

# CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM JUNE 15 THROUGH SEPTEMBER 15, 2010

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Call the Health/Physician Referral Service at 860-545-1888 or 800-545-7664 for information about any program.

## CANCER PROGRAM

### **Brain Tumor Survivor Support Group**

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month from 5:30 to 7:00 p.m.—light dinner provided. Registration is required and must be received at least 48 hours in advance. Call Hillary Keller, LCSW at 860-545-2318 to register. FREE.

### **Women with Cancer Support Groups**

Registration is required for each support group that meets at the Helen & Harry Gray Cancer Center from 5:30 to 7:00 p.m. as indicated:

- **The Lebed Method: Focus on Healing**

A gentle medically based exercise program with emphasis on movement to music designed especially for female cancer patients/survivors. Call Sherri Storms, RN at 860-545-3781. Fee applies.

- **Ovarian Cancer Support Group**

Fourth Tuesday of each month from 7:00 to 8:00 p.m. Call Marcia Caruso-Bergman, RN at 860-545-4463. FREE.

- **New Beginnings**

A six-week program for women diagnosed with breast cancer who have completed their treatment. Assists patients in re-establishing activity and nutritional habits. For schedule call 860-545-5113. FREE.

### **CHES—Support for Cancer Patients**

Education and support for patients with breast cancer or prostate cancer. CHES, Comprehensive Health Enhancement Support System, provides on-line support and information. Computers are loaned, at no cost, to those patients who do not have their own. Call Sherri Storms, RN at 860-545-3781. FREE.

### **Prostate Cancer Support Group**

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** First Tuesday of each month from 7:00 to 9:30 p.m. Registration is not required. Call 860-545-4594 with any questions. FREE.

### **Advanced Prostate Cancer Support Group**

Provides education and support for men in the advanced stages of prostate cancer and their families. Please call 860-524-2715 for schedule. FREE.

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

In partnership with the American Cancer Society, Hartford Hospital presents this program for women who are undergoing their cancer treatment. Cosmetology professionals teach beauty techniques to help combat the appearance-related side effects of cancer treatment.

**Schedule:** 1st Monday of each month from 11:30 a.m. to 1:30 p.m. Spanish session also available from 10:00 to 11:30 a.m. Registration is required. Call Mary Ann Vanderjagt at 860-545-4184. FREE.

## **The Cancer Wellness Support Series**

Come learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Light dinner provided. Registration is required for each meeting and must be received at least 48 hours in advance. **Schedule:** From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. Call 860-545-1888. FREE.

7/13 *Reiki Healing Touch*—

Alice Moore, RN, MA, RMT

8/10 *Foot/Hand Reflexology*—

Debbie Halsted, CR

9/14 *Journaling for Health*—

Diana Boehnert, MFA

### **Women at Risk for Breast Cancer**

Hosted by Dr. Patricia DeFusco, Board-certified Medical Oncologist and Principal Investigator of breast cancer prevention and treatment research for the National Surgical Adjuvant Breast and Bowel Project (NSABP). Learn about established risk factors and current intervention options for breast cancer. **Schedule:** 7/21 in Glastonbury, 9/15 in Avon. To register call 860-545-1888. FREE.

## NUTRITION COUNSELING

### **Nutrition Counseling Service**

Personalized one-on-one nutrition counseling with an experienced registered dietitian for a wide variety of nutrition-related diseases and conditions. By appointment only. Call 860-545-2604. May be covered by insurance.



## HEALTHY HEARTS

### **Stop Smoking for Life Program—**

Call 860-545-3127 or send an email to: [stopsmoking@harthosp.org](mailto:stopsmoking@harthosp.org) for registration and information.

### **Resources for Smokers—Community Education Group**

This monthly program is open to smokers, their friends and family and anyone who wants to learn about helping someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. **Schedule:** 9/13 at 5:00 p.m. Call 860-545-3127 for location details. FREE.

### **Individual Cessation Counseling**

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to assist with quitting smoking. Learn about behavioral strategies, medication options and receive counseling support. Individual counseling sessions are offered at Hartford Hospital and West Hartford Wellness Center at Blue Back Square.

