering a new level of convenience for patients requiring additional recovery from serious illness, surgery, injury and stroke. Discover how our new Center for Skilled Nursing and Rehabilitation at Athol Hospital, offers patients comprehensive post-acute inpatient services.

Mental wellness is an important community health priority. In response, Heywood Healthcare is focusing efforts on raising awareness of mental health concerns, educating adults and students on suicide prevention and providing additional resources for patients with mental health needs in our community.

As a locally-focused healthcare organization, Heywood Healthcare strives to provide patients with leading-edge services close to home. Learn about our convenient outpatient services and diagnostics, including the healing power of oxygen offered at the Wound Care Center at Heywood Hospital and the leading technology of MRI services and nuclear stress testing offered through Athol Hospital's Radiology Department.

As our partnership evolves, you will find more and enhanced services available throughout our healthcare family. Our goal is to provide patients with local healthcare that not only focuses on current community health needs, it anticipates the future of quality healthcare and makes it available, accessible and affordable for all.

Your Partner in Health,

Win Brown  
President & CEO  
Heywood Healthcare

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## ON THE COVER

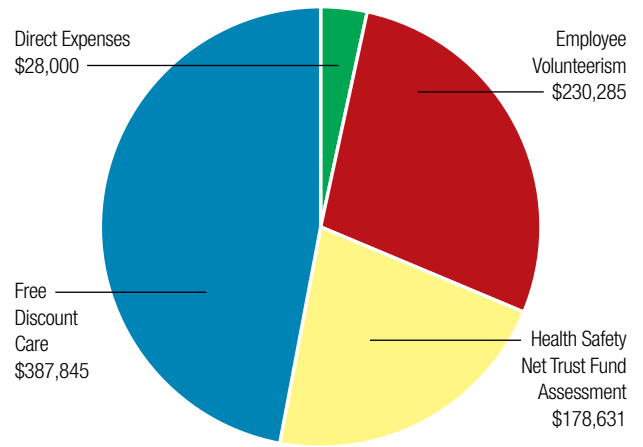
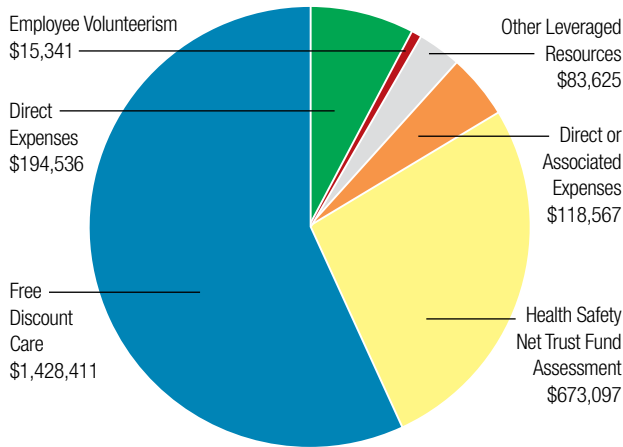
**Athol and Heywood emergency teams work together for enhanced patient care.**  
*Front row, left to right: Sandra King, RN, BSN, ED Athol Hospital; Joan Doyle, RN, CEN, ED Clinical Manger, Heywood Hospital; Jacinta Leavitt, RN, ED Nurse Manager, Athol Hospital. Back row, left to right: Steven Yerid, MD, MBA, Chief of Emergency Medicine, Heywood Healthcare & Peter Gorlin MD, PhD, CPE, Emergency Department Director, Athol Hospital.*

Heywood Healthcare is an independent, community-owned, non-profit healthcare system serving north central Massachusetts and southern New Hampshire. It is comprised of Athol Hospital, a 25-bed non-profit, Critical Access Hospital in Athol, MA; Heywood Hospital, a non-profit, 134-bed acute-care hospital in Gardner, MA; Heywood Medical Group with primary care and specialty physicians throughout the region; four satellite facilities – Heywood Rehabilitation Center, Gardner, MA, West River Health Center, Orange, MA, Winchendon Health Center and Murdock School-based Health Center in Winchendon, MA and a Charitable Foundation.

*A Healthy You* is published by Heywood Healthcare and is produced by their Community Relations Department in conjunction with DeTore Design Group. The information is intended to educate people about subjects pertinent to their health; however it should not be considered a substitute for consultation with a personal physician.



# Community benefits provided by Heywood Healthcare during 2012



## Heywood Hospital

### The School-based Health Center at Murdock Middle-High School in Winchendon

Celebrating its 10-year anniversary, the Center provided over 3,000 direct urgent care and mental health visits to the youth of Winchendon. Heywood worked with the Murdock Middle-High School to obtain confidential space to enable daytime mental health counseling services and an on-site nurse practitioner to help identify at-risk students.

### Off Our Rockers

Currently celebrating its fourth year at Waterford Street School and its first year at Helen Mae Sauter School. This weekly fitness and nutrition program for students in grades K-2 provided 3,000 servings of healthy snacks and 600 minutes of exercise to participants during 2013.

### Diabetes Community Cooking Classes

This program targets the reduction of Chronic Disease/Diabetes in adults, as indicated in the Community Health Assessment of North Central Massachusetts. Over several weeks, students are taught how to cook delicious and nutritious meals to improve their health. Of the students evaluated, A1c lab values decreased by 7%.

### Screening, Brief Intervention, Referral and Treatment Program

During 2012, this program screened 11,173 Emergency Room patients. 23% screened were positive for substance abuse, and 43% of those were admitted to a substance abuse program.

## Athol Hospital

### Lifeline Program

The Lifeline personal emergency response system is subsidized by Athol Hospital for area residents in conjunction with the Athol/Orange Rotary. A practical tool for elderly who live independently, there are no maintenance fees, monitoring or installation fees. Equipment is available for \$25 monthly, with no fixed lease term. For more information contact Judy Howland, Lifeline Program Manager at (978) 249-1145.

### Partnering with Athol/Orange Rotary for Community Health

Together with the Athol/Orange Rotary, Athol Hospital participates in an extensive array of community health activities addressing the individual needs of children, adults, families and senior citizens in the region. This partnership focuses on teaching blood pressure and cholesterol control, nutrition, sodium reduction, improved physician communication and healthy, active living strategies.

### Community Outreach Nurse

Through community outreach, Pam Jobst, RN, Athol Hospital coordinates with towns throughout the region to provide health education for children through seniors, including flu clinics, screenings for high blood pressure, and disease prevention.



# THE POWER OF A HEALTHY PARTNERSHIP

## Heywood and Athol mark anniversary with milestone achievements

**A**s Heywood Hospital and Athol Hospital approach the one year anniversary of their strategic alliance, patients and the communities served by both facilities are realizing the benefits of their partnership – from expanded clinical services to new communications technology, and patient-centered, eco-friendly improvements that align health promotion with responsible stewardship of resources.

### Emergency Department collaboration aligns staff, emphasizes quality and provides convenient, local care

For clinical areas like the Emergency Department (ED), the hospitals' partnership created an opportunity to collaboratively leverage the collective strengths and commitment of two departments into one cohesive, clinically-integrated service that provides emergency medicine excellence at two locations.

“Prior to our collaboration, we had two groups of physicians with differing protocols, practices and referral processes,” says Steven Yerid, MD, Chief of Emergency Medicine for Heywood Healthcare. “Athol was sending upwards of 100 patients per month to Worcester for surgery, intensive care, and obstetrics, many of the same services that distinguish Heywood as an excellent community-based hospital. Many of these patients can now get high quality emergency care without having to leave the region, making it easier for them and their families.”

