

A Healthy You

The Community Health Magazine
of Heywood Healthcare

Vol. 3 2013

Mom Laura and baby Ava
of Leominster
Photo by Latrice Cooper

Healthier Together: Heywood, Athol & You

Fighting Diabetes and Winning
The Specialty Care Center at Heywood Hospital
Empowering your Autism Spectrum Child
Health and Wellness Programs

 **Heywood Healthcare**
Athol Hospital | Heywood Hospital

A Message from the President & CEO



We are proud to have Athol Hospital as a partner, with its legacy of quality healthcare services and programs. We look forward to enhancing and expanding those services it provides to meet the needs of the North Quabbin communities. Many service additions are already being put in place, as you will read in our cover story.

Dear Friends of Heywood Healthcare,

It is my pleasure to welcome the residents of the North Quabbin region to the Heywood Healthcare family. As the newly branded parent company of Heywood Hospital in Gardner and Athol Hospital in Athol, Heywood Healthcare brings comprehensive new healthcare services and programs to all the communities of North Central Massachusetts, from Westminster to Erving and Richmond, NH to Barre.

You will notice a new look to both Heywood and Athol Hospital marketing which leverages the strengths of both organizations. Our fresh new feel represents the many positive changes on the horizon for both our healthcare family and our patients.

We begin by addressing one of the most serious and pervasive health concerns in our region, and in our nation, diabetes. It is estimated that nearly 7,000 people in the greater Gardner/Athol area have diabetes, many unknowingly, and an additional 28,000 residents qualify as "pre-diabetic." Left unchecked, these alarming statistics represent the potential for an onslaught of chronic disease associated with diabetes, including heart disease, stroke, kidney disease and visual impairment.

Heywood Healthcare is committed to preventing and controlling diabetes through education and early intervention. For the second year in a row, Heywood Hospital's annual Golf Challenge benefits the Diabetes Center of Excellence and its many educational and outreach programs designed to combat this silent killer. In addition, we are expanding our class offerings to include new, free or low-cost Health and Wellness classes that promote lifestyle changes known to prevent diabetes, heart disease, and high blood pressure.

I would also like to pay tribute to my friend, healthcare colleague and former President and CEO of Athol Memorial Hospital, Steve Penka. A strong and thoughtful leader, Steve helped steer Athol on a course of success as a critical access hospital during his seven years at the helm. Despite his recent passing, Steve's legacy will live on through the many lives he has touched, and in the hospital's continued success and service to its community.

We look forward to providing quality, community-focused, care tailored to meet the health needs of all the residents of North Central Massachusetts. Together, we can make our region a better place to raise our families and enjoy the benefits of stronger, healthier lives.

Yours in good health,

Win Brown
President & CEO
Heywood Healthcare

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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, 153-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.

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Healthier Together: Heywood, Athol & You

With approval of the partnership between Heywood Hospital and Athol Hospital in late December of last year, a new regional healthcare organization was created, which focuses on providing quality, local healthcare services based on the needs of the communities of north central Massachusetts and southern New Hampshire. Made up of Heywood Hospital in Gardner, MA, and Athol Hospital in Athol, MA, Heywood Healthcare includes four satellite facilities: Heywood Rehabilitation Center, Gardner, MA; West River Health Center, Orange, MA; Winchendon Health Center and the Murdock School-based Health Center, Winchendon, MA; and Heywood Medical Group – offering primary care and specialty physicians throughout the region.

“Together, our hospitals and affiliated organizations have the strength to navigate the challenges of the healthcare industry, while providing long-term access to quality, locally-controlled and -oriented care for residents of our communities,” said Win Brown, who serves as president and CEO of the newly formed Heywood Healthcare, and both Heywood and Athol hospitals. “Through this partnership, our hospitals and our affiliates have the opportunity to make a positive impact on our communities’ health by providing patients with access to a wider array of easily accessible healthcare services at the local-level.”

