Heywood Urgent Care
The Right Care at the Right Time

Recovery, Strength and Independence: Benefits of Rehabilitation and Skilled Nursing
Quality Cancer Care Close to Home
Getting Back on your Feet with the Joint Replacement School
Conquering Type 2 Diabetes
Bringing New Meaning to “FAST” for Stroke Patients

SAVE THE DATE FOR THE 2016 HEALTHY HARVEST 5K

SATURDAY, NOVEMBER 5
8:30 am - Kid’s One-mile Race
9:00 am - Adult Run/Walk

For more information or to register, please visit heywood.org or runsignup.com/Race/MA/Gardner/HH5K

Healthy Harvest 5K
Heywood Healthcare

Running for Mental Health
The 3.1 mile family-friendly course will start and end at Heywood Hospital and is targeted to all fitness levels. Adults may walk or run, and kids can compete in our 1 mile youth race (ages 8-12) or take the Story Book Tour. Test your CrossFit® skills in this year’s CrossFit Challenge. Winning runners will be crowned Harvest King, Queen and Court.

A Healthy You

Heywood Urgent Care
The Right Care at the Right Time

Recovery, Strength and Independence: Benefits of Rehabilitation and Skilled Nursing
Quality Cancer Care Close to Home
Getting Back on your Feet with the Joint Replacement School
Conquering Type 2 Diabetes
Bringing New Meaning to “FAST” for Stroke Patients

T. Bryan Miller, MD, Medical Director for Heywood Urgent Care, pictured with Wendy Kelleher of Gardner, MA.
Dear Friends of Heywood Healthcare,

It is my pleasure to share this issue of A Healthy You with you and your family. Its pages reveal how fortunate we are to have access to quality, local healthcare in our region – and how important it is to protect this precious asset.

Providing “quality, local” care means that we can focus on the specific needs of our area, based on our Community Health Needs Assessment, direct feedback from our patients, physicians, community and staff.

Whether it’s a consultation with one of our highly-respected Cardiologists, care through our Diabetes Center of Excellence, treatment in our Oncology Department or joint replacement surgery that gets you back to an active lifestyle, Heywood and Athol Hospitals provide you with access to an array of services targeted to your needs - right in your back yard.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, Heywood Healthcare is launching the “Fulfilling Our Promise” Capital Campaign. With your help, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

First, to address the growing need for behavioral health and substance abuse treatment services, we are developing a premier regional destination for these services in The Quabbin Retreat in Petersham.

Next, Athol Hospital’s new state-of-the-art Emergency Department (ED) with Outpatient Offices will allow our critical access hospital to be an essential healthcare resource for our communities, and provide improved access for more than 12,000 patients served by our ED each year.

Our third Capital project, the Heywood Surgical Pavilion, will upgrade our existing operating rooms, enabling advanced surgical technologies, operational efficiencies, adequate storage space, and physician and nursing accommodations.

Finally, in addition to our Capital Campaign projects, I am pleased to announce plans for a new Urgent Care Center in Athol, opening in 2017.

These strategic investments will continue to ensure the health of our communities by providing access to excellent care, leading technology and essential services.

If you have any questions or concerns, please feel free to contact my office at President@heywood.org.

Yours in Good Health,

Win Brown
President & CEO
Heywood Healthcare

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.
GETTING BACK ON YOUR FEET
Heywood Joint Replacement School

The volume of joint replacements has soared during his 19-year tenure as an orthopedic surgeon at Heywood Hospital, according to Michael Azzoni, MD. With aging baby boomers now suffering from arthritis and osteoporosis, and more young athletes getting injured, the number of total knee and hip replacements in the United States rose to one million in 2011 and is expected to reach two million in 2020.

“Years ago, there were fewer options, and people with debilitating aches and pains suffered chronically,” said Azzoni. “Today, people are living longer and generally don’t want to compromise their quality of life. Fortunately, with much more advanced technology, we can get people moving again and anticipate excellent outcomes with 95 percent of our replacement procedures.”