Additional benefits of the collaboration include a unified medical staff comprised of 17 talented emergency medicine physicians who practice at both locations. “This staffing model assures patients get the best treatment regardless of where they are,” says Peter Gorlin, MD, Director of the Emergency Department at Athol. “We share clinical and service models and best practices so that regardless of where a patient is seen, their ED experience is positive. And by improving the depth and breadth of the ED at both hospitals, we are also in a better position to attract other quality specialists and physicians to the area.”

## Building a technology highway between Athol and Heywood to enhance patient care

One of the single biggest challenges and priorities for the newly partnered organizations was technological integration, effectively allowing clinicians and staff to “talk to each other” electronically, and to provide efficient, standardized access to vital patient information at both facilities.

That was the charge of Carol Roosa, Chief Information Officer and Vice President of Information Services for Heywood Healthcare.

“Job number one was building the physical information highway,” says Roosa. “It took about five months, but we now have the technology infrastructure that can support high speed, two-way communication and information sharing.”

The next priority was establishing systems to improve collaboration between the two hospitals, including email. “We brought more than 1,200 employees onto a single system for email, shared directories and calendars. We then integrated both hospitals onto a single financial system so that all back office functions, including patient accounting and finance, were consolidated. What we are working on now,” says Roosa, “is the implementation of the infrastructure and technology that will support the integration of Athol into Heywood’s electronic medical record. The goal is to provide Athol employees, nurses and physicians with efficient access to a system-wide electronic medical record system. If you think of our first goal of building the information highway to connect the two organizations, this next step is the equivalent of building local roadways that allow fast, secure access of vital patient data for providers at either hospital.”

“ATHOL WAS SENDING UPWARDS OF 100 PATIENTS PER MONTH TO WORCESTER FOR SURGERY, INTENSIVE CARE AND OBSTETRICS. MANY OF THESE PATIENTS CAN NOW GET HIGH QUALITY CARE WITHOUT HAVING TO LEAVE THE REGION.” *Steven Yerid, MD*

## CENTER FOR SPECIALTY CARE: EASY OUTPATIENT ACCESS EVERY STEP OF THE WAY

When Heywood Hospital unveiled its new, 6,000 square foot Center for Specialty Care (CSC) last year, the goal was more than providing community-based access to specialists from UMass Memorial Medical Center and other regional academic medical institutions. It also marked the first step in transforming Heywood’s campus into an eco-friendly, patient-centered facility that puts a premium on easy, convenient access to outpatient services.



*Heywood Patient Registration is now located directly across from Dining Room at South Entrance.*

“Offering easy access to expert care in rheumatology, pain management, neurology and orthopedic surgery is more than just bringing accomplished specialists to our community,” says Mike Grimmer, VP of Support Services. “Foundational to the CSC is our commitment to assuring that patients have an experience of excellence from the moment they arrive to the moment they leave.”

Anchoring this patient-centered area is the newly located outpatient registration and financial services department, now next to the South entrance, adjacent to the dining room. Just down the hallway, patients can access lab, imaging, surgical, oncology and other specialty services.

This commitment also extends to the parking lot, where the hospital’s new “Patients First Parking Program” reserves the 120 parking spaces closest to the CSC and other outpatient services exclusively for patients. In addition, valet service is available at the South entrance for patient convenience and comfort.

The CSC and improvements to Athol also reflect Heywood’s commitment to the environment. In addition to using environmentally friendly Nora-rubber flooring, Heywood has installed high efficiency LED lighting inside and out, and variable frequency drives on all large electric motor devices to save energy. Meanwhile, Athol’s electricity will soon be entirely supplied by solar energy from the Adams Farm.



*Former patient Martha Cass of Athol, discusses her care with Center staff member Stephanie Pandiscio, RN.*

## COMPREHENSIVE SERVICES & EASY TRANSITION FROM INPATIENT TO SUB-ACUTE CARE

One of the biggest challenges faced by hospital patients not yet ready to return home, but no longer in need of acute care, is managing that interim step – post or sub-acute care - that helps patients recovering from illness, injury or surgery restore function and achieve their previous level of independent living. Patients, families and physicians must collaborate with providers at other rehabilitation or skilled nursing facilities to manage transitions, transportation and rehabilitative care planning. This process of assuring continuity and quality care can be complex and challenging.

Athol's Center for Skilled Nursing and Rehabilitation offers Medicare patients

a service that combines the advantages of hospital-based inpatient care with the convenience and quality of an expert team of therapists and rehab specialists. Qualified Medicare patients from hospitals throughout the region may choose Athol's Center for Skilled Nursing and Rehabilitation to regain their strength and mobility after an acute hospital stay. Athol Hospital patients "discharged" from acute care have the convenience of transitioning to this sub-acute program without leaving their bed, their room and the staff who have cared for them during their inpatient stay.

"Unlike other rehab facilities, our skilled nursing and rehabilitation program is fully

integrated with the hospital's inpatient unit and offers patients and their families the peace of mind of 24-hour care that can only be found in a hospital setting. In addition, our experienced team of skilled nurses, physicians and rehabilitative specialists work closely with each patient to create a program to meet their individual needs," says Charlene Costa, Director of Rehabilitation Services. "Unlike non-hospital based facilities, our on-site access to hospital support services is extremely beneficial for patients. From wound care and cardiovascular evaluations to diagnostic imaging or lab testing, this is comprehensive rehabilitation and skilled care that is totally patient-centered."



For 79-year-old Athol resident Martha Cass, her experience in the program was “outstanding and worry-free.” After suffering two strokes in three years, and compromised by painful arthritis, Cass developed another health complication, a bleeding ulcer. The treatment required her to forgo her pain medication and left her “unable to move and in so much pain,” that Cass fell while trying to get out of bed one morning. After spending one week as an inpatient at Athol Hospital, Cass was thrilled to learn that she could enter the rehabilitation phase of her recuperation right at Athol Hospital. “It was an excellent service, so nice to have the same wonderful nursing care and then to have my occupational and physical therapists come to me,” Cass says.

To be eligible for this service, patients must be on Medicare, have spent a minimum of three nights at any acute care hospital and be referred for rehabilitative and skilled nursing care to continue their recuperation.

After a thorough evaluation, treatment plans are developed to determine which therapies will optimize each individual’s recovery and return them to normal function. Among the specialized rehabilitation therapies offered by specially trained staff:

- Physical therapists assist patients in regaining strength and endurance, adjusting to new joints, improving range of motion of the spine, neck and limbs and ambulation, or simply “getting around.”
- Occupational therapists help patients manage all of the functional activities of daily living, including self-care, managing function in both a home environment and the community.
- Speech therapists work with patients with swallowing disorders as well as those who have had a neurological event such as stroke that has affected their ability to communicate.

While patients receive an average of one to two treatments per day for each therapy required, the skilled nursing program also addresses patients’ need for stimulation and entertainment.

“Part of our evaluation of each patient when they are admitted to the program includes discussion of their interests and personal preferences, which can include music, reading, puzzles, old movies, and spiritual or religious needs,” says Costa. “Our goal is to make their stay with us as pleasant and personalized as possible, and ultimately, to assure they are ready to return to their home setting.”