### **Smoke Free for Life Group Support**

Recommended for participants who desire the support and reinforcement from others in their journey to become smoke-free. Facilitated by an experienced cessation counselor. To register call 860-545-3127. FEE: \$150.

### **Breathe Easy Relapse Prevention Support Group**

For some people quitting once and for all is difficult. This monthly support group can help you stop smoking for life. Group sessions are offered at Hartford Hospital and in West Hartford. To register call 860-545-3127. FREE.

### **Stress Management for Cardiac Patients—A Six-Week Group**

Recommended for cardiac patients interested in improving their skills to manage stress and is facilitated by a counselor from Hartford Hospital's Behavioral Cardiology Program. Group sessions will focus on cognitive-behavioral techniques and meet weekly for six sessions in West Hartford. Call 860-545-3127 for information. FEE: \$225.

### **Counseling and Stress Management Service—Individual Counseling**

Coping with an ongoing medical condition can be a challenging task for many patients. Learn how emotions play a role in recovering from illness. Individual counseling sessions are offered in West Hartford. Call 860-545-3127.

## MENTAL HEALTH

### Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health issues and substance use. This is a forum to encourage and promote a culture of health and ability. **Schedule:** Every Wednesday from 12:30 to 1:30 p.m. at The Institute of Living's Carolina Sherry, basement level. For information contact Sherry Marconi at 860-545-7202. FREE.

### Bereavement Support Group

Moderated by a member of Hartford Hospital's Pastoral Services Department and VNA Health Care Hospice, this program is open to families and caregivers who have lost a loved one.

**Schedule:** 2nd and 4th Mondays from 1:00 to 2:15 p.m. at 85 Jefferson Street #116. For more information, call 860-545-2290. FREE.

### Bereavement Support Group (Age 55+)

For people 55 and older who have lost a spouse.

**Schedule:** 4th Tuesday of the month from 10:00 to 11:30 a.m. at McLean in Simsbury. To register, call 860-658-3700. FREE.

### Bereavement Support Group (Age 35–55)

For people age 35–55 who have lost a spouse.

**Schedule:** 3rd Tuesday of the month from 7:00 to 9:00 p.m. at McLean in Simsbury. To register, call 860-658-3700. FREE.

### Alzheimer's Family Support Group

This support group is for families/caregivers to get together and discuss issues of dealing with Alzheimer's and to provide mutual support.

**Schedule:** The last Monday of each month from 1:30 to 2:30 p.m. at McLean in Simsbury. For more information call 860-658-3700. FREE.

### Myths, Minds & Medicine Exhibit

A permanent exhibition on The Institute of Living's history and the treatment of psychiatric illnesses. Self-guided tours Monday through Friday, 9:00 a.m. to 5:00 p.m. For guided tours, call 860-545-7991. FREE.

### Bipolar Disorder—An Introduction

This program is for family members and friends of individuals who have bipolar or a related disorder. Offers attendees a basic understanding of bipolar disorder and its treatments along with specific suggestions to help family and friends better cope with this illness. **Schedule:** 3rd Tuesday of each month from 5:15 to 6:30 p.m. Please Call Mary Cameron at 860-545-7665 for more information. Registration **not** required. FREE.

### Depression—An Introduction

For family members and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways in which family members might better cope with the illness. Facilitated by David Vaughan, LCSW, Treatment Manager, and Family Resource Center. **Schedule:** From 5:15 to 6:30 p.m. Call Mary Cameron at 860-545-7665 for information, schedule, and to register. FREE.

## Schizophrenia Program

The following support groups are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless otherwise noted. **Registration is not required unless noted.** For more information or directions, call 860-545-7665. FREE.

### • Schizophrenia—Introduction to the Disorder

Offers attendees a basic understanding of schizophrenia and its treatment, along with some specific suggestions to help family and friends better cope with this illness. The content repeats and family members can attend any session. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month from 5:15 to 6:30 p.m.

### • Managing Schizophrenia

This presentation will discuss the impact that symptoms of schizophrenia have on every day activities, and provide tips on what you can do to make things better at home. For schedule and more information, call 860-545-7665.

### • Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** From 5:15 to 6:30 p.m. Call Mary Cameron at 860-545-7665 for information, schedule, and to register. FREE.

