

A Healthy You

The Community Health Magazine from Heywood Hospital

Summer/Fall 2012



Twins Joshua and Samuel Maglin, age 3, of Gardner, enjoy summer fun at Dunn State Park.

Photo by Latrice Cooper

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Keeping Cancer Patients Strong

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 **Heywood Hospital**

242 Green Street, Gardner, MA 01440 • heywood.org • 978-632-3420



A Message from the President & CEO

Dear Friends of Heywood,

As we enjoy the precious warmth and activities of summer, I am reminded of how lucky we are to live and work in the natural beauty of north central Massachusetts. Our community is very special, and as the healthcare leader in this area, we are dedicated to helping the residents of our region live the healthiest lives possible.

As a non-profit hospital, each year we commit to a comprehensive and far reaching community benefit program strategy, developed to focus on the unique health needs of the cities and towns that we serve. Together with other local healthcare organizations, we work to identify the particular healthcare needs of our area through regular Community Health Needs Assessments. These assessments bring to light important health disparities and concerns, allowing Heywood to develop programs to specifically target the needs of our community. Our area's most recent health assessment, released to the public in 2011, highlighted significant health challenges facing our area including a high incidence of diabetes, obesity and related chronic conditions, cardiovascular disease, depression, suicide and substance abuse.

Please take a moment to fill out our Community Health and Wellness Survey on our web site at www.heywood.org. Many of our health and wellness initiatives are in direct response to community needs including our support groups, our new Diabetes Center of Excellence and our partnership with the Gardner Public Schools for *Off Our Rockers*, a program that tackles childhood and adult obesity through the development of early healthy nutrition and exercise habits.

Our community wellbeing is our highest priority, and we look forward to continuing to work with our friends and neighbors in north central Massachusetts to improve the health of our region, now and in the future.

Your Partner in Health,

Win Brown, FACHE
President & CEO, Heywood Hospital

“Through the expansion of Heywood’s community health and wellness curriculum, support groups, and targeted services such as the new Diabetes Center of Excellence, we are striving to address community health needs.”

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Heywood Hospital is an independent, community-owned, non-profit 153-bed acute-care hospital located in Gardner, MA. Heywood Hospital provides a broad range of high quality medical, surgical, obstetrical, pediatric, transitional care and behavioral health services on an inpatient and outpatient basis. Our Centers of Excellence include the Watkins Center for Emergency and Acute Care; the LaChance Maternity Center; and the Heywood Heart Center, an affiliate of the Heart and Vascular Center of Excellence at UMass Memorial Health Care. In addition to the main campus, Heywood Hospital has two satellite facilities, the Winchendon Health Center in Winchendon and the Heywood Rehab Center in Gardner, as well as a number of primary and specialty care practices in the region. Heywood Hospital also operates a school-based health center, the Murdock Health Center at the Murdock Middle High School in Winchendon.

A Healthy You is published by Heywood Hospital. The information is intended to educate people about subjects pertinent to their health, not as a substitute for consultation with a personal physician.

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Heywood's Community Health and Wellness Investments

Community Health Assessment

Partnered with the Joint Coalition on Health, CHNA 9 and the Minority Coalition to finalize and release a comprehensive health assessment.

The Gateway Health Access (GHAP) Program

The GHAP program assisted 1,786 people and enrolled 69%, 1,227 in health insurance during the past year.

The Screening, Brief Intervention, Referral and Treatment Program

Screened 1,056 Emergency Room patients. 23% screened were positive for substance abuse, and 38% of those were admitted to a substance abuse program.