Azzoni and his Heywood Orthopedics colleagues believe that mobility matters at any age, and they strive to get patients off the sidelines and back in the game—or at least back up the stairs.

The highly skilled surgeons at Heywood Orthopedics serve both Heywood and Athol Hospitals, and offer a full array of services including diagnostic evaluation and imaging, medical and pain management, arthroscopic and total joint replacement surgery, therapy for injuries such as fractures and sprains, sports medicine, ligament reconstruction, education, and rehabilitation.

One advantage for area patients is Heywood’s popular Joint Replacement School, a free educational program that helps patients and families prepare for surgery and recovery. The classes, taught mornings once a month by members of the Heywood Orthopedic Team, provide a step-by-step guide for patients to learn about their condition and take charge of their mobility.

They’re also here to advise patients about insurance coverage (which is typically available throughout the process). “Education is so important,” says Azzoni, who also does community outreach by speaking at senior centers. “We encourage patients to take our classes, which include demonstrations and discussions, so they can become active partners in their healthcare treatment. This can be helpful even for those who decide not to proceed with surgery.”

After surgery, at our Center for Skilled Nursing and Rehabilitation at Athol Hospital, we offer post-acute care, support, and other assistance with your recovery. Services include physical and occupational therapy provided by trained staff with access to specialized equipment. For more information about the Center for Skilled Nursing and Rehabilitation, call (978) 249-1181 or visit atholhospital.org. For more information on outpatient rehabilitation services, call Heywood Rehabilitation Center at (978) 630-6900 or visit heywood.org/rehab.

“Total Joint School at Heywood Hospital is a great opportunity for patients to learn about joint replacement surgery in a more informal setting than the doctor’s office,” says Andrew Markwith, MD. “Patients are encouraged to ask questions so that they may feel more confident and better informed heading into surgery. Both patients scheduled for surgery and those who may be considering total joint replacement are welcome and encouraged to attend. Attendees leave the session with a better understanding of their diagnosis, anatomy of the knee and hip, and details of the surgical procedure and implant. We also cover the importance of post-operative care and rehabilitation, setting up patients for the best possible outcome. Our ultimate goal is to get them back to their normal daily activities as quickly, and safely, as possible.”

It’s unfortunate that different forms of arthritis and joint deterioration are often a fact of life due to overuse, injury, or basic wear-and-tear. But help is just a call away—at Heywood Healthcare.

Our board-certified and board-eligible surgeons have helped to put thousands of satisfied patients back on track. These patients often tell us that replacement surgery has dramatically changed their lives for the better. In the words of one patient, “There’s no replacement for caring physicians and excellent education.”
RECOVERY, STRENGTH, INDEPENDENCE

Getting Back on Track with Rehabilitation and Skilled Nursing Services

After surgery, a stroke, injury or extended illness, physical therapy can be vital for recovery and pain management. Physical therapy seeks to restore your body’s function and movement, as well as provide pain relief and promote healing. Additional skilled nursing and rehabilitation can offer the post-acute care, support and recovery time that makes the difference for your continued quality of life, activity and independence when you return home.

Heywood Healthcare’s trained Physical Therapists work with each patient to tailor a treatment program that fits individual needs. Treatment plans are geared to provide pain relief, improve strength and mobility, increase range of motion and relieve stress. Since each person and injury is unique, the duration and type of treatment will vary. “Rehab post injury or illness is such a vital part of a patient’s recovery. After discharge, many patients need to rebuild strength and confidence to transition back to independent living,” says Julie Lee, MSPT, CCCE.

Heywood Healthcare offers an array of therapy options for inpatients and outpatients in both Athol and Gardner. At the Center for Skilled Nursing and Rehabilitation at Athol Hospital, we offer patients a full array of nursing and rehabilitative care, along with immediate access to vital hospital services not available at long-term care, rehab facilities and nursing homes. Quality skilled nursing and rehab care with the confidence of a hospital is available just moments from home. Additionally, Athol Hospital offers outpatient physical, occupational and speech therapy. The Heywood Rehabilitation Center, located just a few miles from Heywood Hospital in Gardner, offers outpatient physical and occupational therapy services as well as speech and language pathology and audiology treatment. Onsite at Heywood Hospital, physical therapy services are available for inpatients seven days-a-week. Occupational therapy is also available to all patients in our Geriatric Psychiatry and Mental Health Units.