Staff works closely with patients and families to assess and coordinate all services needed for individuals to return safely and comfortably to their home after discharge. For Cass, “everything was so easy and I didn’t have to worry about a thing. I was there for three weeks, until they were sure I would be safe at home, and they coordinated all of the visiting nurse care and in-home physical therapy I needed. They took care of everything for me.”

*For more information on the Center for Skilled Nursing and Rehabilitation at Athol Hospital call (978) 249-3511.*



*Rehabilitation specialists including Jamie Edwards, RPT (right), develop individualized rehab plans designed to help patients regain mobility and strength.*

## Welcoming New Physicians to Heywood Medical Group

Need a physician? Visit [heywood.org](http://heywood.org) and click on Find a Doctor Quicklink

### Timothy Eddy, DO Family Medicine



Dr. Eddy is accepting new patients at Heywood Family Medicine. Board certified in Family Medicine, his practice covers the spectrum of family health needs, including pediatrics, adults and geriatrics. Dr. Eddy earned his medical degree from Kirksville College of Osteopathic Medicine in Kirksville, MO. He completed his internship and residency at Allegheny Family Practice Residency in Pennsylvania.

*Dr. Eddy is a member of the Heywood Medical Group and is accepting new patients. For more information, or to schedule an appointment, please call (978) 630-5030.*

### Patrice Martin, NP Gastroenterology



Patrice Martin, NP is seeing new patients in the Gastroenterology office, located in the Heywood Medical Arts Building. Patrice is a certified Adult Nurse Practitioner. She received both her RN and MSN degrees from Vanderbilt University’s School of Nursing in Tennessee. As a Nurse Practitioner, Patrice sees patients and assists physicians with gastroenterology and urology procedures.

*For more information or to schedule an appointment please call 978-669-5522.*



**T**he word “suicide” has long been a term couched in shame and secrecy, a whispered reference to a cause of death most people have trouble discussing. For the communities of Greater Gardner, that began to change when three Gardner students took their own lives during the 2011/12 school year, and one more attempted suicide.

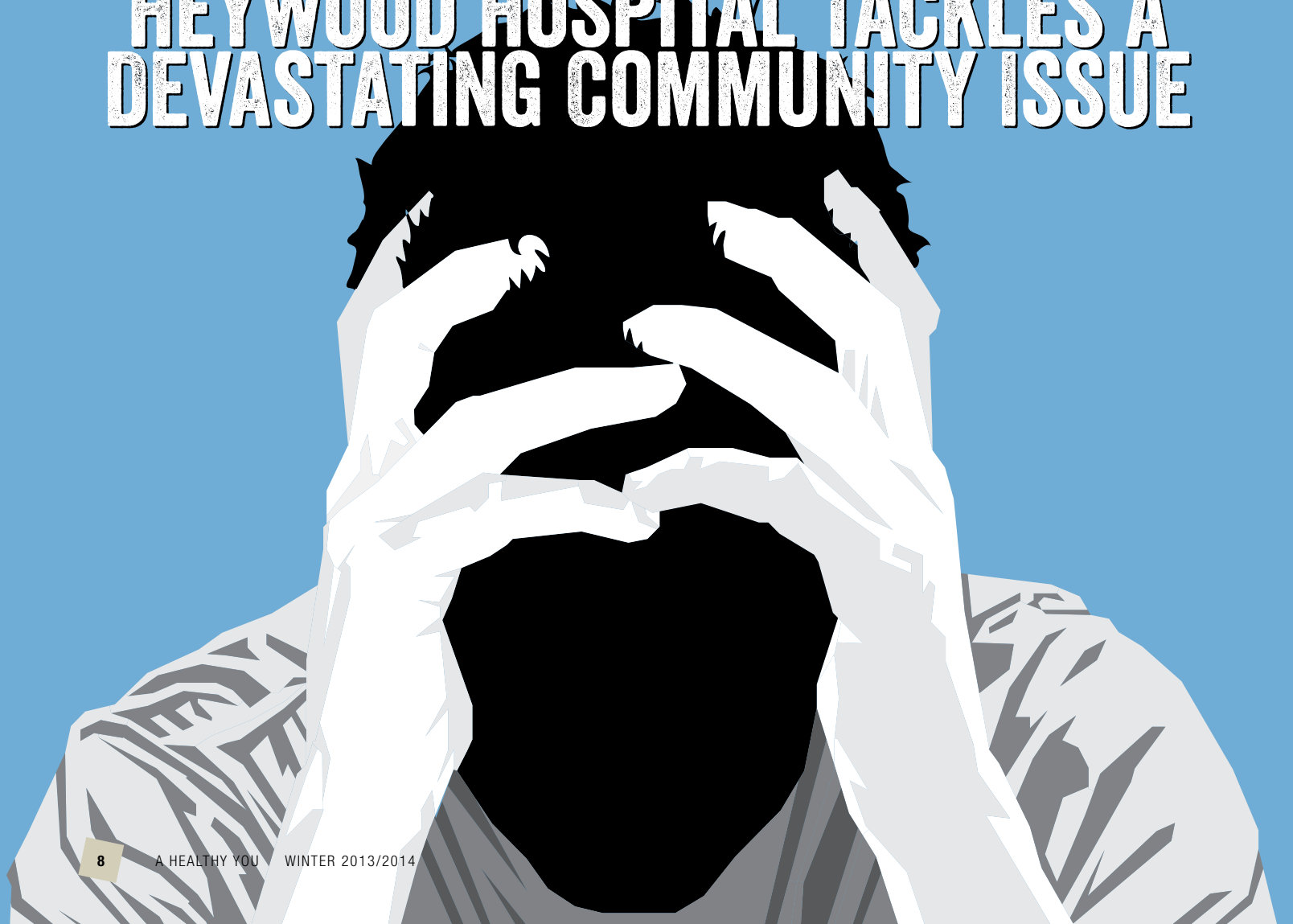
Staff at Heywood Hospital witnessed firsthand the personal, family and community devastation brought on by suicide as victims, families and first responders passed through their doors; however, they didn't just take notice – they took action. Armed with data from the 2011 Community Health Needs Assessment of North Central Massachusetts, Heywood Hospital formed the Greater Gardner Suicide Prevention Task Force (GGSPTF) and engaged Hospital staff and the community

in identifying opportunities to address factors contributing to an extraordinarily high suicide rate in the greater Gardner community.

**The statistics alone were compelling. Compared to a state average of 7 suicides for every 100,000 individuals, Gardner's average was nearly double at 12.3. For communities surrounding greater Gardner, the rate was 10.3 and Leominster's rate was 9 per 100,000.** Most at risk were men, ages 25-64. Statewide, their suicide rate increased 34% from 2003-2010, with the highest rate among men who had been unemployed for six months. Compounding the issue was the fact that the region is underserved in the area of mental health resources, with limited outpatient mental health services and inpatient units in the Central and North Central regions.

# SUICIDE PREVENTION

## HEYWOOD HOSPITAL TACKLES A DEVASTATING COMMUNITY ISSUE





“While we can’t immediately solve many of the complex social and economic challenges contributing to high suicide rates in our community, we realize the profound need to lead a broad-based, collaborative community initiative to address other aspects of the epidemic,” says Win Brown, President and CEO of Heywood Healthcare. “We needed to understand who was most at risk, commonalities of victims, access to resources beyond our own inpatient mental health services and most importantly, how to reach out into the community to educate people about suicide. We all needed to learn how to intervene, how to get help for loved ones at risk...how to help save lives.”