The Winchendon School-based Health Center

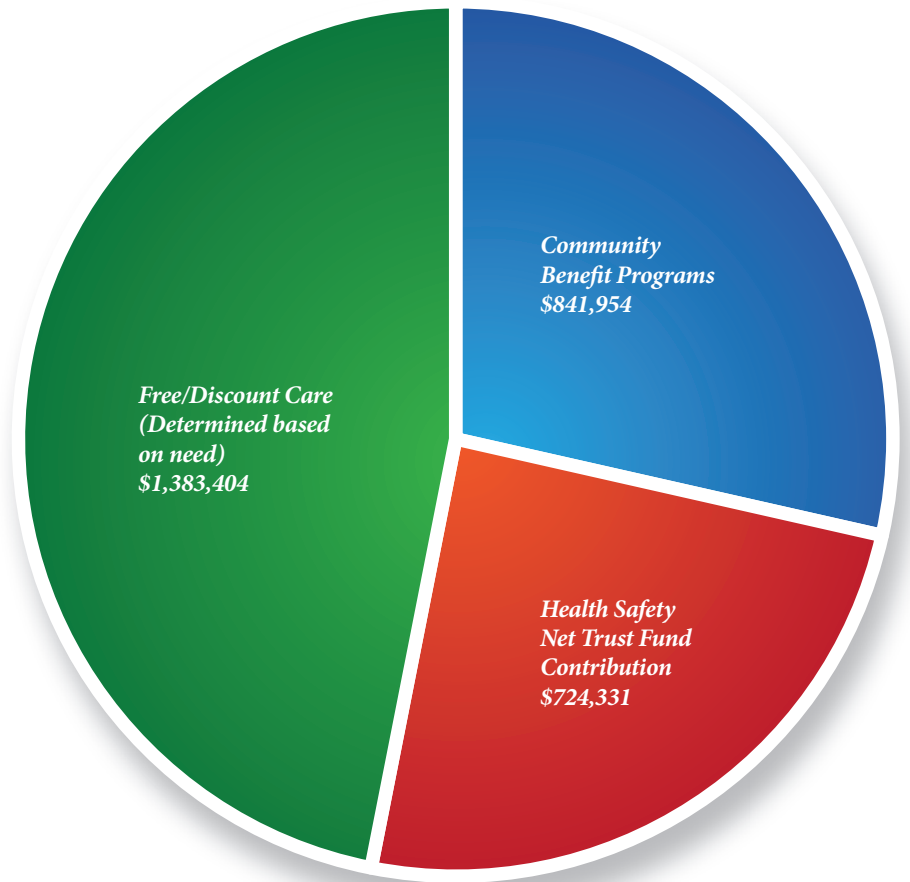
Provide direct urgent care and mental health services for students to reduce incidence of substance abuse and to connect with needed resources.

Off Our Rockers

A weekly fitness and nutrition session for 120 grade K-2 students in the Gardner elementary schools. Since it began, it has provided 1,680 servings of healthy snacks and 630 minutes of exercise, contributing to a 6% decrease in BMI of incoming first grade students.

Diabetes Cooking Classes

In 2011, launched new community cooking classes targeting the reduction of Chronic Disease/Diabetes in Adults, as indicated in the Community Health Assessment of North Central Massachusetts.



Heywood helps Gardner kids get Off Their Rockers to fight childhood obesity

To the amazement of their parents, kids at the Waterford Street School in Gardner are asking for hummus and veggies instead of junk food lately, due to the healthy lifestyle lessons of "Off Our Rockers" a program proudly sponsored by Heywood Hospital, as well as Hannaford Supermarkets, and championed by School Nurse Leader Rebecca Johnson and Heywood's Doug Miller, RN, the hospital's diabetes education coordinator.



Inspired by a desire to reduce rates of childhood obesity and adult-onset diabetes in the Gardner community, the program motivates students to be physically active and explore healthy food options one afternoon a week.

"We reached out to the schools and other community partners to develop a program that could bring physical activity and nutrition education right to the schools," says Johnson. "In addition to drawing from Doug's expertise and commitment, we were able to design a program that brings fitness instruction and a variety of healthy food options to kids at an age where they are eager to explore, try new things and begin to develop habits that can last a lifetime."

And as popular as it is with the students, parents are enthusiastic supporters as well. "That is our hope," says Miller. "We want to help kids develop healthy behaviors that they can share with their families and take into adulthood."

Living with Cancer

Heywood Hospital's Cancer Center keeps patients strong

When Carolyn Hebert was diagnosed with stage 4 metastatic breast cancer at age 38, two weeks before her wedding, she thought her life was over. Eight years later, Hebert is happily married and living proof of Heywood Hospital's exceptional cancer care.

"I wouldn't be here without Heywood's Cancer Center," says Hebert. I've been through a lot and from day one, when I came for my first chemotherapy treatment, they've kept me going strong."

Hebert's journey began with a routine mammogram and the diagnosis of an aggressive form of breast cancer that had also invaded her bones. Her treatment course has included multiple surgeries, including a mastectomy, removal of a cancerous tumor at the base of her skull, and the placement of stents between her pancreas and liver to bypass another tumor, radiation therapy and different chemotherapy regimens. "I'm living with cancer because Heywood has been with me every step of the way," says Hebert.

Hebert's experience is a testament to what Tina Griffin, DNP, Director of Heywood's Cancer Center, calls "a model for excellent cancer care" in the community. "The core of our program is an outstanding team of medical oncologists and hematologist oncologists who partner with specially trained nurses to assure each patient is informed, supported and confident that they are getting the best treatment possible."



Photo by Latrice Cooper

Gail Leblanc (L) and Carolyn Hebert (center) with Robin Trueheart, BSN, MEd, RN, OCN (right) at Heywood's Cancer Center

For Hebert and Gail Leblanc, 58, diagnosed with stage 4 breast cancer in 2008, Heywood's treatment paths have taken them to Boston and back, as Sheila Donnelly, M.D., Heywood's Medical Director of Oncology and clinical associate at Dana-Farber Cancer Institute secured their access to clinical trials at Dana-Farber and Massachusetts General Hospital. "She could just pick up the phone and talk to a doctor in Boston who has a trial for my kind of cancer, and I was in...just like that."