Athol Hospital patients are experiencing some welcome additions to the quality services available there, including a new state-of-the-art MRI. This system enables doctors to improve diagnosis for a wide range of conditions, including cardiac and vascular disease; stroke; abdominal and brain



Cardiology specialists are now available at Athol Hospital. Heywood Cardiology physicians, left to right: Benjamin Prentiss, MD, Michael Stauder, MD, Kevin Floyd, MD and Robert Terlato, MD.

disorders; and musculoskeletal conditions in the knee, shoulder and other joints.

In collaboration with Heywood Medical Group, patients may now schedule appointments with nationally recognized cardiologists on-site at Athol Hospital. With this convenience comes the peace of mind of knowing that Athol area patients also have easy access to leading-edge technology at the Heart Center at Heywood Hospital – from Cardiac Catheterization to Electrophysiology to comprehensive Cardiac CT and Cardiac CT Calcium Score exams. And Heywood’s affiliation with UMass Memorial Healthcare’s Heart and Vascular Center of Excellence assures a seamless transition if more advanced cardiac care is needed.

For patients recovering from joint surgery, stroke or injury, Athol Hospital is now offering more comprehensive in-patient and on-site outpatient rehabilitation

services. The newly equipped Athol Rehab Center provides the physical therapy tools needed to help patients regain and improve movement. In addition, the hospital’s new Swing Bed Program allows general patient beds to transition from an acute to a sub-acute care designation to meet the needs of recovering in-patients who previously may have been required to go to out-of-area to nursing facilities.

“I look forward to continuing to expand the breadth of healthcare services available to our patients at a local level,” said Michael Grimmer chief operating officer of Athol Hospital. “It is my privilege to work with our dedicated staff, physicians and volunteers to develop programs and services in Athol which will directly focus on the needs of our community and provide a strong healthcare infrastructure today and into the future.”

Coming June 15: The NEW Athol Hospital website! New look, easy to navigate. Visit www.atholhospital.org

Heywood Hospital's Diabetes Center of Excellence Fighting Diabetes and Winning



Rebecca Boutwell of Gardner, teaches her children, Sarah and Jacob, the importance of good nutrition for health. Photo by Latrice Cooper.

The United States Centers for Disease Control (CDC) consider diabetes an urgent public health issue, responsible for thousands of preventable deaths nationwide and billions of dollars in healthcare costs. Locally, the statistics are alarming. CDC estimates suggest that nearly 7,000 people in the greater Gardner/Athol area have diabetes, many unknowingly. Additionally,

an estimated 28,000 residents are “pre-diabetic,” with risk factors and lifestyles that can lead to a disease that quietly destroys circulation to the heart, brain, kidneys, eyes and skin.

In response to this emerging health issue, Heywood established the Diabetes Center of Excellence (DCE), to increase awareness and access to services which can help

effectively control, and possibly prevent a disease called “the silent killer”. Left unchecked, diabetes can lead to stroke, heart disease, kidney failure and blindness.

“Our goal in establishing this Center of Excellence is to leverage our expertise to expand outreach, education and support to the thousands of members of our community who are at risk,” says Denise

Diabetes: What you need to know

Diabetes is a disease where there is too much glucose in the blood stream.

Type 1: When insufficient insulin is produced by the body. Accounts for only 5-10% of cases.

Type 2: When the body does not properly or effectively use glucose. Often associated with poor diet and lack of exercise.

Gestational: Decreased ability of the body to properly absorb glucose. Can occur during pregnancy.

Risk Factors: Being overweight, inactive; race, family history, age

Symptoms: Frequent urination, increased thirst, fatigue/irritability and blurred vision.

Foresman, MS, RD, LDN and clinical nutrition manager. "Because irreversible damage can occur before a patient is diagnosed, we need to build awareness of this preventable, life-threatening disease."

The Diabetes Center of Excellence (DCE) also works with pre-diabetics, patients determined to have metabolic changes that can lead to diabetes. While a simple fasting blood sugar test can detect diabetes and pre-diabetes, patients who act fast can learn to control or even prevent the disease with education, lifestyle changes and medication.