For more information about our Rehabilitation Services, please visit atholhospital.org/rehab (Athol) or heywood.org/rehab (Gardner), or call Heywood Rehabilitation at (978) 630-6900.

QUALITY CANCER SERVICES CLOSE TO HOME

Compassionate Care and Convenience for Area Patients

Massachusetts is home to some of the best hospitals in the country, but unless you live in a metropolitan center like Boston or Worcester, frequent visits to a tertiary medical center for cancer treatment can mean traffic gridlock, expensive parking and a tiring commute. Fortunately, high-quality, convenient cancer care, including oncology and hematology, are offered at both Heywood and Athol Hospitals. Our experienced staff of board-certified oncologists and oncology-certified nurses offer personalized, compassionate care including chemotherapy, related treatments and surgery. Our physicians, M. Sherla Donnelly, MD and Saleem M. Khanani, MD, work closely with Saint Vincent Hospital and UMass Medical Center in Worcester, and Dana-Farber Cancer Institute in Boston, ensuring integrated, multidisciplinary services when radiation or more specialized care is needed. In addition, Heywood Healthcare offers support groups, transportation services, nutritional counseling and access to wigs and scarfs.

“Everyone who works in our department would absolutely have a loved one treated here – we are that confident that we provide the best care available,” said Sandra Ryder, Director of Oncology and Hematology. When asked about the treatment she receives at Heywood Hospital’s Oncology Department, Roberta Jacobs of Leominster responds enthusiastically, “I owe so much to Heywood and the whole oncology department – they have been absolutely wonderful. My physician Dr. Donnelly always takes the time to answer my questions, and I never feel rushed. The nurses and staff have truly become my second family. Every time I come in, I am greeted with a hug and treated like a friend, not just a patient. I would be lost without them.”

As scared as I was knowing that my cancer had spread and the next chemo treatments were going to be tough, the Heywood team helped me get over that fear, and I shifted to a more positive attitude,” she said. Over the last seven years, Dr. Donnelly, a Dana-Farber fellowship trained oncologist at Heywood, has treated Roberta, ranging from aggressive chemo to “chemo-lite” maintenance. “Roberta’s case has been unusual and complex,” said Dr. Donnelly, “and she has endured terrific challenges for a decade.” Through all the bumps and trying moments, Jacobs has maintained a healthy spirit and has taken to heart her favorite quote: “Life isn’t about waiting for the storm to pass; it’s about learning to dance in the rain.”

A decade ago, Jacobs found out she had stage-two colon cancer after a routine colonoscopy. Following surgery and chemotherapy at a medical center in Worcester, she and her doctors were optimistic. However, two years later, a PET (Positron Emission Tomography) scan – a powerful, non-invasive test that accurately images to the cellular level to detect and diagnose disease – revealed her cancer was back and had spread.

After surgery, Jacobs went to Dana-Farber in Boston for a second opinion. The doctor advised her to stay local, assuring her she would get outstanding care at Heywood.