Heywood used the troubling statistics and, with the help of area legislators and community leaders, sought grants to help fund programs that would support prevention and education outreach and expand clinical programs that could help identify and assist patients suffering from depression.

“Studies show that two thirds of suicide victims are identified as depressed,” says Dawn Casavant, VP of External Affairs and Chief Philanthropy Officer, who has been spearheading Heywood’s efforts to secure grant funding for hospital and community-based programs. “That suggests there were symptoms and treatments that were unavailable or ineffective. This was where we found opportunities to take action.”

Clinically, Heywood is expanding the community’s mental health safety net



*The inaugural Heywood Healthcare Healthy Harvest 5K brought together 94 competitive runners, 70 walkers and volunteers from throughout the region to support mental wellness.*

through two dedicated programs. Grant funding from the Executive Office of Health and Human Services Infrastructure and a Capacity Building Grant is allowing Heywood’s Emergency Department to offer dedicated mental health support, with a mental health therapist available to consult with patients 24/7, and social worker support 16 hours per day. Additionally, with grant funding from the Department of Mental Health, Heywood is expanding its Partial Hospitalization Program (PHP) from a daily capacity of four to a capacity of 20. The PHP allows individuals to receive intensive therapy from 9:00am-3:00pm without being hospitalized overnight.

Other funding supports deep and broad community outreach. A grant from the Health Foundation of Central Mass, will allow Heywood and the GGSPTF to integrate and coordinate suicide prevention activities in different sectors and segments

of the community, engaging police, EMTs municipalities, businesses, career centers and primary care physicians in “QPR (Question Persuade Refer) training.”

“Question, persuade, refer is a simple guide for meaningful intervention,” says Barbara Nealon, Director of Social Services and co-founder of the GGSPTF. “Our programs teach individuals how to respond if someone says something that may be a warning. Teachers, bank tellers, hairdressers, friends — anyone might hear something that signals someone may be in distress and there are specific ways to help — maybe even save a life.”

Numerous community organizations, led by the GGSPTF, will help implement this outreach effort, including the Chamber of Commerce, Office of Labor and Workforce Development and Mount Wachusett Community College, who will host a kick off training seminar in late Fall.



**If you or someone in your life has mental health concerns, call Heywood’s Mental Health Department at 978-630-6377 or contact call the Greater Gardner Suicide Prevention Task Force at (800) 273-TALK (8255) or visit [ggsuicideprevention.org](http://ggsuicideprevention.org)**

## GREATER GARDNER SUICIDE PREVENTION TASK FORCE – PROVIDING HOPE AND HELP TO THE COMMUNITY

As part of Heywood’s effort to tackle high rates of suicide in the community, the Hospital established the Greater Gardner Suicide Prevention Task Force (GGSPTF), a coalition of more than 100 organizations representing nearly one dozen towns comprising the greater Gardner region. With assistance from the Massachusetts Department of Public Health’s Suicide Prevention Program and other state agencies, the GGSPTF’s mission is to prevent suicide, and to provide education and resources to help those who struggle with depression, survivors of suicide, and those who have lost loved ones to suicide. Among the GGSPTF’s most recent community events to raise funds and awareness was their first annual “Ride for Your Life”, a barbecue and motorcycle ride that drew more than 150 participants.



*Co-founders Nora Salvadorados (L) and Barbara Nealon (R) with Senator Stephen Brewer*



# Oxygen

The Healing Power of

Hyperbaric Medicine offers the healing benefit of oxygen to patients

*Pictured left to right are Thomas Powers, Community Education Specialist, Kristina Gallant, RN, Clinical Coordinator, Erika Migneault, Director of Wound Care Center, Oksana Anderson, HBO Technician and Safety Director*

**H**yperbaric Oxygen Therapy (HBOT) is an extremely effective treatment for a spectrum of wounds and injuries. Once most commonly associated with the treatment of decompression sickness among divers, HBOT leverages the healing power of pure oxygen, an odorless gas that is the life supporting component of

air. Heywood Hospital's Wound Center is the region's most advanced provider of Certified Wound Care and HBOT, offering healing and relief to a diverse array of patients suffering from a variety of wounds.

"While all bodies require oxygen to heal cuts, abrasions and other skin and soft tissue wounds, HBOT is a therapy that super

oxygenates the blood and delivers it straight to the injured area in individuals suffering from complex or hard-to-heal wounds associated with illness and injury," says Erika Migneault, director of Heywood's Center for Wound Care and Hyperbaric Medicine.

The Wound Care Center's biggest challenge, she says, is reaching all of those patients who

are suffering needlessly with painful wounds that just don't heal quickly, if at all, which can further compromise an individual's health and well-being.

Although the Wound Care Center is the most comprehensive in the region, people suffering with non-healing injuries and chronic conditions may not know that help is available, as many people are unfamiliar with HBOT therapy.

The strength of Heywood's Wound Care Center and their remarkable success is what differentiates the program in the region. "Because we have Certified Wound Care physicians practicing in the Center, we are patients' one-stop shop for healing wounds. In one visit to the Wound Care Center, our patients have access to specialized wound care physicians who utilize state-of-the-art technology such as HBOT," says Migneault. "Ultimately, this increases the efficacy of our treatments and enhances treatment planning. Each patient's care is entirely personalized."

According to Migneault, the center has achieved a healing rate of nearly 95% among wound care and HBOT patients seen in the past year.

## How does HBOT work?

HBOT is delivered through airtight chambers comprised largely of glass. While pure oxygen is delivered within the treatment area, patients are able to watch TV, listen to music or simply rest on pillows provided for optimum comfort. At all times, the patient is able to communicate with therapists in the treatment area.

While each treatment session lasts an average of 90 minutes, the total number of treatments depends on the factors including the nature and severity of the wound, the number of wounds and the individual's response to the treatment. On average, a patient receives a total of 40 to 60 treatments over 10 to 12 weeks. The frequency and duration of the treatment regimen assures that the individual can maintain the increased levels of oxygen that promote faster healing even when the patient isn't receiving HBOT.

For more information or to schedule an appointment, call (978) 669-5690.

## Among the most common conditions for which HBOT can be an effective treatment are:

**Diabetic ulcers of the feet and lower extremities**, which are non-healing, deep soft tissue wounds in patients afflicted with diabetes, a disease which can inhibit circulation and interfere with the healing process. HBOT delivers the healing power of 100% oxygen to the wound area and supports the body's natural healing process that is often restricted in those patients suffering with diabetic wounds.

**Osteoradionecrosis (ORN)**, a complication of radiation therapy, which destroys tumor cells and damages small arteries that would otherwise circulate oxygen rich blood necessary for healing. HBOT can help the body produce new blood vessels in the irradiated area and stimulate wound healing.

**Chronic Refractory Osteomyelitis**, a persistent and sometimes incapacitating infection of bone and bone marrow that does not respond to conventional treatments. HBOT stimulates the immune system to fight the bacteria and restore normal blood flow and facilitate bone, muscle and tissue repair. When used in conjunction with consistent, quality wound care, nutritional education and support, and active treatment of any co-morbidities, HBOT saves lives and limbs.

**Compartment Syndrome (CS)**, also known as acute peripheral arterial insufficiency, frequently occurs in extremities when body tissues are severely traumatized by accidents such as motor vehicle accidents, falls, internal bleeding from an injured blood vessels, burns, etc. Untreated CS can affect the muscles blood supply resulting in necrosis (death) of the deep tissue and even the muscles. HBOT increases oxygen delivery to the injured tissues, fighting infection, reducing swelling and speeding the healing process.