"That kind of access helps us as clinicians stay at the forefront and put our patients there as well," says Dr. Donnelly. "Through our training, clinical practice and as researchers ourselves, we've worked with physicians around the country who are doing ground-breaking work in cancer treatment. We use those relationships to stay current on treatment innovations and to make sure that even our most challenging patients have options."

"People say, 'go to Boston for your care.' I tell them, I did and

Meet our Cancer Center team!

Leblanc has needed those options, as different chemotherapy regimens targeted to her unique type of cancer have compromised her bone marrow's ability to produce blood platelets. "Dr. Donnelly and the people at Heywood are the best. They have given me more time ... they make all of us strong" says Leblanc.

Anchoring Heywood's Cancer Center is a distinguished and uniquely committed team of oncology nurses, "an amazing group of truly caring professionals," says Hebert. "They are my second family." More than just skilled in compassionate care, each Cancer Center nurse has the distinction of being "oncology nurse certified." "OCN certification means that these nurses have had to fulfill rigorous requirements and meet an extra standard of expertise in caring for cancer patients," says Griffin.

In addition to collaborating with surgeons and radiation oncologists at the Simonds-Sinon Regional Cancer Center in Fitchburg, Heywood Hospital's multi-disciplinary cancer team includes a dedicated nutritionist, social workers to help patients and families cope with the multi-faceted challenges of a cancer diagnosis, pain services and integrative therapies, including meditation and Reiki provided on-site at no charge to patients. Heywood also offers support groups and "Look Good, Feel Better," a joint program of Heywood Hospital and the American Cancer Society, designed to help patients feel good about themselves while undergoing treatment.

For more information on cancer services at Heywood, call 978-630-6457 or visit www.heywood.org.

I like Heywood better."

Heywood Hospital's Cancer Center is led by a distinguished team of specialists who are uniquely dedicated to patient-centered collaboration to assure each patient has easy access to the best treatments possible for their unique needs:

Tina Griffin, DNP, FNP
Director of the Cancer Center
Pain Consultant

With advanced degrees and training as a Nurse Practitioner, Tina Griffin has worked with and on behalf of cancer patients for more than 15 years. Tina collaborates with physicians in the Center on treatment planning and works with new patients and their families to ensure comfort and continuity as they enter into treatment. She also brings more than a dozen years of experience in pain management, including providing palliative care consultation for in-house hospice patients.



Sheila Donnelly, MD
Medical Director of Oncology
Clinical Associate at Dana-Farber
Cancer Institute

Board certified in medical oncology and an accomplished clinician who trained and worked on the frontlines of cancer treatment in Boston, Dr. Donnelly's clinical and research interests include breast cancer and community based cancer therapies.



Saleem A. Khanani, MD
Hematologist/Medical Oncologist

Board certified in Hematology/Medical Oncology, Dr. Khanani is an accomplished clinician and researcher, contributing to scientific understanding of the role of emerging medical therapies for cancers of the blood as well as lung and colorectal cancer. His clinical interests also include cancers of the bladder, prostate and esophagus.



Madhavi K. Toke, MD
Hematologist/Oncologist, Simonds-Sinon
Regional Cancer Center

Board certified in Hematology/Oncology, Dr. Toke is a distinguished physician recognized for clinical expertise and research in the fields of leukemia and pancreatic cancer. Her clinical interests also include breast and lung cancer.



A New Era of Innovation in Diagnostic Imaging

Heywood Hospital opens new MRI Center with “Open MRI” Technology

For any patient who has undergone a conventional MRI, the diagnostic value of this advanced imaging procedure is often at the expense of comfort. For even the most mildly claustrophobic patient, virtual encasement in a noisy, narrow tube for upwards of 40 minutes can be a stressful experience.

At Heywood Hospital’s new MRI Center, patients can literally breathe easier. Not only does the spacious new facility offer roomy,

comfortable waiting areas and exam rooms, the Center also features leading edge MRI technology that boosts clinical diagnostic capabilities for physicians at the same time it improves the patient experience.

Called an “open bore” MRI, Heywood’s new state-of-the-art Toshiba scanner features a larger imaging channel that can accommodate patients up to 440 lbs, providing room for full range of motion movement and more breathing space. Unlike conventional MRIs, this scanner can allow some patients to keep their heads outside the unit. It also features Toshiba’s patented “Pianissimo” technology that dramatically reduces the “acoustic noise” of conventional MRIs and enables patients to enjoy music selections piped through the unit to help reduce anxiety and improve the quality of the experience.