For more information about our cancer services, call (978) 630-6457 or visit heywood.org/cancer or atholhospital.org/cancer
Heywood hospitals. Fitness, nutritional training, physical therapy, occupational Follow-up care offered by Heywood Healthcare includes cardiac strive to motivate our patients and increase their awareness. “Education is key for preventive measures and to enhance quality of life for patients afflicted with this condition, “ said Terlato. “We novel anticoagulants, anti-platelet drugs such as Aspirin and We typically perform real-time diagnostic imaging and customize a treatment plan for stroke patients, including Warfarin and the prevention fast enough. The bad news is that many patients don’t respond fast enough. The good news is that stroke is the nation’s leading preventable cause of disability. And even better, is the news that both Heywood and Athol Hospitals are prepared and designated by the Massachusetts Department of Public Health as a Stroke Care Center and Athol Hospital as a Stroke Service. Related services provided at Heywood and Athol Hospitals include: • Cardiopulmonary • Cardiac Testing • Cardiac Rehabilitation • Stroke Care According to Robert Terlato, MD, a Heywood cardiologist for 21 years, an FDA approved clot-buster medication may reduce long-term disability for the most common type of stroke if given within three hours of the first symptom. “It’s critical that patients get to the emergency room as soon as possible if they exhibit any of the FAST signs or any other sudden symptoms such as numbness, confusion, trouble seeing, loss of balance, or severe headaches,” said Terlato. After going to the Emergency Department, patients may be admitted to Heywood or Athol Hospital or transferred to a tertiary care hospital when needed for additional or specialized care. Heywood’s multidisciplinary approach also includes collaboration with patients’ primary care physicians and neurologists for a comprehensive level of care. We typically perform real-time diagnostic imaging and customize a treatment plan for stroke patients, including Warfarin and the novel anticoagulants, anti-platelet drugs such as Aspirin and Plavix and anti-hypertensives. “Education is key for preventive measures and to enhance quality of life for patients afflicted with this condition,” said Terlato. “We strive to motivate our patients and increase their awareness.” Follow-up care offered by Heywood Healthcare includes cardiac fitness, nutritional training, physical therapy, occupational therapy, and maintenance appointments at both Athol and Heywood hospitals. Prevention and Risks According to Dr. Terlato, prevention starts with knowing the risk factors of stroke, especially high blood pressure, high cholesterol, and diabetes. Other tips for preventing stroke include: • Avoid tobacco. Smoking, including second-hand smoke, can damage blood vessels and cause clots and blockages that lead to stroke. • Drink less alcohol. It is recommended that men average no more than two drinks and women no more than one drink per day. • Improve eating habits. A heart-healthy diet should be high in fruits and vegetables and preclude foods high in saturated fat. • Maintain healthy weight. As is the case with the above, being overweight increases your chances for developing high blood pressure, high cholesterol, and stroke. • Get active. Exercise helps keep your weight down and improves your cardiovascular health. • Decrease stress. This can help you avoid emotional eating, drinking, and smoking. • Know what you can’t change. Your risk for stroke is higher if you are male, Afro American, or have had a stroke before. • Know the main warning signs (FAST): See callout box on left. • Get regular checkups. Your doctor can help you manage risk factors through lifestyle change and/or medication. “Some things are out of our control,” said Terlato. “But patients can take steps to help prevent and manage stroke. And they can take heart in knowing that excellent care is available here at Heywood and Athol Hospital if they need it.” For more information, visit heywood.org/heart, atholhospital.org, the American Heart Association (heart.org) or American Stroke Association (strokeassociation.org), or call Heywood Cardiology at (978) 630-5300 to schedule an appointment.

Services and Treatment
To help prevent and treat cardiovascular disease and stroke, Heywoods Heart & Vascular Center offers comprehensive cardiology and vascular care and services, with state-of-the-art equipment and a highly trained staff, including four distinguished cardiologists, known for their compassionate approach. Affiliated with the highly respected Heart & Vascular Center of Excellence at UMass Memorial Medical Center, Heywood Hospital has been designated by the Massachusetts Department of Public Health as a Stroke Care Center and Athol Hospital as a Stroke Service. Related services provided at Heywood and Athol Hospitals include:

F: FACE DROPPING A: ARM WEAKNESS S: SPEECH DIFFICULTY T: TIME TO CALL 9-1-1

The bad news is that many patients don’t respond fast enough. The good news is that stroke is the nation’s leading preventable cause of disability. And even better, is the news that both Heywood and Athol Hospitals are prepared and designated by the Department of Public Health for emergency treatment of stroke.