Heywood's DCE is uniquely distinguished as one of just a few programs in the state to earn dual certification by both the American Diabetes Association and the American Association of Diabetes Educators. The staff expertise and program structure are equally distinctive. Unlike other programs that typically have just one certified diabetes educator working with groups of patients, Heywood's DCE has three certified diabetes educators who work with patients through a series of six one-on-one education sessions customized to meet their individual needs. Educators focus on key aspects of disease

management including the importance of nutrition and exercise, proper techniques for monitoring and medication use and coping skills.

"Because we respect our patients as individuals with unique challenges and lifestyles, our success lies in our ability to establish relationships that are very personal and supportive," according to certified diabetes educator Doug Miller, MPH, RN, CDE. "We engage and motivate our patients to understand their disease, set goals, and develop tools and techniques to help them manage and improve their well-being."

The DCE is creating a "Wall of Fame" to share patient success stories, like that of Buddy Osborne. Legally blind, Buddy attributes his success to the DCE's personalized approach. "Doug realized my challenges. He worked with the folks who do my shopping and meal preparation to help me get on track and encouraged me to get an exercise bike," says Osborne. "One year later, I ride my bike twice-a-day, I eat properly and I am totally in control of my diabetes."

After graduating, DCE patients are offered on-going support through a variety of resources, including fitness programs and cooking classes that bring together other graduates.

"While the personal nutrition instruction was incredibly helpful, my challenge was not just changing my own eating habits, but those of my entire family," says Gardner resident Becky Boutwell, a mother of two. "Since I graduated from the DCE program in 2010, their terrific monthly cooking classes help me assure a great variety of meal options for my family, and I love the camaraderie that comes with being part of this group!"

Boutwell is also a school nurse in Gardner and a strong proponent of DCE's outreach. "As a health professional working in the schools, I know firsthand how the disease can sneak up on you, and the risk it poses to our community. I can't emphasize enough how valuable Heywood's DCE is, as a resource and as an advocate for diabetes awareness."

For more information on Diabetes programs call the DCE at (978) 630-6289 or visit www.heywood.org

Focused on Ease, Accessibility and Convenience for Outpatients

The Heywood Center for Specialty Care

Innovative campus renovations completed at Heywood Hospital underscore its commitment to improved healthcare quality, streamlined outpatient access, enhanced customer service and attention to environmental stewardship.

The recently unveiled Center for Specialty Care (CSC) is a spacious 6,000 square foot facility located in the hospital's old emergency department (ED) that is uniquely dedicated to assuring area residents have easy, convenient access to skilled physician specialists from the UMass Memorial Medical Center and other regional teaching hospitals.

"It can be burdensome for patients to travel to Worcester or Boston for specialty expertise, so we are bringing expert specialists to Heywood," says Tina Santos, CNO and Vice President of Operations. "With healthcare increasingly being delivered in outpatient settings, we realized a unique opportunity to intentionally design an outpatient-centered facility within our hospital that offers easily accessible, clinically-excellent, service-oriented specialty care."

Heywood's CSC offers advanced clinical care in areas including neurology, rheumatology, endocrinology, podiatry, pain management and, coming soon, vascular surgery. Comprised of four physician offices, ten exam rooms and two consultation rooms, the CSC's patient-focused design also allows patients easy access to adjacent support services



Dr. Kal Kalava specializes in Pain Management at the Center for Specialty Care. Photo by Latrice Cooper.

including lab, radiology, patient registration and day surgery. The Center also features priority parking for patients, with designated spaces just steps from a dedicated entrance and reception center.

"Heywood's Center for Specialty Care will also benefit our patients by enabling more effective physician communication," says Jamie Richard, Practice Administrator for Specialty Care, Heywood Medical Group. "It can be challenging for primary care or referring physicians to stay on top

of a patient's course of care when that patient must see a physician outside our community. By bringing specialists here, our physicians can easily correspond with their colleagues, access necessary information and assure more seamless continuity and high quality care."