“I’ve had many MRIs and they were never a great experience,” says Ellen Decouteau, one of the first

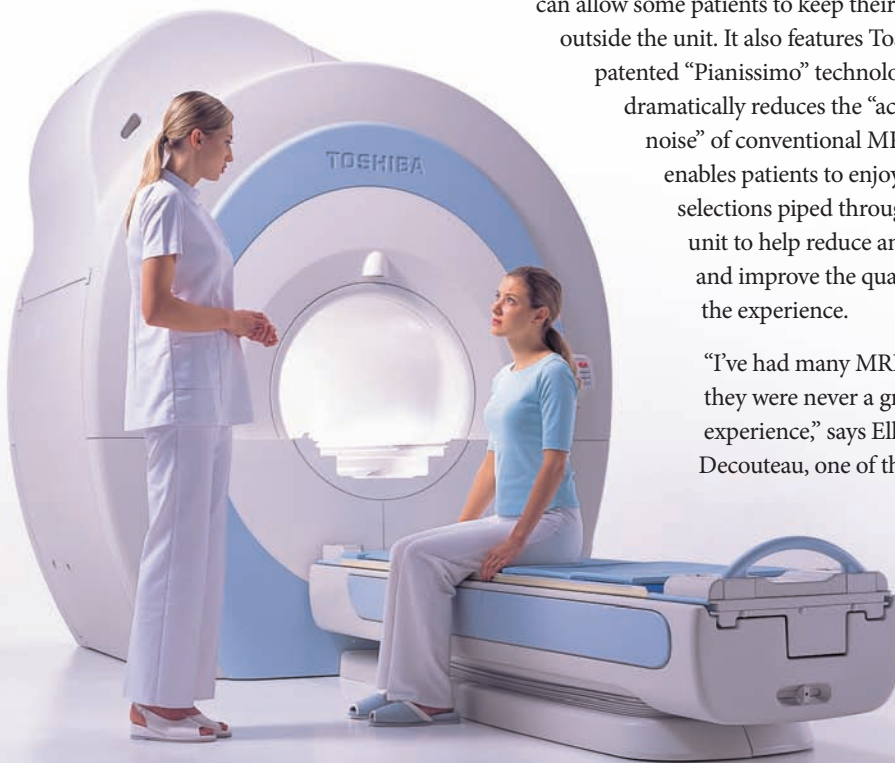
patients to have an MRI in the new Center. “The tube was always so narrow and there never seemed to be enough room for your arms. But my experience at Heywood’s new MRI Center could not have been better.”

“The MRI is so open, comfortable and quiet, I could listen to my favorite music and actually relax.”

Patient - Ellen Decouteau

Patients aren’t the only ones who benefit from the innovation that defines Heywood’s new MRI Center. Physicians who want the diagnostic sophistication offered by the most advanced scanning technology are realizing benefits as well.

“Because this system features both the latest magnet technology and the largest available clinical field of view, physicians can see





Radiologists, Bruce Bertrand, MD and Laura M. Chen, MD review digital MRI results in Heywood's high-tech reading room.

more detailed images and more precisely detect abnormalities earlier than ever before,” says Heywood Hospital Chief of Radiology Bruce Bertrand, MD.

MRI uses magnetic fields and pulses of radio-wave energy to create detailed images of organ and tissue structures, detecting tumors, inflammation, bleeding, blood vessel damage and other disorders. Because MRI doesn't expose patients to radiation, it can be a safer, more effective alternative to CT scans and x-rays, particularly for imaging of the head, heart and muscle systems. Unlike conventional vascular MRIs, which may require patients receive contrast dye to show abnormal tissue more clearly, Heywood's new MRI system offers the most innovative techniques for contrast-free imaging. This is important for patients who have known kidney issues or diabetes and may not be able to tolerate contrast solutions.

Heywood's new MRI Center brings an enhanced level of diagnostic sophistication to the community. In addition to improving the experience for patients familiar with the old unit previously located in a small trailer outside the hospital, Dr. Bertrand believes the Center offers a compelling alternative to patients who thought they had to travel outside the community for the best technology. “This MRI Center combines the clinical benefits of superior quality imaging for precise diagnoses with optimal patient comfort – and it is all right here.”

To schedule an MRI appointment, call 800-634-2468. For more information, visit www.heywood.org.

State-of-the-art Imaging Services at Heywood Hospital

You'll find the latest in diagnostic imaging services just moments from home at Heywood Hospital. From traditional x-rays to advanced computed tomography (CT), our expert radiologists are here for your diagnostic imaging needs.

Below is a helpful glossary of common diagnostic imaging tests that your physician may recommend:

X-ray

The oldest form of diagnostic imaging, x-rays involve exposing a part of the body to a small dose of ionizing radiation to produce pictures of the inside. Organs or tissues cast shadows, with the more dense tissues being more clearly visible.

Ultrasound

High-frequency sound waves—far above the audible range—are directed toward the area of interest. Tissues reflect, absorb, and refract the waves differently and the echoes are transformed into real-time images.

Mammography

Uses a low-dose x-ray system to examine compressed breasts for early detection and diagnosis of disease.

Digital Mammography

X-ray film is replaced by solid-state detectors that convert x-rays into electrical signals, similar to those found in digital cameras, resulting in better diagnostic visibility.