### • Support Group for Families Dealing with Major Mental Illness

For family and friends of individuals who have schizophrenia or a related disorder. Share your success and struggles. Facilitated by David Vaughan, LCSW. **Schedule:** 1st and 3rd Thursday of each month from 5:15 to 6:30 p.m. Call Mary Cameron at 860-545-7665 for more information. FREE.

### • Peer Support Group—Schizophrenia Anonymous (S.A.)

This is a peer run, open forum group meeting providing support to people with a diagnosis of schizophrenia. **Schedule:** Every Wednesday, 5:30 to 6:30 p.m. The Institute of Living, Center Bldg., first floor. For information, contact Mary Cameron at 860-545-7665. FREE.

### • Introduction to Mental Health Benefits and Services for Severe Mental Illness

Overview of benefit programs available for individuals with mental health disabilities. Please have questions and concerns ready since there is ample time for discussion. Facilitated by Peter Adelsberger, M.P.A. **Schedule:** From 5:15 to 6:30 p.m. Please call Mary Cameron at 860-545-7665 for information, schedule, and to register. FREE.

### • The World of Work for a Person with a Severe Mental Illness

An open format discussion designed to help families gain access to information about the workplace, including compensatory strategies to enhance functioning for a person with a severe mental illness. Please have questions and concerns ready since there is ample time for discussion. Facilitated by Christine Gagliardi, M.Ed, M.S.W., vocational counselor, and Patricia Wardwell, COTA, occupational therapist. **Schedule:** From 5:15 to 6:30 p.m. on 4/27. Call Mary Cameron at 860-545-7665 for more information. FREE.

### Anxiety Disorders Group

The Anxiety Disorders Center is offering group cognitive behavioral therapy for adults with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Group members will be taught strategies to manage their anxiety in a supportive and respectful environment. Groups are facilitated by licensed psychologists with expertise in the treatment of anxiety.

**Schedule:** Please call 860-545-7685, option #3 for schedule or more information. FEE: Billable to insurance and co-pay.

## VOLUNTEERS

### Blood Drive

The American Red Cross conducts blood drives at Hartford Hospital. Registration is necessary. To schedule an appointment, call 860-545-2079. For other locations, call The American Red Cross at (800) GIVE LIFE.

### Volunteer Opportunities

If you are interested in giving of your time to help others, we offer a wide variety of opportunities to match your interests with those of our patients, their families or our staff. Positions are available for adults and teens over the age of 14. Training and free parking are provided. For more information, call Volunteer Services at 860-545-2198 or visit us on-line at [www.harthosp.org/volsvc](http://www.harthosp.org/volsvc).

### Trauma After-Care Volunteer Training

Volunteer program designed to offer neighborly support to families that lose a loved one unexpectedly. After training is completed volunteer work is done from home through phone calls or cards to the families once a month for two years. Attendance at two nights of training is mandatory and an interview is required prior to training. For more information or to register call Volunteer Services at 860-545-2448.

### Reiki Volunteer Program

Provide gentle, hands-on relaxation sessions to patients, their families and employees. Requires Reiki Level 1, followed by two 2-hour follow-up sessions and two shifts shadowing a current volunteer. To apply for this program please call Eileen Pelletier, Volunteer Services Manager, at 860-545-2448 or e-mail [eeppetel@harthosp.org](mailto:eeppetel@harthosp.org).

## WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

### **Soul Collage Weekend Retreat for Cancer Survivors**

Led by Diana Boehnert, MFA, at Sagamore Beach and Highlands, Cape Cod. Come to a beautiful place by the sea and relax the body, mind and spirit to access what the heart has to tell you. Using the creative process and expressive art exercises (Soul Collage) to express yourself can be stress-reducing, promote wellness, and help create a sense of community in a nurturing environment. Participants must commit to entire retreat. Absolutely no previous art experience is necessary. **Schedule:** Friday, 9/17 from 7:00 p.m. to Sunday, 9/19 at 1:00 p.m. Preregistration required. To register, contact Diana Boehnert at [rx.art@snet.net](mailto:rx.art@snet.net) or 860-573-3178. FREE.