Located within the existing footprint of Heywood Hospital, adjacent to Heywood's new inpatient tower and ED, the CSC is both patient and eco-friendly, with structural features that reflect Heywood's

Meet the Specialty Care Center Team

Heywood Hospital's Center for Specialty Care is proud to introduce the following specialists now welcoming new patients:

Endocrinology

Richard Haas, MD

*Board Certification: Internal Medicine, Endocrinology, Diabetes and Metabolism, Diabetes, Metabolism
Clinical Interests: Diabetes, lipid disorders, thyroid disease*

Mira Torres, MD

*Board Certification: Internal Medicine, Endocrinology, Diabetes and Metabolism, Metabolism, Endocrinology
Clinical interests: General endocrine disease, thyroid disease, thyroid ultrasound*

Pain Management

Kal Kalava, MD

*Board Certification: Anesthesiology
Clinical Interests: Spine/joint injections, spinal cord stimulation, nerve blocks, epidural and facet injections
Saturday appointments available! Please call (978) 630-5045*

Rheumatology

Judith Stebulis, MD

*Board Certification: Rheumatology, Internal Medicine
Clinical Interests: Rheumatoid arthritis, spondyloarthritis, systemic lupus erythematosus*

Neurology

Mark Gibson, MD

Clinical Interests: Genetics, infectious diseases, metabolic diseases

Lan Qin, MD, PhD

*Board Certification: Neurophysiology, Neurology
Clinical Interests: Autonomic neuropathy, clinical neurophysiology, epilepsy, neuromuscular disorders*

Muhammed Ramzan, MD

*Board Certification: Vascular Neurology, Clinical Neurophysiology, Neurophysiology, Neurology
Clinical Interests: Cerebrovascular disease, electromyography, epilepsy, electroencephalography, neuromuscular disorders, neurophysiology*

Michail Vydrin, MD

*Board Certification: Neurology
Clinical interests: Alzheimer's disease, dementia, memory disorders, clinical neurophysiology, general neurology, headaches, movement disorders, seizure disorders, sleep medicine*

For more information or to schedule an appointment call (978) 630-5045

commitment to responsible stewardship of resources. Environmentally-friendly aspects of the building include “nora” rubber flooring, a thick, natural material that doesn't require toxic chemicals for cleaning, energy-efficient lighting and “low odor” paint that doesn't emit harmful fumes. To promote an atmosphere vastly different from that of an “inpatient hospital,” the CSC décor features a 24-inch high mural of sea grass and sky that extends 125 feet down the primary corridor.

These CSC features complement similar healthful, hospital-wide initiatives, including implementation of a no-smoking zone around the hospital campus, transitioning from electric to more efficient natural gas-powered kitchen equipment, removing fried foods from the cafeteria menu and adding more nutritious options, including vegetarian entrees. The hospital is also in the final stages of designing a solar panel-covered parking structure which, when complete, will provide 30% of the hospital's electricity.

“With our CSC and these other initiatives, we're not just transforming our hospital for the future,” says Santos, “we are transforming our community's healthcare experience, assuring easy access to the high-quality care that serves them best.”



THE ANNUAL HEYWOOD HOSPITAL

Golf Classic

Playing for a truly important
cause: the 21st Annual
Heywood Hospital Golf Classic

Monday, June 17th at the
Oak Hill Country Club
840 Oak Hill Rd., Fitchburg, MA

- 10:00 am** Registration and
driving range opens
- 11:00 am** Buffet Lunch
- 12:15 pm** Tee Off
- 5:45 pm** Reception and dinner

Proceeds to benefit Heywood's
Diabetes Center of Excellence.

For more information or to sign up,
contact Tarja Zarba at (978) 630-6248
or tarja.zarba@heywood.org.