## The Center for Wound Care and Hyperbaric Medicine is pleased to welcome these new wound care specialists to their team



**Sandra M. Weakland, DPM**  
*Diplomate, American Board of Podiatric Surgery Fellow, American Professional Wound Care Association*  
Dr. Weakland is a board certified podiatrist specializing in wound care and hyperbaric medicine.



**Sarah Cantin-Langlois, DPM**  
Dr. Cantin-Langlois is a podiatrist and wound care specialist with experience in diabetic wound care and limb salvage, trauma surgery and hyperbaric medicine.



**Allison P. Learned, ACNP-BC**  
*Board Certified Acute Care Nurse Practitioner*  
Allison is a nurse practitioner specializing in vascular medicine, with expertise in medical and post-surgical care of vascular-related conditions and wound care.



# Giving Back

*There are many ways to help your community*

## Helping Us Help Others

Gifts and donations provide necessary support for important community programs and services such as Diabetes prevention and education programs for adults and children, community suicide prevention and mental wellness work, and other community benefit programs working to improve the outlook for our community now and for future generations. In addition, gifts and donations help us to purchase new and replacement equipment items, and support a variety of needs in all areas of Heywood Healthcare and its sites, including Heywood and Athol Hospitals, the Winchendon Health Center and the Murdock School-based Health Center.

As a non-profit community hospital, your support is the foundation for growth and sustainability of community health programs.

## What is Your Legacy?

Another meaningful way to care for your community is to consider a charitable bequest. Charitable bequests may be structured in a variety of ways to include leaving a specific dollar amount, identifying a percentage of your assets (for example 3% of your savings account), personal property or a portion of the residue of the estate following the completion of other bequests, or combination of the above.

A charitable bequest is also a way to convey your values of caring for people, and the health of your community, to future generations.



To discuss other gifts such as charitable bequests, annuities, and trusts, contact the Office of Philanthropy at (978) 630-6431.

## Grateful Patient Program

It may have been the compassionate nurse who made your stay more comfortable or the physical therapist who shared an

understanding word during a therapy session. Perhaps it was a visit from a volunteer who treated you more like a friend than a patient.

There are many ways the staff at Heywood Healthcare makes a difference in the lives of our patients. We hear about them through letters, phone calls and other expressions of thanks. We enjoy hearing about your experiences and what made a difference to you.

Heywood's Grateful Patient Program provides an opportunity for individuals and/or their families to recognize the exceptional care they received.

## Words of Gratitude

Share your gratitude for those who impacted your care at Heywood Hospital or Athol Hospital. Send a letter of appreciation to the Philanthropy Office, and we will be sure to share your message with the appropriate individual or department.

## Make a Contribution

Heywood's Grateful Patient Program is flexible and personal. You can designate a gift of any size to a specific area, or allow us to direct funds where the need is greatest.

Whether it was a physician, nurse, therapist, volunteer or anyone who made a special impression – this program can be your way of saying "thank you".

*Gifts can be made in a variety of ways, from cash donations to bequests or gifts of securities, among others. Contact the Heywood Healthcare Philanthropy Department at (978) 630-6431 for more information about this program.*



# State-of-the-art diagnostics give Athol patients a local advantage

When you need diagnostic testing, it can be done conveniently at Athol Hospital, just moments from home. In most cases, patients can have routine lab testing and leading-edge diagnostic testing performed in a local setting, even when a procedure or surgery is being performed elsewhere.

Athol Hospital provides patients with quick access to a variety of general diagnostics including laboratory services and imaging exams such as x-rays for chest, extremities, spine and GI Series. Our new digital technology provides you and your physician with better image quality, decreased examination time, improved efficiency and enhanced patient care.

“Transportation challenges often prohibit patients from obtaining needed healthcare services,” said Athol Hospital’s Chief Operating Officer Mike Grimmer.

“However, by providing state-of-the-art, quality diagnostic services close to home, we make it simpler for patients to receive the healthcare they need every day.”

Two advanced radiology procedures at Athol Hospital include Stress/Rest Myocardial Perfusion Imaging (MPI) and Magnetic Resonance Imaging (MRI).

## Myocardial Perfusion Imaging

If you are suspected of having heart disease or are experiencing symptoms, your physician may order an exercise cardiac stress test with imaging, known as a Stress/Rest Myocardial Perfusion Imaging (MPI). This test is a non-invasive nuclear imaging exam that assesses how well the heart is functioning, and the amount of blood and oxygen the heart is receiving during stress and at rest. The extensive information gained in an MPI



Lead MRI Tech Richard Kirchner, RT (R)(MR), is highly skilled in MRI technology and patient care.

exam can be used for efficient treatment and diagnosis of coronary artery disease. A MPI exam accommodates patients having either a treadmill stress test or non-treadmill stress test. At Athol Hospital, a registered technologist uses state-of-the-art equipment to perform comprehensive MPIs and other imaging exams including echocardiograms. Experienced cardiologists from Heywood Cardiology are available on-site at Athol Hospital.

*For more information on cardiology services or an appointment, call 978-630-5020.*


## Magnetic Resonance Imaging

Patients and their physicians have access to advanced diagnostic capabilities with Athol Hospital’s state-of-the-art GE Medical Systems Signa® 1.5T Horizon MRI. This leading edge system is capable of acquiring diagnostic information significantly faster than other MRI systems, making it a breakthrough tool

for the diagnosis of disease. The innovative technology of this MRI system enhances your physician’s ability to diagnose a wide range of conditions, including cardiac and vascular disease; stroke; abdominal and brain disorders; and musculoskeletal conditions in the knee, shoulder and other joints.

“This scanner reduces the length of MRI exams while improving the quality of the information,” said Athol Hospital Radiology Manager Gary Wheeler, RT, RNM. “It will also make MRI exams more comfortable for patients, especially those who have difficulty holding their breath during certain procedures. Merging advanced diagnostic capabilities with patient comfort offers the best of both worlds to our community.”

*For more information on Radiology Services at Athol Hospital visit [www.atholhospital.org](http://www.atholhospital.org) or call 978-249-1160. To schedule an MRI exam call (800) 634-2468.*



# Off Our Rockers!

**Gardner's model program to get kids moving celebrates its fourth year with a record number of participants**

**T**ell Sarah Casey that her six year old son Roman is “off his rocker,” and her reply will probably be an enthusiastic, “Yes, he is! Isn't that great?” Roman is one of 130 students at the Waterford Street School who spend one afternoon a week learning the benefits of fun and rigorous activity and sampling nutritious food options through “Off Our Rockers”. ‘Rockers’ is a program co-sponsored by Heywood Hospital and Gardner Public Schools, designed to help reduce rates of childhood obesity with a long-term goal of reducing the epidemic of adult onset diabetes.

Celebrating its fourth year at Waterford Street School with 128 kids participating and in its first year at Helen Mae Sauter School, where a maximum capacity of 25 kids are participating, “Off Our Rockers” was founded by Gardner's School Nurse Leader Becky McCaffrey, RN, and Doug Miller, RN, Diabetes Education Coordinator at Heywood's Diabetes Center. In 2009,

when the idea was born, Doug was troubled by increasing rates of adult onset diabetes in the greater Gardner community, and Becky was challenged with a new Massachusetts law requiring schools to track students' body mass index (BMI) as the Commonwealth confronted the growing issue of childhood obesity.