LIFE-SAVING SERVICES FOR STROKE Bringing New Meaning to “FAST”
**Excellence for Heywood Healthcare.**

“...said Denise Foresman, to help them over the hurdles with this behavior modification and lifestyle changes. Medical complications, medication management, blood sugar levels can be very dangerous conditions leading to numerous medical complications. Fortunately, Type 2 diabetes is generally manageable and often preventable. With Type 2 diabetes skyrocketing in our region, Heywood Healthcare is tackling the epidemic head on. Our Diabetes Centers of Excellence (DCE) at Heywood Hospital and Athol Hospital represent the most robust program for diabetes management in our area. Our clinicians are highly trained diabetes educators that include Registered/Licensed Dietitians and a Registered Nurse who is the coordinator of the DCE program. They work with endocrinologists from Heywood and UMass Medical Center, as well as with the patient’s primary care physician, for a comprehensive treatment plan.

Our Diabetes Self Management Education (DSME) program, certified by the American Association of Diabetes Educators, focuses on self-care skills. Customized programs include an initial evaluation/assessment, 1:1 or group sessions, and follow-up classes. We address eating patterns, meal planning, shopping, and labeling reading, physical activity, medication management, blood sugar testing/monitoring, stress and coping mechanisms, medical complications, behavior modification and lifestyle changes. "Self-care is essential to manage diabetes, but most patients need ongoing coaching to help them over the hurdles with this chronic disease," said Denise Foresman, MS, RD, LDN, Director of Nutrition Services and the Diabetes Centers of Excellence for Heywood Healthcare.

According to the Centers for Disease Control and Prevention, one in three Americans will develop Type 2 diabetes in which the body does not produce enough insulin and blood sugar levels are too high. This can be a very dangerous condition leading to numerous medical complications. Fortunately, Type 2 diabetes is generally manageable and often preventable.

"Our global approach involves medical, emotional, and psychological support to guide and provide patients with skills and tools for lifestyle changes. We often serve as the patient’s advocate."

**Common symptoms include:**
- **Extreme thirst or hunger**
- **Frequent urination**
- **Weight loss**
- **Extreme fatigue**
- **Blurred vision**
- **Cuts/bruises that are slow to heal**
- **Areas of darkened skin**

If you have any of these symptoms, check with your primary care doctor and request a referral.

Shaw’s Wake Up Call

Such was the case with Sandra Shaw, age 68, from Orange, MA. Shaw’s mother was a diabetic and Sandra developed Type 2 diabetes about four years ago. In the Fall of 2015, Sandra felt she was in a "rut." She had stopped taking her medication for her diabetes and for her depression, and stopped checking her blood sugar. "I had no energy and just wanted to sleep," said Shaw. "I was barely eating and only drinking soda, yet my constant thirst was never quenched."

To make matters worse, she started sweating, shaking and feeling dizzy. In January 2016, Sandra let her husband, with much encouragement from him, check her blood sugar. The results on the meter said >600mg/dl, which was life-threateningly high. Normal fasting blood sugar is between 70-100mg/dl. Shaw was rushed to Athol Hospital’s Emergency Department and was started on an I.V. drip of insulin. She was admitted to the hospital for further treatment, stabilization and medication reconciliation.

Foresman consulted Shaw in Athol Hospital and began diabetes education. She explained the multiple risks of uncontrolled blood sugar. "If left untreated it can cause long-term complications, such as blindness, kidney failure and amputations. And severely elevated blood sugar can lead to a diabetic coma."

At that point during her 10-day hospital stay, when Shaw was surrounded by her husband and several of her children and grandchildren, she had her “wake-up call.”

Upon discharge, Shaw started to exercise and attended Athol Hospital’s diabetes program. She stopped drinking soda and dramatically changed her diet (no sugar, salt or fried foods). Sandra faithfully began checking her blood sugar three times daily and taking her medications as scheduled. This included administering a dose of Lantus (a long-acting insulin) and taking Metformin (an oral diabetic agent) twice daily to control her blood sugar. Also, Sandra started back on Cymbalta for her depression.