■ ■ ■ PHILANTHROPY AT HEYWOOD HEALTHCARE

The Heywood Healthcare Annual Fund: You can make a difference!

As two of only 15 independent, community-owned hospitals in the Commonwealth, Heywood and Athol Hospitals look for support in a variety of ways to ensure the highest quality healthcare will always be available to those in and around our community.

Your leadership, support, and community-pride keeps Heywood and Athol at the forefront of delivering high quality health services and continuously pursuing opportunities to bring new, cutting-edge care to you and your family. A healthy community are Heywood and Athol's calling and legacy.

Exceptional care at Heywood isn't provided solely by our medical teams, but also by the generous gifts of patients and their families.

We ask for your support as we forge forward to address serious health issues that affect our community, such as diabetes and cardiovascular disease. The Annual Fund provides vital support to help Heywood Hospital maintain a level of clinical excellence and service to our patients and the community. Your gift to the Annual Fund can be designated to an area of personal interest, or left unrestricted, to be used where the need and impact is greatest.



Thank you for your consideration and support!

To make a gift online, please visit www.heywood.org
and www.atholhospital.org

What is Autism Spectrum Disorder (ASD)?

Autism Spectrum Disorder (ASD) is a new umbrella diagnosis for a spectrum of complex brain development disorders that include:

- Autistic disorder – characterized developmental difficulties with communication and socialization
- Asperger syndrome – similar to autistic disorder but with normal language development
- Rett syndrome – predominant in girls, characterized by early normal development that slows/stops, loss of hand use, intellectual disability and movement and seizure disorders
- Childhood Integrative disorder – rare condition where child learns skills then loses them by age 10
- Pervasive Development Disorder – otherwise not specified (PDD-NOS), a more complex form of autistic disorder

While ASD reflects disorders that begin in very early brain development, symptoms generally emerge between 18 months and three years of age. Early symptoms can include difficulty with pretend play, social interaction and verbal and non-verbal communication.

Consult your pediatrician if you have concerns about your child's development. If ASD is suspected, you will be referred for evaluation by a pediatric neurologist or pediatrician specializing in child development.

For more information on available resources or programs, please call the Heywood Rehabilitation Center at (978) 630-6900.

Empowering Your Child with Developmental Challenges Through Pediatric Outpatient Services

Wednesday, June 12 from 6:00-7:30 pm
in the Dining Room at Heywood Hospital

Refreshments provided. Reservations are not required. Please contact Community Relations at (978) 630-6248 with any questions.

Heywood Rehabilitation Center is hosting a free seminar on the speech, audiology and pediatric outpatient services offered and how these therapies can aid in the progress of a child with autism or other developmental challenges. We will also cover the importance of early evaluation and intervention and how Heywood Rehabilitation services can differ from therapy a child would receive in school.

Learn how Occupational Therapy resources can help your child's performance in school and how it can aid in their physical, social and behavioral development.

Discover what services are available for your child and what Massachusetts's insurers are mandated to cover.

FREE
Community
Program!



Making a Difference for Children with Autism Spectrum Disorder

Autism. According to a recent national study, 1 in 50 children will be diagnosed with Autism Spectrum Disorder (ASD). Like many medical disorders, a diagnosis of Autism can be frightening for parents. Compounding that fear is uncertainty and misunderstanding, as proper diagnosis of ASD can be the first in a series of challenges that can overwhelm and isolate parents who anticipate life-long implications for their child. Pediatric rehabilitation specialists at Heywood Rehabilitation Center (HRC) understand the complex emotions and challenges parents face when an autism diagnosis is made.

Heywood Rehabilitation Center is unique in the region as a provider of comprehensive, multi-disciplinary programs for children of all ages who are diagnosed with ASD and other developmental or learning disorders. Specialized therapists in Occupational, Speech Pathology and Physical Therapy work with children who have abilities on all levels of the spectrum. The goals of therapy are to encourage children to develop the skills and abilities that will lead to successful experiences in the classroom, at home and in social situations throughout their lives.