CT Scan (Computed Tomography)

Unlike conventional x-ray, computed tomography, or CT scanning, captures a series of images called slices that show slim cross-sections of the area of interest, revealing information about the inside of organs and tissues.

Cardiac CT scan

This test is a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries—the vessels that supply oxygen-containing blood to the heart muscle.

Bone Density Testing

Also called dual-energy x-ray absorptiometry (DXA or DEXA) or bone densitometry, it is an enhanced form of x-ray technology that is used to measure bone loss.

Playing for a Truly Important Cause

The 20th Annual Golf Classic raised **\$101,550** for the new Diabetes Center of Excellence and existing diabetes programs



Golfers from Left to Right: Betsy Turczynski, RN, Turk Turczynski, Tracy Turczynski and Brian Blondin, MD



Golfers from Left to Right: Patricia Johansson, Shelia Donnelly, MD, Julie Rossi and Janet Latour

An overcast sky made way for welcome sunshine, as participants arrived at Heywood Hospital's 20th Annual Golf Classic, held June 18 at the Oak Hill Country Club in Fitchburg. "I've been to every one of the Golf Classics since the beginning and it's always a wonderful day," said James Faust, MD, a long-time Heywood physician and golf committee member. "We never know whether we'll be playing in the pouring rain or beautiful sunshine, but we always know that we'll be playing for a truly important cause." Heywood's Golf Classic, which celebrates its 20th anniversary this year, is one of the hospital's signature events which has helped to fund a wide variety of programs and services during the past two decades.

And this year was no exception. 144 golfers enjoyed a day of fun and camaraderie, while raising \$101,550 toward the establishment of the hospital's new Diabetes Center of Excellence, which proactively addresses the high incidence of diabetes in Gardner and its surrounding communities.

"Tackling diabetes is a leading community health imperative," said Winfield S. Brown, Heywood's president and CEO. "I would like to thank our 2012 Golf Classic sponsors and players whose generosity will allow us to make a significant impact on the health of our community. Our Diabetes Center of Excellence is dedicated to reducing the impact of diabetes in our region by

promoting healthy lifestyle choices that have been known to reverse diabetes or even stop the disease from developing."

Heywood's annual Golf Classic has underwritten a wide variety of hospital initiatives and services over the years, including oncology, surgical day care, endoscopy and capital projects. Many participants, volunteers and committee members have been strong, long-time supporters, including Heywood Golf Classic Executive Chairman James A. Faust, MD and Chairman Chris Watkins, who have been with the tournament since its inception.

Major sponsors of this year's Heywood Hospital Golf Classic include Dr. and Mrs. James A. Faust, UMass Memorial Health Care, Inc., Hub Health Care Solutions, Advanced Cable Ties, Inc., Bostonian Group, MedStar Ambulance, Royal Steam Heater Company, Dr. and Mrs. John Skrzypczak, and TD Bank.

Heywood's Diabetes Center of Excellence expands efforts to curb silent, deadly epidemic

According to the American Diabetes Association, 26 million Americans have diabetes, and 7 million of them don't know it. Locally, the statistics are equally concerning, as estimates suggest more than 4,100 have been diagnosed with diabetes and upwards of 1,120 individuals have the disease but are undiagnosed. And while it is unknown how many thousands in our community may be pre-diabetic, an estimated 80 million Americans are known to be pre-diabetic, with risk factors and lifestyles that, unchecked, may lead to the disease that quietly destroys circulation to the heart, brain, kidneys, legs, eyes and skin. Known as "the silent killer" diabetes' life threatening complications include stroke, heart disease, kidney failure and some types of cancer.

Diabetes is a disease where there is too much glucose in the blood stream. Unlike Type 1 diabetes, which is relatively uncommon and genetic, Type 2 Diabetes is preventable – even reversible – if diagnosed early and managed with lifestyle changes, most notably, nutrition, exercise and achieving and maintaining a healthy body weight. Risk factors include being overweight and inactive, though race, family history and age can also increase risk. Early symptoms include frequent urination, increased thirst, fatigue and blurred vision.

"Because irreversible damage is done before an individual even knows he/she is diabetic, our goal is to expand efforts to improve awareness of diabetes as not only

life-threatening, but as preventable," says Denise Foresman, MS, RD, LDN, clinical nutrition manager and diabetes instructor at Heywood Hospital.

Heywood's Diabetes Center of Excellence builds upon an already distinguished diabetes program, which includes a Diabetes Self-Management Education Program. Certified by the American Diabetes Association and the American Association of Diabetes Educators, the program offers one-on-one guidance and support in managing diabetes. Led by a team of registered dietitians and certified diabetes educators with expertise in fitness and psycho-social support, the program has served more than 3,000 patients since it was established 8 years ago.