Today, five months later, Sandra’s blood sugar readings are stable between 90-100mg/dl for her fasting level and less than 180mg/dl for non-fasting levels. Her A1C level (a test that reflects your average blood sugar level in the past two-three months) is down from an extremely high 13.7% to 7.6% which shows a significant change and improvement of diabetes control. Less than 7% is the optimal goal for A1C. Also Shaw has lost 40 pounds and has discontinued taking insulin and is controlling her blood sugar with Metformin only.

**Staying the Course**

Education is vital to managing Type 2 diabetes and preventing it for those who are pre-diabetic. To help, Heywood Healthcare offers community outreach programs, free cooking classes, support groups, and an annual diabetes fair.

Heywood also has a unique partnership with the Athol YMCA which offers the national Diabetes Prevention Program (DPP) for participants with pre-diabetes. It is one of four programs offered in Massachusetts and the only one in the region. The YMCA also offers a variety of wellness programs, diabetes and blood pressure screenings, and information on diabetes prevention and coaching.

The first step in preventing Type 2 Diabetes is to know your risk factors. These include: family history of diabetes, ethnic background (African American, Hispanic, American Indian, or Asian-American descent have greater risk), overweight, unhealthy eating, physical inactivity, increasing age, high blood pressure and history of gestational diabetes.

“I have a whole new lease on life now, thanks to the staff at the Diabetes Center of Excellence,” said Shaw, who continues with follow-up outpatient diabetes visits at Athol Hospital. “I am here today because of the support of my family and the caring diabetes team, who gave me the tools to stand on my own two feet.”

“Sandy is a rock star of our program,” said Foresman. “We are passionate about coaching her and other patients, providing them with ongoing encouragement to stay the course and tackle the condition.”

---

**For more information on our Diabetes Centers of Excellence, please contact Denise Foresman, MS, RD, LDN at (978) 630-6289 or Doug Miller, RN, CDE, at (978) 630-3729, or visit heywood.org/diabetes or atholhospital.org/diabetes.**
WELCOMING NEW PHYSICIANS to Heywood Medical Group

Craig Napolitano, MD
Cardiology/Internal Medicine – (978) 630-6020
Dr. Craig Napolitano has joined the Heywood Heart and Vascular Center and is accepting new patients. He earned his medical degree from Tufts University School of Medicine, MA and completed his residency at The Mount Sinai Hospital, NY. Following residency, Dr. Napolitano completed a fellowship at UMass Memorial Medical Center, MA.

John Poremba, MD
Endocrinology – (978) 630-6474
Dr. Poremba has joined Heywood Endocrinology, located in the Medical Office Building at Heywood Hospital, and is accepting new patients. He earned his medical degree from the Uniformed Services University of Health Sciences in Maryland and completed his fellowship in Endocrinology at Wilford Hall Air Force Medical Center, TX. Dr. Poremba is Board Certified in Internal Medicine, Endocrinology and Metabolism and is a member of the National Board of Medical Examiners. He specializes in General Endocrinology, Diabetes and Thyroid Diseases.

William Lohrer, MD
Orthopedic Surgery – (978) 249-1295
Dr. William Lohrer is a Board Certified Orthopedic Surgeon, practicing primarily at Athol Hospital, where he is accepting new patients. He brings decades of experience to the Heywood Healthcare team, most recently practicing at Cooley Dickinson Hospital. He earned his medical degree from the University of Rochester School of Medicine, NY and completed his internship at the University of Massachusetts Medical Center. Additionally, Dr. Lohrer completed a residency at the University of Rochester Medical Center, NY and his fellowship in Sports Medicine at the Cleveland Clinic Foundation, OH.

Nari Sabeti, MD
Surgery – (978) 630-6130
Dr. Nari Sabeti has joined Heywood Medical Group, practicing in the Medical Arts Building at Heywood Hospital in Gardner, where she is accepting new patients. She received her Bachelor’s Degree from Tufts University, MA and earned her Medical Degree from Tufts University School of Medicine, MA. She completed her residency at Tufts New England Medical Center. She is a member of American Society of Breast Surgeons and is fluent in Farsi.