### **Healing Journey for Cancer Survivors: An Expressive Art Experience (6 week series)**

The creative process has the unique ability to connect our inner selves with life's experiences while providing a meaningful and joyous excursion into the flow of energy that illuminates our needs and initiates transformation. Various techniques may include mask making, collage, journaling, creating mandalas, exploring color and the chakras, and sound healing. **Schedule:** Six Tuesdays 7/27 to 8/31 at Hartford Hospital's, Avon Cancer Center from 6:00 to 9:00 p.m. Preregistration required. Call 860-545-1888. FREE.

### **Monthly Soul Collage for Cancer Survivors**

Join Diana Boehnert, MFA, to create multilayered visual images that fit together like a puzzle and will be used to create a deck of cards. We will process the image(s) by tapping into intuition to find special meaning for you in answering some of life's questions. It's fun to do and sharing the process with others deepens the experience. **Schedule:** 7/7, 8/11, 9/8 (may attend one or all dates) in Glastonbury from 7:00 p.m. to 9:00 p.m. Preregistration required. Call 860-545-1888. FREE.

### **Monthly Soul Collage for Everyone**

See description above. **Schedule:** 7/8, 8/12, 9/9 (may attend one or all dates) in Wethersfield from 7:00 p.m. to 9:00 p.m. Preregistration required. Call 860-545-1888. FEE: \$25 per session date.

### **Brain Fitness—Keeping Your Mind Fit**

Mind exercises can strengthen attention, concentration, improve problem solving skills, increase the mind-body connection and stimulate brain activity. **Schedule:** Join Kathleen Kiley from 6:30 to 8:30 p.m. on 8/11 or 9/8 at the Avon Wellness Center. Preregistration required. Call 860-545-1888. FEE: \$15.

### **Dreams—Tapping into Your Inner Wisdom**

Learn how to understand thoughts, feelings and sensations in your dreams, and get to know yourself better. Presented by Kathleen Kiley. **Schedule:** From 6:30 to 8:30 p.m. on 7/7 in Glastonbury. Preregistration required. Call (860) 545-1888. FEE: \$20.

### **Mindfulness Based Stress Reduction**

(8 week series)

Stressed by life events, illness, pain, worry? Join Randy Kaplan, Ph.D. for this 8-week course modeled after the original, acclaimed program by Jon Kabat Zinn at UMass Medical Center. You will learn awareness of breathing, sitting and walking meditation, the "body scan," basic yoga, and techniques of daily living in a supportive group environment. **Schedule:** Tuesdays, from 5:15 to 7:15 p.m. starting on 7/13 (required orientation), 7/20 to 8/31 and 9/7, plus all day retreat on 8/28 from 9:30 a.m. to 3:30 p.m. Preregistration required. Call 860-545-1888. FEE: \$250 (includes course workbook and 5 CDs).

### **Reiki Healing Touch—Level I**

Learn a gentle, hands-on relaxation technique from Alice Moore, RN, MA, RMT, that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** Thursdays on 7/29, 8/26, or 9/16 (choose one date) from 9:00 a.m. to 5:30 p.m. in Hartford. FEE: \$160. Nursing CEUs and Medical CMEs available.

### **Hypnobirthing® Class**

Five-week class for expectant parents/significant others and learn techniques for a safe and more comfortable birthing using guided imagery, visualization, special breathing techniques, and self-hypnosis. Additional emphasis is placed on pregnancy and childbirth as well as pre-birth parenting and the consciousness of the pre-born baby. **Schedule:** 5-week series on Mondays from 6:30 to 9:00 p.m. From 7/12 to 8/9 or 9/6 to 10/4 in Wethersfield. Registration is required. Call 860-545-1888. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

### **Tibetan Bowls Practitioner Level I**

Singing Bowls provide sound vibrations that help the body achieve energy flow, relaxation and decrease pain. Taught by Marie Menut, RN. **Schedule:** Four Mondays from 9/13 to 10/4 from 6:00 to 9:00 p.m. in Newington. Preregistration required. Call 860-545-1888. FEE: \$150.