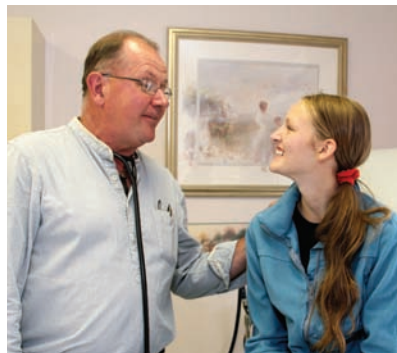
*Golfers from Left to Right:
Chris Watkins, Steven Yerid, MD,
Justine DeFronzo, RN and Win
Brown, Heywood's President & CEO*

Outstanding Family Medicine When and Where You Need It

Winchendon Health Center welcomes new physicians and new patients

More than just medical care when you need it, true primary care is preventive health management that can detect underlying issues or potential problems that left undetected, could lead to serious, even life-threatening health issues at any age. From newborn and pediatric care through adolescence and young adulthood, into middle age and senior citizenship, a trusted relationship with a primary care physician can help assure optimum health by screening for problems that can have a life time of consequences – from hormonal imbalances to high blood pressure, diabetes or early stage cancers.

For 30 years, Winchendon Health Center (WHC) has been a model of community-based primary health care excellence. Led by John Harrington, MD, Medical Director, David Havlin, MD, Eliot Nottleson, PA and Megan Tracy, NP-C, WHC is proud to offer both the skilled expertise of board certified family physicians and clinicians who have been part of the fabric of the community for generations. WHC's dedicated clinical team also includes five primary care nurses with more than 70 years of family health experience among them. And WHC is welcoming two new physicians to the community.



Family physicians, like Dr. Harrington, provide comprehensive primary care for the entire family.

“Our role is working with individuals and families to assure they’re getting the right care at the right place at the right time,” says Dr. Harrington. “Because we have relationships that allow us to care for the patient and about the patient, we work closely with each individual to assure they have the information, support and care they need to stay healthy, get healthy or manage chronic issues so that they don’t become major health crises.

Conveniently located on the historic site of the former Winchendon Hospital, 55 Hospital Drive in Winchendon, WHC offers on-site lab and digital imaging for patients who require additional diagnostic evaluations. Providers are available to see patients Monday-Friday, 8:00am-6:00pm, and Saturdays 8:00am-12:00 noon.

Welcoming new patients: two physicians join the Winchendon Health Center team

Winchendon Health Center is pleased to introduce two physicians new to the community-based family medicine practice:

Kavitha Kayathi, MD

Dr. Kayathi is a board-eligible family physician joining WHC from the Mid-Hudson Family Medicine Residency program in New York. Dr. Kayathi’s research projects include breastfeeding, prenatal infection in women and newborns, school-based health programs and geriatric medicine. Her clinical interests include diabetes, hypertension, heart failure, asthma, chronic lung conditions, women’s health and preventive medicine.



Qiwei (Kevin) Zhang, MD, PhD

Dr. Zhang is a board-eligible family physician joining WHC from the University of Wisconsin St. Luke Family Medicine Residency program in Wisconsin. In addition to his doctorate of medicine, Dr. Zhang also earned a PhD in Medical Pharmacology from the Indiana University School of Medicine, where he completed a medical research fellowship in Dermatology. The recipient of numerous academic achievement awards, Dr. Zhang’s clinical interests include full spectrum family medicine, sports medicine — including joint injection, skin care, school-based health programs and urgent care.



A Fond Farewell and a Warm Welcome for Emergency Medicine Chiefs

After 30 years as Chief of Emergency Medicine at Heywood Hospital, John Skrzypczak, MD is retiring from his long-time position. During his tenure at Heywood, his contributions have been immeasurable. His clinical expertise and passion for quality patient care has touched the lives of thousands of patients in the greater Gardner community. Under his leadership, Skrzypczak brought emergency medicine into the digital age and launched the state-of-the-art Watkins Center for Emergency Medicine. We would like to extend our sincerest thanks for Dr. Skrzypczak's three decades of service to Heywood Hospital and the patients we serve.



Thank you, Dr. Skrzypczak, for 30 years of service!



Joining us as the new Chief of Emergency Medicine is Steven Yerid, MBA, MD. A native of Massachusetts, Dr. Yerid is Board Certified in emergency medicine. He received his doctorate in medicine from the University of Vermont College of Medicine and went on to complete his residency in emergency medicine at the University of

Chicago Hospitals in Illinois. In addition, Dr. Yerid earned his Masters of Business Administration from the MIT Sloan School of Management. Most recently, Dr. Yerid served as an emergency physician and Director of Emergency Medicine at St. Vincent's Hospital in Worcester.