Obesity is considered the leading risk factor for adult onset, also known as Type 2 diabetes, a preventable yet deadly disease. The Center for Disease Control (CDC) estimates that Type 2 diabetes effects approximately 6,700 residents in the greater Gardner/Athol area. Additionally, another 28,400 residents are thought to be "pre-diabetic" with risk factors and lifestyles that can lead to the disease, which quietly destroys circulation to the heart, kidneys, legs, and eyes. Left unchecked, diabetes' life-threatening complications can include stroke, heart disease, and kidney failure. It is also the leading cause of non-traumatic amputations.

"The issues were separate but related, and we thought if we could create a program that was fun, social and educational, we could reach kids at an impressionable age," says Miller. "Off Our Rockers was created to give kids an experience that makes moving and eating healthy fun, while teaching them the importance of taking care of their bodies."

Roman's Mom was stunned to see an immediate change in her son's food choices. "I knew he would love being active and moving around with his friends, but when he came home that first week and said that he tried hummus and liked it, I was floored," Casey says. "This 6 year-old is the pickiest eater ever, and suddenly he is not only asking to try my soybeans, something he had no interest in before, but he is asking me to buy hummus, and he came home the other day and said "Mom, I love celery!"; something he refused to eat before! "

the air... having 45 minutes of fun, vigorous activity with their friends and then they go into the cafeteria and inhale new foods they have never tried before."

Casey thinks this is part of the magic. "Some kids never want to experiment at home, so when someone who isn't Mom says "Try this; it's good and good for you" and these kids see their friends doing it too, they say "OK!"

This experience only enhances the program benefits for Casey. "Roman tells me what he learns, too, so these kids aren't just having fun and being adventurous in what they do and eat, they are learning about why activity and healthy eating are important."

The success of Off Our Rockers has not gone unnoticed. The program was referenced as a model school/community collaboration in a 2012 Massachusetts Department of Public Health Report on the "Status of Childhood Weight in Massachusetts." While other schools have attempted to model Gardner's program, Miller notes that those programs often face funding challenges, "something we have never had to deal with, because from the very beginning this program has had such amazing community support and involvement that we can do this at no cost."

In fact, when Miller and McCaffrey began planning the program, they were amazed at how quickly local businesses and community organizations expressed interest in getting involved. "It is such an amazing community collaboration," says Miller. "From Fitness Concepts, who provide a lead program instructor each year, to Hannaford's, who contribute our snacks, to Mount Wachusett Community College, Fitchburg State's School of Nursing and Gardner's own middle school students and school staff who volunteer to help lead small groups of kids through the one hour program, this is a truly community-based program that should make everyone proud."



Roman Casey  
and mom Sarah

Not only are overweight children at increased risk for diabetes and its complications, they are also more likely to suffer bone and joint problems, sleep disorders and mental health challenges including poor self-esteem, depression and anxiety. Again, the statistics are compelling, with CDC estimates suggesting that more than 30% of children age 6-18 are overweight.

According to Becky Boutwell, RN, at Waterford Street School, the program's success lies in encouraging kids to try different things in a social setting where they see their friends having fun while doing the same things. "We have kids dancing, crab walking, doing "burpies" where they jump up with arms in the air, then down to do a push-up, then back into

# Health & Wellness Programs at Heywood Hospital

## PARTNERSHIP FOR COMMUNITY HEALTH: ATHOL HOSPITAL AND THE ATHOL AREA YMCA

December will “kick off” a partnership among Athol Hospital and the Athol Area YMCA to promote diabetes prevention, health, fitness and nutrition for residents of the North Quabbin Valley. Athol Hospital will host a series of diabetes screening days, nutritional cooking demonstrations, and promote fitness for all levels for hospital patients and employees. Don't be surprised if your next prescription includes a trip to the YMCA!

### LIVESTRONG AT THE Y – A PROGRAM FOR ADULT CANCER SURVIVORS

The Athol Area YMCA offers this nationally recognized group exercise program to help cancer survivors regain strength, flexibility, stamina and develop healthy habits for life. Speakers from Athol Hospital's physical therapy and oncology departments present topics including Healthy Eating for Cancer Survivors.

*This free program is held on Tuesdays and Thursdays from 3:30-4:45pm for 12 weeks. For more information on partnership programs in development by Athol Hospital/Athol Area YMCA, visit [www.atholhospital.org](http://www.atholhospital.org).*

### DIABETES SCREENING AND PREVENTION

Athol Hospital outreach staff will provide Diabetes screenings at the YMCA. Community members tested will be provided with information on preventive measures including diet and exercise.

### BLOOD PRESSURE SCREENING

Athol Hospital outreach staff will provide on-site blood pressure screenings at the YMCA on a quarterly basis.

### SENIOR WELLNESS SEMINARS

With over 500 seniors involved annually in the YMCA's Silver Sneakers programs and senior memberships, Athol Hospital is developing seminars targeted toward their specific health needs. Topics include Total Knee and Hip Replacements, The Benefits of Yoga, Diabetes Prevention and Maintenance, Fall Prevention and more.



*Pictured left to right: Cathy Biliouris, RD, CDE, Heywood Healthcare; President Athol Area YMCA Bill Kessler; Heywood Healthcare Clinical Nutrition Manager Denise Foresman; Athol Area YMCA CEO Jeanette Robichaud; Beth Nottleson, MD, Tully Family Medicine; Athol Area YMCA Healthy Living Director Matt Talbot; and Mady Caron, RD, LDN, Heywood Healthcare.*

# IMMUNIZATIONS

## Protection for Individuals, Families and Communities

For more than a decade, immunizations have been a hot topic of public debate as myths, misperceptions and misunderstanding have challenged health providers' ability to assure parents follow recommendations accepted by leading pediatric and medical associations. Experts attribute outbreaks of measles and whooping cough, diseases that were once nearly eradicated, to public confusion about the importance of childhood vaccinations, and also seek to raise awareness of other important inoculations, including pneumonia, shingles and seasonal influenza (flu).

“Flu shots are vitally important for all ages, especially for at risk patients like young children and older adults,” says Tina Santos, RN, Heywood Hospital's chief nursing officer. “There is a common misconception that people can get sick after the flu shot, but immunizations are made from dead strains so that it is an impossibility. The reality is that without the shot, you are more at risk for an infection that kills thousands of people each year.”

Many life-saving immunizations – including those against childhood diseases such as measles, mumps, rubella, polio, small pox and whooping cough – are being ignored with devastating results, bringing back into existence deadly diseases once nearly wiped-out. Other important immunizations include pneumonia, cervical cancer and bacterial meningitis, a highly contagious bacterial infection more common among college-age students who live in close proximity to one another. Protect yourself and your family from preventable disease with regular check-ups and immunizations.



**Attend our FREE Flu Clinic**

*November 20 from 5:00-7:30pm at the Heywood Hospital Specialty Clinics*



## Exercise Programs

### Gentle Yoga **DROP-INS WELCOME!**

This program, for all fitness levels, helps to de-stress and release tension with gentle yoga moves. Wear comfortable clothing and bring a mat and water.

*Thursdays, March 6-April 10 or April 17-May 22, from 5:30-6:30pm. \$50 for six-week session or \$10 for drop-in.*

### Pilates **DROP-INS WELCOME!**

This body conditioning routine builds flexibility, strength, endurance and coordination without adding muscle bulk. Pilates also increases circulation and improves your mental and physical well-being. Wear comfortable clothing and bring a mat, water and a towel. Classes are for all levels of fitness.