NEED A PHYSICIAN?
Visit heywood.org or atholhospital.org and click on Find a Physician or call the Physician Referral Line at (978) 630-6248

ZUMBA®
Mondays and Tuesdays from 4:30-5:30pm $50 for six-week session or $10 for drop-in
Zumba mixes low and high-intensity moves at an interval-style, calorie-burning dance fitness party. It combines cardio, muscle-conditioning, balance and flexibility. This class gives you no less than 5,000 steps if you’re wearing a FitBit! Bring a water bottle and wear comfortable clothing and athletic footwear. Zumba is appropriate for all levels of fitness.

H.I.I.T. 2B FIT
Tuesdays from 1:30-2:30pm $50 for six-week session or $10 for drop-in
H.I.I.T. (High Intensity Interval Training) starts with a gradual warm-up and moves into 30-60 second intervals using hand weights and cardio-based movements to develop your core strength and endurance and burn more calories than other workouts. Exercises can be modified, but it’s best if you have a base level of fitness. Bring a water bottle and wear comfortable clothing and athletic footwear.

PILATES
Tuesdays from 5:30-6:30pm $50 for six-week session or $10 for drop-in
Pilates is a body conditioning routine that increases circulation and builds flexibility, strength, endurance and coordination without adding muscle bulk. Wear comfortable clothing, bring a mat, water bottle, and a towel. This class is for all fitness levels.

JUMPSTART YOGA
Wednesdays from 6:00-7:00pm $50 for six-week session or $10 for drop-in
This early morning class incorporates elements of Lyengar, Vinyasa, Vinyasa, Kundalini, Sivananda and Anusara. Discover your own experience in each centering, warm-up, and relaxation pose and develop greater alignment and a deep sensation through breath and movement. Wear comfortable clothing and bring a yoga mat and a water bottle. This class is for all fitness levels.

TAI CHI CHI KUNG (THE BROCADE OF EIGHT)
Wednesdays, October 5-November 30 from 6:00-7:30pm, $80 for nine-week session
This class is designed to “de-stress” and release tension with gentle yoga moves. The program is designed for all fitness levels. Wear comfortable clothing and bring a mat and a water bottle.

Registration is required for all programs. For more information or to register call Community Relations at (978) 630-6248
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. For more information or to register, call the LaChance Maternity Center at (978) 630-6216.

**Class schedule subject to change. If inclement weather, class will be cancelled three hours before scheduled start time – please call ahead or visit our website.**

### CHILDBIRTH EDUCATION

One Saturday every month from 9:00am-5:00pm. $50 delivering at Heywood Hospital, $80 delivering elsewhere. Date announced at registration.

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.

**CHILDBIRTH EDUCATION – REFRESHER**

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

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

### INFANT/CHILD SAFETY AND CPR

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

**Saturday Class:** One Saturday every other month (January, March, May, July, September, November) from 9:00am-12:00pm. $50 per couple, $30 per person. Date announced at registration.

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

### MEET THE DOULA

Fourth Monday of every month at 6:00pm. Free to patients delivering at Heywood. 

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

### MOTHER AND BABY CLASS

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

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

### PRENATAL BREASTFEEDING CLASS

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

This class provides you with the information and techniques to ensure a successful and satisfying 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.

### SIBLING CLASS

One Sunday every other month (January, March, May, July, September, November) from 1:00-2:30pm. $15. Date announced at registration.

This class helps 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 newborn baby will be once it is born. Includes a coloring book, crayons and cookies.

### HEYWOOD HOSPITAL

#### AA MEETING

Held on Tuesdays in the Community Education Room from 7:30-8:30pm.

#### BETTER BREATHERS CLUB

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

This club provides support for patients and their families with breathing problems and lung disease.