Welcoming a New Director of Hospitalists

It is our pleasure to welcome Seema Sahib, MD as the medical director of the hospitalist program at Heywood. Hospitalists are physicians dedicated to caring for patients while in the hospital setting. In addition, hospitalists facilitate communication and treatment planning with primary care and specialist physicians, providing comprehensive treatment during and after a patient's hospital stay. Board certified in Internal Medicine, Dr. Sahib

received her medical degree at Goa Medical College and University, and completed her residency at North Shore University Hospital at Forest Hills in New York. Prior to her tenure at Heywood, Dr. Sahib served as senior hospitalist at UMass Memorial Medical Center in Worcester.

Health and Wellness Programs at Heywood Hospital — Summer/Fall 2012

Healthcare Provider CPR and Heartsaver CPR and First Aid

AED overview and how to save someone who is choking. Perfect for families, businesses and civic organizations.

- One instructor
- A maximum of 6 people per class
- Relaxed training environment
- Refreshments provided
- Great for recertification
- Ages 10 and up

Classes will be held on August 11, September 8, October 13, November 10 and December 8.

CPR 9:00am – 12:00pm, \$45 ~ First Aid 12:30pm – 3:30pm, \$45

Both Classes \$80 (Prepayment is required)

Classes will be held at Heywood Hospital. For more information contact Heywood Hospital Office of Community Relations at (978) 630-6248.



Joint Replacement School

Total Hip or Total Knee Replacement: Preparing You for Surgery and Recovery

Attend a FREE informational session with one of Heywood's Orthopedic Surgeons.

Second Wednesday of every month from 5:00-6:30pm

Beverages and snacks will be provided

Pre-registration is required – to register or for more information please call (978) 630-6126 (interpreter services available with pre-registration)



Quit to Win: A Smoking Cessation Program

Heywood Hospital is partnering with the Fallon Community Health Plan to offer the FREE "Quit to Win" Smoking Cessation Program. Receive competent advice and compassionate support that can really help people become tobacco free.

Wednesdays from 7:00-8:00pm

For more information, call 1-888-807-2908 or email Quittowin@fchp.org



"Fall into Good Health" Series for Seniors

Join Heywood Hospital and the Greater Gardner Golden Age Club for the FREE seminar series Fall into Good Health. Seniors will find topics specifically targeted for their health needs.

Easy and convenient, these seminars will be held at the Gardner Senior Center, 294 Pleasant Street in Gardner at 1:30 pm twice monthly through December.

September 12 Kick-off with Heywood Hospital President and CEO, Win Brown

September 26 Joint School

October 10 Nutrition and Diabetes

October 24 Understanding Cancer

November 14 Cardiac Health

November 28 Be MedSmart

December 12 Benefiting from Physical Therapy

Childbirth and Parenting Classes

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: Four-Series Class

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

First four weeks of every other month on Tuesdays
(August and October) from 6:00-9:00pm at
Heywood Hospital

First four weeks of every other month on Wednesdays
(September or November) from 10:00am-1:00pm
at Winchendon Health Center

\$50 delivering at Heywood; \$80 delivering elsewhere

Childbirth Education: Refresher Class

For those with previous childbirth experience, this one-evening class reviews breathing and relaxation techniques, signs of labor and other topics including sibling preparation.

August 8 or October 10 from 6:00-9:00pm

\$40 delivering at Heywood; \$55 delivering elsewhere

Childbirth Education: Saturday Class

This one-day class is a condensed version of the four-week series.

September 8 or November 10 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.

August 15 or October 17 from 6:30-7:30pm

\$15 delivering at Heywood; \$20 delivering elsewhere

Infant/Child Safety and CPR Evening 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.

Weeknight: August 1 or October 3 from 5:30-8:30pm

Saturday: September 1 or November 3

from 9:00am-12:00pm

\$40 per couple; \$30 per person

Meet the Doula

Heywood Hospital offers a volunteer Doula program to enhance the comfort of our patients by providing FREE continuous, uninterrupted care for the laboring woman and her family. The Meet the Doula night is a great opportunity to meet some of our Doulas and learn about the benefits of a Doula, which can include 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

Mother and Baby Class

Teaches new mothers what to expect during the first three months after your baby is born. Includes information on the post partum period as well as newborn care.

First Thursday of every month from 6:00-8:30pm

\$20 delivering at Heywood; \$30 delivering elsewhere

Prenatal Breastfeeding Class

This class will provide you with the information and 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 if you plan to return to work.

September 10 or November 12 from 6:00-8:30pm

\$20 delivering at Heywood; \$30 delivering elsewhere

For more information
about these and
other programs at
Heywood Hospital,
visit heywood.org

Sibling Class

This class is intended to prepare children for the arrival of a new brother or sister. Topics include how babies are fed, diapered and cared for. Children are shown a brief movie and given a tour of the maternity unit so they can see where mom and the new baby will be once it is born. The class even comes complete with coloring book, crayons and cookies!

September 16 or November 18 from 1:00-2:30pm, \$15

Teen Childbirth Education Class

Class content is similar to the four-week series class, but is offered in a three-week condensed format specific to the needs of teens and young adults.