### **Yoga Fusion**

Join Cynthia Ambrose, RYT, for this 10-week series (for all levels) that includes meditation, breath work, core strengthening and posture flows. Bring yoga mat, water, and optional (but recommended) blanket. **Schedule:** Ten Mondays, 7/5 to 7/26, 8/2 to 8/16 (skip 3 weeks) and 9/13 to 9/27 from 6:30 to 7:45 p.m. in Newington. Registration is required. Call 860-545-1888. FEE: \$145.

### **Peggy Huddleston's Prepare for Surgery, Heal Faster™**

Learn 5 steps, including guided imagery, proven by research to help you prepare emotionally and physically for surgery. Be calmer, experience less pain and recover sooner. Book and relaxation tape are available for \$25. Call 860-545-4444.

### **Yamuna® Body Rolling**

In this dynamic workshop you learn how to do self-massage with a specific series of small balls, promoting balance, building core strength, providing weight-bearing exercise, improving posture and stimulating bone. With Sharon Sklar, Certified YBR Practitioner and Rolfer. Wear close fitting yoga type clothes and bring a mat. **Schedule:** From 7:00 to 9:00 p.m. on 7/22 at the Newington campus gym. Preregistration required at 860-545-1888. FEE: \$40.

### **Community Lecture Series: Beautiful Skin Without Surgery**

Join Dr. Margaret Bason, a Board-certified dermatologist in Simsbury for a FREE seminar in September to learn about skin tightening without surgery, new breakthrough treatments for sagging skin, wrinkles, blood vessels, brown spots, and acne. For more information and/or to register, call 860-651-1766. Registration is required.

## EXERCISE/ WELLNESS

See additional exercise programs on pages 16-17.

### **Cardiac Rehabilitation Classes**

Comprehensive care to individuals who have recently experienced a cardiac event or require risk factor modification. EKG monitored exercise class, education and counseling. Covered by most insurance plans; physician referral is required. **Locations:** Hartford Hospital—860-545-2133; Glastonbury—860-633-9084; Avon—860-674-8509; West Hartford—860-570-4571.

### **Tai Chi for Health**

The perfect exercise and meditation program for seniors. Improve overall fitness, balance, coordination, agility and reduce the chance for a fall-related injury. **Schedule:** Mondays/Wednesdays in Avon; Tuesdays/Fridays in Glastonbury; Tuesdays/Thursdays in Wethersfield and Windsor. Please call 860-545-1888 for schedule and to register. FEE: \$80 for 8 sessions (meet twice/week) or \$45 for 4 sessions (meet once/week).

### **Pilates Classes**

Conditioning program that combines elements of yoga, weight training and gymnastics to improve posture, flexibility, coordination, muscle tone and strength. People of all ages and abilities can participate. Call Eastern Rehabilitation Network at (860) 667-5480 for a location near you. Fee: \$150 for 10 mat sessions.

### **Adult Swim Lessons**

Learn to swim or improve your stroke. Swimming is a great cardiovascular exercise. Taught by Red Cross certified instructors. *This class is held at the Healthtrax Wellness Center at Hartford Hospital's Avon Wellness Center, 100 Simsbury Road. Call 860-284-1190 for information or to register.*

## WOMEN'S HEALTH ISSUES

### *El Grupo de Mujeres*

Education and support for Latina women living with HIV or AIDS regardless of where they get their health care. Learn about HIV and how to remain healthy. Develop problem solving skills. Become an advocate for your health care needs. Arts, crafts, excursions. Bilingual (English and Spanish). Meets twice a month. For information call 860-545-2966 or 860-545-1001. FREE.

### *The Strong Women Program*

An exercise program for middle aged and older women. Working with weights will increase strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for 24 "no-impact" workouts. Call 860-545-1888 for the schedule and to register. FEE: \$160.

### *Fertility Yoga*

Offers a holistic approach for women who are considering pregnancy or actively pursuing parenthood. Gentle yoga uses calming techniques that emphasize breath awareness, physical and mental relaxation. **Schedule:** Call 860-545-1888 for the schedule and to register. FEE: \$50 for 4 sessions.

## DOMESTIC VIOLENCE

### *My Avenging Angel Workshop*

My Avenging Angel Workshop has been sponsored by the Hartford Hospital Domestic Violence Prevention Program since 2001. The workshops have helped women who have been abused move from victims to survivors to "thrivers." **Schedule:** Two Saturday sessions from 10:30 a.m. to 4:30 p.m. in Wethersfield and Avon. For schedule, call 860-545-1888. FREE.