*Tuesdays, March 4-April 8 or April 15-May 20, from 5:30p-6:30pm. \$50 for six-week session or \$10 for drop-in.*

### Preschool Yoga

Children ages 3-6 will learn the power of movement and breath through music, games and simple yoga positions. Yoga games can help children balance and manage their emotions and to understand the emotions of others. Children should wear comfortable clothing and bring water.

*Mondays, March 3-March 24 from 10:30-11:15am. \$30 for four-week session.*

### Pump-it-up Pilates **DROP-INS WELCOME!**

Sculpt and chisel your way to a new body in 2014. Class incorporates core-challenging cardio and weight moves with Pilates. Bring your own hand weights (1-5 lbs.), a mat and a bottle of water. Class is designed for all fitness levels.

*Mondays, January 6-February 10 or March 3-April 7, from 5:30-6:30pm. \$50 for six-week session or \$10 for drop-in.*

### Tai Chi Chi Kung (the Brocade of Eight)

Discover the art of nurturing the flow of life-giving, healing chi energy throughout the body using carefully designed movements known as The Brocade of Eight. These gentle, easy-to-learn exercises involve body, mind and spirit, making Chi Kung remarkably effective in improving general health. Wear comfortable clothing and bring water.

*Wednesdays, March 26-May 14 (March 19 free introductory class) from 6:00-7:30pm. \$80 for the nine-week session.*

### Zumba Fitness® **DROP-INS WELCOME!**

Lose yourself in the music and find yourself in shape at the original dance-fitness party! Zumba® features exotic rhythms set to high-energy Latin and international beats. It's easy, effective and exhilarating. Wear comfortable clothing and bring water.

*Mondays, April 21-May 26, from 5:30-6:30pm. \$50 for six-week session or \$10 for drop-in.*

## Wellness Programs

### Fall into Good Health Senior Health Series

Join Heywood Hospital and the Greater Gardner Golden Age Club for this FREE seminar series, specifically for seniors and their health needs.

*Held at the Gardner Senior Center (294 Pleasant St., Gardner) at 1:30pm on the following dates:*

*November 13 Total Knee and Hip Replacements*

*January 8 Gentle Yoga*

*February 12 QPR Training (identify signs and symptoms of depression/suicide)*

*March 12 Diabetes*

*March 28 Celiac Disease – Gluten-free Diet*

*April 9 Heart Health*

### Celiac Disease and Gluten-free Living

Learn how to live the quality life you deserve by maneuvering through the myths and facts of gluten-free living. There will be gluten-free recipes available and some sample tasting of gluten-free foods.

*May 22 from 5:30-6:30pm. FREE*

### Guilt-free Holiday Eating

The holidays can be filled with endless temptations that make healthy eating a challenge. Learn how to modify recipes, how to "eat this not that" and other strategies to survive the holidays.

*November 18 from 5:30-6:30pm. FREE*

### Healthcare Provider CPR, Heartsaver CPR and First Aid

Course includes an AED overview and how to save someone who is choking. Perfect for families, businesses and civic organizations as well as for recertification. One instructor per class with a maximum of six people. Refreshments provided.

*CPR: 9:00am-12:30pm, \$45. First Aid: 12:45-3:45pm, \$45. Both classes: \$80. (Pre-payment is required).*

*For ages 10 and up. Arrive 15 minutes early. For more information call (978) 630-6248.*

*January 11 (both), February 8 (CPR only), March 8 (both), April 12 (CPR only), May 10 (both), June 14 (CPR only) September 13 (both), October 11 (CPR only), November 8 (both), December 13 (CPR only).*

### Healthy Habits for Life

This program is designed to help adults develop a healthy, life-long eating and activity plan. Class covers healthy eating for a healthy weight, physical activity, basic nutrition, menu planning, shopping, eating out and much more!

*Thursdays, April 3-May 8, from 6:00-7:00pm.*

*\$10 for six-week session and program booklet.*

### Quit to Win: A Smoking Cessation Program

Trying to quit smoking? Heywood is partnering with the Fallon Community Health Plan to offer this smoking cessation program.

*Weekly on Wednesdays from 7:00-8:00pm in the Hospital Aid Conference Room. For more information call 1-888-807-2908 or e-mail [quittowin@fchp.org](mailto:quittowin@fchp.org).*

### Zentangle® **DROP-INS WELCOME!**

Zentangle is a simple, relaxing method of creating images from repetitive patterns. It increases focus and creativity, reduces stress, and increases personal well-being. Learn ways to create patterns and how to see shapes in the world around you to begin to make your own patterns.

*Wednesdays, January 15 or March 12, from 6:30-8:30pm. \$30 per class (includes supplies and a mini-kit).*

# Childbirth and Parenting Classes at Heywood Hospital

When it comes to having a baby, you can count on Heywood Hospital for complete support. We offer a variety of classes and services to help you through your pregnancy and prepare you for parenthood. We recommend that you register for classes by the fifth month of your pregnancy. Once registered, you will receive a letter approximately 6-8 weeks before your due date informing you of the exact date, time and location of the class.

**For further information about any of our classes or to register, please call the LaChance Maternity Center at 978-630-6216.**

**Please note: class schedule subject to change. If inclement weather, class will be cancelled three hours before scheduled start time. Call ahead.**

## Childbirth Education – Refresher Class

For those with previous childbirth experience, this class reviews breathing and relaxation techniques, signs of labor, sibling preparation and more.

*Second Wednesday of every other month (February, April, June, August, October, December) from 6:00-9:00pm. \$40 delivering at Heywood, \$55 delivering elsewhere.*

## Childbirth Education – Four-series Class

Taught by certified childbirth educators, this class is designed for parents having their first baby. It covers breathing and relaxation techniques, how to recognize and cope with each stage of labor, various options for pain relief and more.

*First four weeks of every other month on Tuesdays (February, April, June, August, October, December) from 6:00-9:00pm. \$50 delivering at Heywood, \$80 delivering elsewhere.*

## Childbirth Education – Saturday Class

Content includes the same information as the full four-week series condensed into a one-day class.

*Second Saturday of every other month (January, March, May, July, September, November) from 9:00am-3:00pm. \$50 delivering at Heywood, \$80 delivering elsewhere.*

## Early Pregnancy Class

Learn what to expect throughout the course of your pregnancy and what you can do to manage any discomforts that you may have.

*Third Wednesday of every other month (February, April, June, August, October, December) from 6:00-9:00pm. \$15 delivering at Heywood, \$20 delivering elsewhere.*

## Infant/Child Safety and CPR Class

Recommended for parents, grandparents and anyone caring for an infant or toddler, this program teaches you how to prevent injuries, basic safety, and the proper procedure for assisting an infant or child who is choking or unconscious.

*First Wednesday of every other month (February, April, June, August, October, December) from 5:30-8:30pm. \$40 per couple, \$30 per person.*

## Infant/Child Safety and CPR Saturday Class

*First Saturday of every other month (January, March, May, July, September, November) from 9:00am-12:00pm. \$40 per couple, \$30 per person.*

## Meet the Doulas

Heywood Hospital offers a volunteer Doula program to enhance the comfort of our patients. They provide continuous care for the laboring woman and her family. Meet the Doulas and learn about their benefits, including a shorter labor, reduced need for pain medication and a decrease in C-section rates.