An autism diagnosis may not be immediately apparent. Often a parent may not realize their child has developmental or learning issues consistent with ASD until they get to school. This is particularly true with higher functioning students who fall low on the ASD spectrum. "These kids are incredibly bright but often struggle to be successful at school," says Lisa McKee, an occupational therapist who specializes in ASD. "They may have difficulties with handwriting, paying attention or socializing with their peers which can present daily challenges. The focus of Occupational Therapy is to work on these skills, with an emphasis on

positive outcomes for each child." Physical therapy can also be a vital component of development, particularly for children who need to work on gross motor skills such as balance, coordination and proper walking technique.

"Parents are integral to our therapeutic approach with children diagnosed with ASD," says Nancy Hanson, speech pathologist at HRC who specializes in ASD. "Here, parents find information, support and education from skilled clinicians who focus on each child's unique needs and collaborate as a team to help kids and their families."

Speech therapy is often a primary requirement, particularly for children with more complex ASD diagnoses. Communication issues can be extremely varied, including problems with language processing or comprehension, verbal organization or expression, understanding how to use language to interact socially, speech sound production, etc. Hanson and her colleagues use a variety of intervention techniques, including sign language and assistive communication devices, to develop communication skills with children as young as 18 months.

Therapists at HRC endeavor to raise awareness that ASD is common, complex and misunderstood, and many parents may not be aware of HRC services, or that most Massachusetts-based insurance companies are required to cover services for children diagnosed with ASD. "With increasing rates of diagnoses, schools and community programs struggle with huge financial burdens to properly support these children, so it is imperative that parents need to know that we are here."

Unfortunately, despite the frequency of this diagnosis, many families still feel

misunderstood. "It can be very hard, often people treat the whole family differently when they know you have a child with special needs," says the mother of an HRC ASD patient, who asked to remain anonymous. "It can be isolating, which is why I am grateful for the learning and support that we get from Heywood."

At HRC, parents find more than a safe haven where kids are celebrated and supported. They find constructive engagement and education to help them assure continuity of therapies at home and at school so that each child benefits from consistency. "Grace is so excited when she knows she is going to see Nancy and Lisa," says Liz, of her 7-year old daughter. "They not only make the therapy social and fun for her, but they help me connect the dots so that her learning isn't impeded and she can function to the best of her abilities at home and at school."

According to John Mulqueen, MD, a Gardner-based pediatrician, parents are key to early diagnosis and successful intervention for any developmental disorder, and there is increasing awareness among parents of signs that could suggest an underlying ASD diagnosis. "Parents are generally more aware of autism now than they were a decade ago and often raise concerns if their child is demonstrating certain behaviors," says Dr. Mulqueen. "We listen intently and ask a lot of questions to evaluate if any referral is necessary because early detection of any delay, regardless of whether or where a child falls on the ASD spectrum, leads to the most effective therapy."

For more information on the programs offered at Heywood Rehabilitation Center, please call (978) 630-6900.

Photo by Latrice Cooper

Heywood Rehabilitation Center offers understanding and customized support for children and their families. Occupational therapy offers positive support for developmental challenges. Therapist Lisa McKee works on skillsbuilding with a patient.



Health and Wellness Programs at Heywood Healthcare

Registration is required for all programs. For more information or to register, please call Community Relations at (978) 630-6248.

Wellness Programs at Heywood Hospital

For more information visit www.heywood.org

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-12:00pm, \$45

First Aid: 12:30-3:30pm, \$45

Both Classes: \$80. (Prepayment is required).

Classes offered for ages 10 and up. Please arrive 15 minutes early. For more information please call (978) 630-6248.

June 1 (CPR only), September 7 (First Aid and CPR), October 5 (CPR only), November 9 (First Aid and CPR), or December 12 (CPR only).

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 please call 1-888-807-2908 or e-mail quittowin@fchp.org.