## Parent Education Classes

Registration is required for all classes. Call 860-545-1888. Visit us on our website at [www.harthosp.org/parented](http://www.harthosp.org/parented).

### • *Preparing for Multiples*

This three part series will prepare families expecting multiples for late pregnancy, labor and birth, postpartum, infant feeding, care and safety, and managing at home. Class includes a tour of the Special Deliveries Childbirth Center and the Neonatal Intensive Care Unit (NICU). **Schedule:** 6:00 to 9:00 p.m. on Thursdays from 6/24 to 7/8 at Hartford Hospital. FEE: \$125.

### • *Babycare*

Understand the unique needs of your newborn and learn great tips on diapering, bathing and general care. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

**Avon:** 6/24, 7/22, 8/26

**Glastonbury:** 8/9

**West Hartford:** 6/21, 7/12, 8/2, 9/13

**Wethersfield:** 7/14, 9/8

### • *Baby Care for Adopting Parents*

Understand the unique needs of your adopted child and learn the essentials of feeding, diapering, bathing and injury prevention. The focus will be the care of babies up to 12 months and is appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 9/14. FEE: \$35.

### • *Breastfeeding with Success*

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

**Avon:** 9/9

**Glastonbury:** 7/12, 8/2, 9/13

**West Hartford:** 6/28, 7/19, 8/9

**Wethersfield:** 8/11

### • *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breast-feed. Topics include milk collection, storage, choosing the right breast pump and breastfeeding-friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. in West Hartford on 8/16. FEE: \$25.

### • *Childbirth Refresher Class*

This class provides an overview of the labor and birth process, a review of relaxation and breathing techniques, coping methods and pain relief options. **Not** recommended for first time parents. **Schedule:** From 9:00 a.m. to 12:00 noon on 7/31 in West Hartford. FEE: \$50.

### • *Cesarean Birth*

If you are anticipating a cesarean birth, this class will prepare you for the experience from pre-admission through your recovery at home. We'll cover in detail what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour. **Schedule:** From 9:00 a.m. to 12:00 noon on 6/19, 8/14 at Hartford Hospital. FEE: \$50.

### • *Expectant Grandparents Class*

Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. **Schedule:** From 6:30 to 8:30 p.m. on 8/30 in Glastonbury. FREE.

### • *Infant Massage*

Learn hands-on massage techniques to calm and soothe your baby. Private classes available through our Integrative Medicine Department. Call 860-545-4444. FEE: \$45.

### • *Pups and Babies*

Concerned about your **dog** and your new baby? Join Joyce O'Connell, a certified animal behaviorist, for tips on preparing your pet for baby's arrival, introducing baby to your pet, creating safe spaces, and helping your pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 6/16, 9/15. FEE: \$25.

### • *Jewish Beginnings*

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 9:00 p.m. on 7/13 at the Mandell Jewish Community Center, West Hartford. FREE.

### • *Baby Signing: An Introduction*

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class will focus on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for babies 6 to 24 months. Format includes songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 9/15 in Wethersfield. FEE: \$25.

### • *Maternity Tours*

A guided tour to acquaint you with our facility and maternity services. **Schedule:** Weekdays 6:00 to 7:00 p.m. or 7:00 to 8:00 p.m.; also some Saturdays from 11:00 a.m. to 12:00 p.m. or from 12:00 to 1:00 p.m. Tours available in English and Spanish. For schedule and to register, call 860-545-1888. FREE.

### • *Neonatal Intensive Care Unit Tours*

Private tours for those expecting twins, triplets, etc. By appointment only. Please call 860-545-8987. FREE.

### • *eLearning Childbirth Education*

When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Includes animated illustrations and videos and covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. An optional one-evening session provides a guided maternity tour, review of breathing and relaxation techniques, birth videos, and time for questions. **Schedule:** From 6:30 to 9:00 p.m. on 6/21, 9/9 in Hartford Hospital's High Building, #685. Call 860-545-1888 to register. FEE: \$100.