*Fourth Monday of every month from 6:00-7:30pm. Free to all patients delivering at Heywood Hospital*

## Doula Training

Heywood Hospital conducts training for individuals interested in becoming a doula twice a year. For more information, please contact Karen Beaton at (978) 630-6475.

## Mother and Baby Class

New mothers will learn what to expect during the first three months after their baby is born, as well as the post-partum period and newborn care.

*First Thursday of every other month (January, March, May, July, September, November) from 6:00-8:30pm. \$20 delivering at Heywood, \$30 delivering elsewhere.*

## Prenatal Breastfeeding Class

Discover techniques to ensure a successful and rewarding breastfeeding experience. Topics include health benefits of breastfeeding for you and your baby, positioning, how to know if your baby is getting enough milk, expression and storage of milk, and how to continue breastfeeding when returning to work.

*Second Monday of every other month (January, March, May, July, September, November) from 6:00-8:30pm. \$20 delivering at Heywood, \$30 delivering elsewhere.*

## Sibling Class

This class prepares children for the arrival of a new brother or sister. They will learn how babies are fed, diapered and cared for, as well as shown a brief movie and given a tour of the maternity unit. The class includes a coloring book, crayons and cookies.

*Third Sunday of every other month (January, March, May, July, September, November) from 1:00-2:30pm. \$15.*

## Teen Childbirth Education Class

Content is similar to the Four-week Series class, but is offered in a condensed format (three weeks) specific to the needs of teens and young adults.

*First Monday of every other month (February, April, June, August, October, December) from 4:30-7:30pm. \$40 delivering at Heywood, \$55 delivering elsewhere.*

For more information about these and other programs, visit [www.heywood.org](http://www.heywood.org) or [www.atholhospital.org](http://www.atholhospital.org)



# Support Groups at Heywood Hospital

## AA Meeting

Meets every Tuesday in the Medical Arts Building Conference Room from 7:00-8:30pm.

## Alzheimer's Caregivers Support

This group is for family and caregivers of a person with Alzheimer's disease or dementia.

*Held from 2:00-3:00pm in the Volney-Howe Conference Room on January 29, February 26, March 26, April 30, May 28, June 25, July 30, August 27, September 24, October 29 and November 26 (subject to change). Co-sponsored by the Geriatric Psychiatry and Social Service Departments. For more information contact Josh Diggins or Ann Fenlason at 978-630-6325.*

## Bariatric Surgery Patient Support

The group is bariatric surgery patients (Gastric Bypass and Adjustable Gastric Banding for weight loss) as well as those considering the surgery. Topics will be decided by the group.

*Held on the third Tuesday of every month from 6:30-8:30pm in the Volney Howe Conference Room. This group is not medical advice or a replacement for any required steps in your gastric bypass medical care plan. For more information contact Lynne Shaw, RN, BSN, MBA at (978) 724-0040 or quabbinHCC@gmail.com.*

## Better Breathers Club

This club provides ongoing education and support for individuals with breathing problems and lung disease, along with their families and friends. Topics are suggested by the group members and are presented by a variety of guest speakers.

*Meets on the first Monday of every month (except July, August and September) from 2:30-3:30pm in the Heywood Hospital Dining Room Conference Room. Co-sponsored by the American Lung Association. For more information contact Pamela Heglin at (978) 630-6222.*

## Breastfeeding

Local mothers meet to exchange breastfeeding information, support and encouragement in an informal setting. Babies (and breastfeeding) are always welcome at the meetings.

*Held the first Wednesday of every month from 10:00-11:00am in the Lactose Room on the Maternity Unit.*

## Cancer

This group provides support for patients and their families through group discussions with people with similar life experiences.

*Meets on the fourth Wednesday of every month from 7:00-8:00pm in the Medical Arts Building Conference Room. For more information contact Linda LaRoche, RN at (978) 630-6457.*

## Community Birth/Loss

This group is for parents and their families and friends who have experienced miscarriage, stillbirth or the death of a newborn. The group is co-sponsored by Heywood Hospital, UMass Memorial Health Care and Milford Regional Medical Center; providing resources, support, understanding and acceptance to bereaved families.

*Held on the first Thursday of the month from 7:00-8:30pm in the Heywood Medical Building Conference Room. For more information contact Jill Cormier, LCSW at (978) 630-6383.*

## HIV and AIDS: Support, Education and Advocacy

The Infection Control department provides support, education and advocacy for HIV positive individuals and their families upon request.

*Meetings are scheduled on an as-needed basis. Contact Jeannie Sanborn at (978) 630-6490.*

## Parkinson's Disease

This group helps patients, families and friends to be more effective in their plan or care and to enable a better understanding of their disease.

*Held on the last Wednesday of every month in the Heywood Hospital Dining Room Conference Room B at 2:00pm. Facilitated by a 16-year Parkinson's patient and a licensed social worker. For more information contact Carl Billington (978) 632-9682 or karter@tiac.net.*

## Substance Abuse

If you have a teenager or young adult in your family who is struggling with addiction, attend this confidential meeting to share your experiences and connect with others whose lives have been similarly affected by substance abuse.

*Held on the second Tuesday (guest speaker) and the fourth Tuesday (peer interaction) of every month at 7:00pm in the Volney-Howe Conference Room. For more information contact Sue at (978) 630-6377 or Susan.Pelkey@heywood.org.*

## Support Groups at Athol Hospital

The following support groups are free and meet at Athol Hospital.

### Cancer Support Group

Facilitated by the AMH Oncology Clinic's Bonnie Frank Hume, LICSW.

*Meets the first Wednesday of each month at 4:30pm in the first floor Conference Room.*

### SMART Recovery

Learn a cognitive/rational approach to overcoming addictive behavior and maintaining abstinence. Manage your feelings and combat the urge to use drugs and/or alcohol.

*Meets on the first and third Saturday every month at 10:00am in the Education Room.*

### Smoking Cessation

Quitting is more successful with support!

*Meets every Monday from 6:00-7:00pm in the Cafeteria.*

### Suicide Survivor

This group is intended for individuals who lost someone they know to suicide.

*Held on the second and fourth Wednesday of every month at 6:30pm in the Volney-Howe Conference Room. For more information contact Lynn Kvingedal at (978) 632-3240 or Ichaves@comcast.net or contact the Mental Health Unit at (978) 630-6377.*

For more information about these and other programs, visit [www.heywood.org](http://www.heywood.org) or [www.atholhospital.org](http://www.atholhospital.org)

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INAUGURAL HEALTHY HARVEST 5K



Thank you to our participants, volunteers and sponsors!

## Community rallies behind the Heywood Healthcare Healthy Harvest 5K, raising awareness and support for mental health

Runners and walkers from throughout the region joined the fun at the inaugural Heywood Healthcare Healthy Harvest 5K in Gardner, MA, supporting mental health and wellness in our community. 100 competitive runners and more than 70 walkers participated in the 3-mile course beginning and ending at Heywood Hospital. The community came out in force to support the event, including more than 40 volunteers, the Gardner High School Field Hockey Team and the Monty Tech ROTC. In addition, children enjoyed competing in a special 100-yard dash and cheering on runners with signs of encouragement. Proceeds from the event are being donated to the Greater Gardner Suicide Prevention Taskforce to help fund suicide prevention education materials for area schools.

Crowned King and Queen of the Healthy Harvest 5K, pictured top left, were Jonathan Miganowicz and Lisa Maki.

Many thanks to our presenting sponsors: Fidelity Bank, The Shine Initiative and Mount Wachusett Community College!