Pilates

Pilates is a body conditioning routine that builds flexibility, strength, endurance and coordination without adding muscle bulk. In addition, Pilates increases circulation, helps to sculpt the body, and improves your mental and physical well-

being. Please wear comfortable clothing, bring a mat, water and a towel. Classes are for all levels of fitness. Presented by Stephanie Simon, certified personal trainer and pilates instructor.

*Tuesdays, May 7-June 11, from 5:30-6:30pm, Favor 2 Solarium. \$50 for six weeks or \$10 for drop-ins. **Drop-ins welcome!***

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 a series of carefully designed Chi Kung movements known as The Brocade of Eight. Because these gentle, easy-to-learn exercises involve body, mind and spirit, Chi Kung is remarkably effective in improving general health. Please wear loose comfortable clothing and bring a bottle of water. Presented by Mike Kressy, who has been studying and practicing Tai Chi Chi Kung for over 20 years.

*Wednesdays, May 1-June 26, from 6:30-8:00pm, Favor 2 Solarium. \$80 (May 1 introductory class is free). **Drop-ins welcome!***

Gentle Yoga

This program is designed to "de-stress" and release tension with gentle yoga moves for all fitness levels. Please wear comfortable clothing and bring a mat and water. Presented by Paula MaGee, certified YogaFit instructor and AFAA Personal Trainer.

*Thursdays, May 2-June 6, from 5:30-6:30pm, Favor 2 Solarium. \$50 for six weeks or \$10 for drop-ins. **Drop-ins welcome!***

Support Groups at Athol Hospital

The following support groups are free and meet at Athol Hospital in the first floor conference room unless otherwise indicated.

Cancer Support Group

Facilitated by the AMH Oncology Clinic's Bonnie Frank Hume, LICSW. Meets the first Wednesday of each month at 4:30 pm.

SMART Recovery

SMART Recovery is a cognitive/rational approach to overcoming addictive behavior and maintaining abstinence. Learn to manage your feelings and combat the urge to use drugs and/or alcohol. Meets on the first and third Saturday each month at 10:00 am in the Education Room.

Smoking Cessation

Quitting is more successful with support. Our group meets every Monday from 6:00-7:00 pm in the cafeteria dining room.

*Mom Brittany Gursky and son Evan Powers
of Barre, MA. Photo by Latrice Cooper.*

Health and Wellness Programs Heywood Healthcare — Summer 2013

For more information about these and other programs, visit www.heywood.org or www.atholhospital.org



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 one-evening class reviews breathing and relaxation techniques as well as signs of labor. Other topics include sibling preparation.

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

Childbirth Education – Four-week Class

Taught by certified childbirth educators, this class is designed for parents having their first baby. Covers 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 (June, August, October, December) from 6:00-9:00pm. \$50 delivering at Heywood, \$80 delivering elsewhere.

Childbirth Education – Saturday Class

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

Second Saturday of every other month (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 (June, August, October, December) from 6:00-9:00pm. \$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.

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

Infant/Child Safety and CPR: Saturday Class

Before your baby arrives, include in your safety planning our Infant/Child Safety and CPR class. Includes the same information as the evening class.

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

Meet the Doula

Our volunteer Doula program enhances the comfort of our patients by providing continuous, uninterrupted care for the laboring woman and her family. Meet our Doulas and learn about the benefits which can include a shorter labor, reduced need for pain medication and a decrease in C-section rates.

Fourth Monday of every month from 6:00-7:30 pm. This is a free service available to all patients that deliver at Heywood Hospital.

Mother and Baby Class

Learn 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 other month (July, September, November) from 6:00-8:30pm. \$20 delivering at Heywood, \$30 delivering elsewhere.

Prenatal Breastfeeding Class

This class offers 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.

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

Sibling Class

This class is intended to prepare children for the arrival of a new brother or sister. How babies are fed, diapered and cared for are some of the topics that are covered. 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.

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

Teen Childbirth Education Class

This program is similar to the four-week Childbirth Education class, but is offered in a three-week series with content specific to the needs of teens and young adults.