August 6 or October 1 from 4:30-7:30pm

\$40 delivering at Heywood; \$55 delivering elsewhere



Support Groups

Alzheimer's Caregiver

This group is for family and caregivers of Alzheimer's or dementia patients.
Held on August 29, September 26 and October 31 from 2:00-3:00pm in the OBS Conference Room. Dates and times are subject to change. For more information contact Josh Diggins or Ann Fenlason at 978-630-6325.

Bariatric Surgery Patient

This group is open to those who have had bariatric surgery, including gastric by-pass or gastric-banding.
Held on the third Tuesday of each month from 6:30-8:30pm in Heywood Hospital's Volney Howe Conference Room. For more information contact Lynne Shaw, RN, BSN, MBA at 978-724-0040 or quabbinHCC@gmail.com

Better Breathers Club

Provides a source of ongoing education and support for individuals with breathing problems and lung disease, along with their families and friends.
Held on the first Monday of every month (except 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.

Breast Cancer

This group meets the second week of the month, Wednesday at 7:00pm or Saturday at 9:00am at 250 Smith Street in Gardner, MA. For more information contact Paula D'Entremont at 978-632-5491.

Breastfeeding

An informal way for local breastfeeding mothers to share information, support and encouragement. Babies (and breastfeeding) are always welcome.
Held 10:00-11:00am on the first Wednesday of every month in the Medical Arts Building Conference Room at Heywood Hospital.

Cancer

Sponsored by Heywood Hospital, the Cancer Support Group is designed to provide support for patients and their families.
Held the fourth Wednesday of every month from 7:00-8:00pm in Heywood Hospital's Medical Arts Building Conference Room. For more information contact Linda LaRoche, RN at 978-630-6457.

Cancer Patient Caregiver

Any caregiver of a cancer patient that needs support will be welcome.
Held the last Wednesday of every month at 3:00pm. Please call for location. For more information call Brenda Mildish, LSW, Medical Social Worker, at 978-630-6517.

Celiac Patients

This group is for individuals diagnosed with celiac disease or gluten/wheat intolerance. For more information, contact Rachel King, MS, RD, LDN at 978-630-6289.

Community Birth/Loss

Parents who have experienced miscarriage, stillbirth or the death of a newborn are welcome. Sponsored by UMass Memorial Health Care, Milford Regional Medical Center and Heywood Hospital.
Meetings held monthly. For information contact Elena Coffey, MA, LCSW at 508-334-8567; Karen Pecci, LICSW at 508-422-2030; or Jill Cormier, LCSW at 978-630-6458.

Diabetes Education and Support

This multi-purpose group is designed to expand participants' diabetes knowledge and help with daily coping, as well as provide participants with the opportunity to share ideas/experiences.
Held monthly (September–June) on Mondays from 6:00-7:00pm or Wednesdays from 2:00-3:00pm in the Heywood Hospital Dining Room. For information contact Doug Miller, RN, CDE at 978-630-5719.

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 with clients by calling Jeannie Sanborn at 978-630-6490.

Parkinson's Disease

This group was developed to aide individuals with Parkinson's to better understand their disease and to plan for their care more effectively.
Held on the last Wednesday of each month in the Heywood Hospital Dining Room Conference, Room B at 2:00pm. For more information contact Carl Billington 978-632-9682 or karter@tiac.net.

For more information about these and other programs at Heywood Hospital, visit heywood.org



Substance Abuse Family Support

Are you the parent of a teenager or young adult who is currently abusing drugs and/or alcohol? Would you like to meet other parents in a confidential, relaxed environment to share your experiences and provide mutual support? Guest speakers are scheduled at every meeting and refreshments are served.

Held from 7:00-8:00pm on the following dates:

August 14 OBS Conference Room

August 28 Volney Howe Conference Room

September 11 OBS Conference Room

September 25 Volney Howe Conference Room

October 9 Hospital Aid Conference Room

October 23 Volney Howe Conference Room

For information contact Sue at 978-630-6221 or Tina at 978-630-6132.

Suicide Survivor

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

Meetings are held the second Wednesday of the month at 6:30pm. For more information call 978-630-6377.

Transgender

Family, spouse and significant others are welcome. Group is lead by Leslie Fabian, LICSW.

Meetings held the fourth Wednesday of the month at 6:30pm in the Volney Howe Conference Room. For information contact Heywood's Multicultural Service Department at 978-630-6166. Interpreter services are available upon request.

■ ■ ■ LACHANCE MATERNITY CENTER

**Looking for a rewarding
volunteer opportunity?
Train to be a Volunteer
Doula with LaChance
Maternity Center**

What is a Doula?

A Doula is a woman experienced in childbirth who is specially trained to provide various kinds of support for the mother before, during and after the birth. They work alongside our maternity staff and are an integral part of the LaChance maternity team.

**Classes are being offered September 28, 29, and 30.
If you are interested, call Karen Beaton, director of
maternal child health at (978) 630-6475.**