#### BREASTFEEDING

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

Local mothers share breastfeeding information and encouragement in an informal setting. Babies and breastfeeding are always welcome.

#### SIBLING CLASS

One Sunday every other month (January, March, May, July, September, November) from 1:00-2:30pm. $15. Date announced at registration.

This class helps 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 newborn baby will be once it is born. Includes a coloring book, crayons and cookies.

### CAREGIVER

Held on September 7 and October 5 (no meetings November or December) from 2:00-3:00pm in the Community Education Conference Room (dates and times subject to change). For more information call (978) 630-6325. Co-sponsored by the Social Service and Geriatric Psychiatry Departments.

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

### COMMUNITY BIRTH/LOSS

Held on the first Thursday of the month from 7:00-8:30pm in the Heywood Community Education Conference Room. For more information call (978) 630-6228. Co-sponsored by Heywood Hospital, UMass Memorial Health Care and Milford Regional Medical Center.

This group provides support, education and advocacy for life positive individuals and their families upon request.

### EMOTIONS ANONYMOUS

Held on Thursdays at 6:00pm in the Heywood Hospital Board Room. For more information call (978) 630-6455. Mended brings together guys facing similar issues including illness, anger, stress, substance abuse, relationship problems or major life changes.

### HIV & AIDS: SUPPORT, EDUCATION, ADVOCACY

Meetings are scheduled on an as-needed basis. For more information call (978) 630-6490.

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

### MENDER’S

Held on the first and third Wednesday of every month from 7:30-9:00pm in the Hills Board Room. For more information call (978) 630-6455. Mended’s brings together guys facing similar issues including illness, anger, stress, substance abuse, relationship problems or major life changes.

### SMART RECOVERY

Meets on the first and third Saturday every month at 10:00am in the Education Room. Learn a cognitively rational approach to overcoming addictive behavior and maintaining abstinence.

### OVEREATERS

**ANONYMOUS**

Meets every Thursday from 4:30-5:30pm in the Athol Hospital Briggs Conference Room. Members come in all sizes and there are no weigh-ins. Newcomers are always welcome.

### SMOKING CESSATION

Meets every Monday from 6:00-7:00pm in the Dining Room.

### AMHERST HOSPITAL

#### CANCER

Meets the first Wednesday of every month at 4:30pm in the Small Conference Room. For more information call (978) 249-1207.

### FREE SUPPORT GROUPS

**EMOTIONS ANONYMOUS**

Held on Thursdays at 6:00pm in the Heywood Hospital Board Room. For more information call (978) 669-5642.

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

### ATHOL HOSPITAL

#### CANCER

Meets the first Wednesday of every month at 4:30pm in the Small Conference Room. For more information call (978) 249-1207.

### FREE SUPPORT GROUPS

**EMOTIONS ANONYMOUS**

Held on Thursdays at 6:00pm in the Heywood Hospital Board Room. For more information call (978) 669-5642.

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

### ATHOL HOSPITAL

#### CANCER

Meets the first Wednesday of every month at 4:30pm in the Small Conference Room. For more information call (978) 249-1207.

### FREE SUPPORT GROUPS

**EMOTIONS ANONYMOUS**

Held on Thursdays at 6:00pm in the Heywood Hospital Board Room. For more information call (978) 669-5642.

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

### ATHOL HOSPITAL

#### CANCER

Meets the first Wednesday of every month at 4:30pm in the Small Conference Room. For more information call (978) 249-1207.

### FREE SUPPORT GROUPS

**EMOTIONS ANONYMOUS**

Held on Thursdays at 6:00pm in the Heywood Hospital Board Room. For more information call (978) 669-5642.

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

### ATHOL HOSPITAL

#### CANCER

Meets the first Wednesday of every month at 4:30pm in the Small Conference Room. For more information call (978) 249-1207.

### FREE SUPPORT GROUPS

**EMOTIONS ANONYMOUS**

Held on Thursdays at 6:00pm in the Heywood Hospital Board Room. For more information call (978) 669-5642.

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