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

Support Groups at Heywood Hospital

For more information about these and other programs, visit www.heywood.org or www.atholhospital.org

AA Meeting

This group will be meeting every Tuesday in the Medical Arts Building Conference Room from 7:00 - 8:30pm.

Bariatric Surgery Patient Support Group

The group is open to those who have had bariatric surgery (such as Gastric Bypass and Adjustable Gastric Banding for weight loss) as well as those considering the surgery. No registration needed. The topics of discussion will be decided by the group and focus on the needs of the group.

The meeting will be held on the third Tuesday of the month from 6:30-8:30pm in the Volney Howe Conference Room at Heywood Hospital. This group session is not to be considered medical advice or as a replacement for any required steps in the gastric bypass medical care plan you have in place with your physician. For more information contact Lynne Shaw, RN, BSN, MBA at (978) 724-0040 or quabbinHCC@gmail.com.

Better Breathers Club

This club is designed to provide a source of ongoing education and support for individuals with breathing problems and lung disease, along with their families and friends. The topics of the meetings are suggested by the group members and are presented by a variety of guest speakers. The meetings are held in a relaxed atmosphere and conversation between group members on experiences or coping techniques is encouraged.

Meets on the first Monday of every month (except for 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 Support Group

This is a support group of local mothers who meet to exchange breastfeeding information, support and encouragement in an informal setting. Babies (and breastfeeding) are always welcome.

Meetings are held the first Wednesday of every month from 10:00-11:00am in the Lactose Room on the Maternity Unit. For more information call the LaChance Maternity Center at 978-630-6216.

Cancer Support Group

This group is designed to provide support for patients and their families through participation in group discussion 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.

Caregiver Support Group

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

Meetings held from 2:00-3:00pm in the OBS Conference Room on June 26, July 31, August 28, September 25, October 30, November 27 and December 18 (subject to change). For more information call Josh Diggins or Ann Fenlason at 978-630-6325. Co-sponsored by the Geriatric Psychiatry and Social Service Departments.

Community Birth/Loss Support Group

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

We welcome parents, families and friends to any or all of the monthly meetings. Held first Thursday of the month, 7:00-8:30pm, MAB Conference Room. For more information, please contact Jill Cormier, LCSW at (978) 630-6458.

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 on an as-needed basis by calling Jeannie Sanborn, Infection Control Director at (978) 630-6490.

Parkinson's Support Group

When someone is diagnosed with Parkinson's disease there are many concerns for the patient and his or her family and friends. This support group was developed to aid these individuals to be more effective in their plan or care and to enable a better understanding of their disease.

Meetings are held on the last Wednesday of each 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 Family Support Group

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

The meetings will be held at Heywood Hospital two nights per month. The second Tuesday meeting will feature a guest speaker while the fourth Tuesday group will be less formal and allow for more peer interaction and support. Dates are subject to change. Held at 7:00pm in the Volney-Howe Conference Room, and all are welcome. If you have any questions, please contact Sue at (978) 630-6221 or email at susan.christensen@heywood.org.

Suicide Survivor Support Group

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

Meetings are held the second Wednesday of every month at 6:30pm. All are welcome to attend. For more information call (978) 630-6377.

■ ■ ■ HEYWOOD HEALTHY HARVEST 5K

Save the Date!

Inaugural Healthy Harvest 5K
“Running for Mental Health”
Saturday, October 5, 2013

8:30 am – Walk

9:00 am – Run

10:00 am – Kids 100-Yard Dash



Have you, your family or friends experienced challenges with mental health? Take this opportunity to help those you love by joining Heywood Healthcare at the Healthy Harvest 5K, and make strides to improve mental wellness in our communities. This three-mile course starts and ends at Mount Wachusett Community College. Adults may choose to walk or run, and kids can have fun competing in our special 100 yard dash.

To find out more about the Healthy Harvest 5K, visit www.heywood.org and www.atholhospital.org or register at www.active.com