### • *Preparation for Childbirth Class*

All the essential information you need for labor and the birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and other coping skills. Learn to be an active participant in the birth of your baby. We offer a variety of options—one day or two week sessions. Classes meet in Avon, Glastonbury, West Hartford, Wethersfield and Windsor. **Schedule:** Call 860-545-1888 or go to [www.harthosp.org/parented](http://www.harthosp.org/parented). FEE: \$100.

### • *The Happiest Baby*

Learn an extraordinary approach to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. This approach was pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** From 7:00 to 9:00 p.m. on 8/17 in West Hartford. FEE: \$65/couple includes class, Parent Kit, choice of Dr. Karp's DVD (or VHS) and *Soothing Sounds* CD.

### • Epidural Anesthesia for Labor

Led by a Board-certified anesthesiologist, this class covers what an epidural is, how it is placed, the risks involved and what to expect for pain relief. This is an excellent opportunity for expectant parents to learn more about epidurals and to ask questions. **Schedule:** From 7:00 to 8:00 p.m. on 8/5 at Hartford Hospital. FREE.

### • Sibling Preparation

A class to help children 3 to 9 years of age prepare for the arrival of a new baby brother or sister. **Schedule:** Hartford from 9:30 to 10:30 a.m. on the following dates:

**Pre-school**—Saturday 9/11

**All ages (3–9)**—Saturday 7/10, 8/7

FEE: \$15 per child; \$25 for 2 or more children

### Nurturing Connections

*Nurturing Connections (NC) programs are under the umbrella of the Nurturing Families Network.*

### Telephone Support for New Parents

This program is for new, first-time parents. Volunteers and others are available to provide them by telephone with education and support as they adjust to the many demands of parenthood beginning while the mother is pregnant or while mother and baby are still in the hospital. Contact Leslie Escobales at 860-972-3201.

### Home Support for New Parents

Intensive home visiting services are offered to first-time parents. Staffed by home visitors who may visit the homes weekly starting prenatally until the baby is 5 years of age. The home visitors act as teachers, supporters and advocates for the families and help them get the community services they need. Contact Leslie Escobales at 860-972-3201.

### Prenatal Groups

Prenatal groups are offered in both English and Spanish depending on the number of participants. Meet once per week for ten weeks. Contact Damaris Rodriguez at 860-972-3131.

### Parent–Baby Series

#### • Enjoying Infants Together—Mornings

Led by a pediatric nurse practitioner, this six-week series is for parents and infants under 12 months. Learn fun, developmental activities for infants, participate in discussions and make new friends! **Schedule:** From 11:15 a.m. to 12:15 p.m. weekly from 9/15 to 10/20 in Wethersfield. FEE: \$50 for 6-week series. Try our free introductory class on 9/8.

#### • Time for Toddlers—Mornings

Led by a pediatric nurse practitioner, this six-week series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions on parenting issues. **Schedule:** Wednesdays, 10:00 to 11:30 a.m., from 9/15 to 10/20 in Wethersfield. FEE: \$50. Try our free introductory class on 9/8.

### Exercise for Expectant and New Moms

#### • Prenatal Yoga

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Four-week sessions in West Hartford, 7/21 to 8/11 and 9/8 to 9/29 from 5:30 to 6:45 p.m. Call 860-545-1888 to register. FEE: \$50/4-week session.

#### • Stroller Fitness

Enjoy beautiful Farmington Valley views along the Rails to Trails, beginning at Hartford Hospital Avon Wellness Center. Strength training and endurance will be incorporated into this fun stroller workout. Alternate activities will be planned in the event of inclement weather. Meets at the Avon Wellness Center. Call 860-985-7957 for schedule.

### DIABETES LIFE CARE PROGRAMS

#### Diabetes Education Classes

Self-care education and support for adults with diabetes. Develop the self-management skills to improve blood sugar control, prevent and/or delay complications and improve daily quality of life with diabetes. Classes also available for women with diabetes during pregnancy. Classes in English or Spanish. For more information call 860-545-1888.

*Day (8:30 to 11:30 a.m.)*

*Afternoon (1:00 to 4:00 p.m.)*

*Evening (5:00 to 8:00 p.m.)*

#### Diabetes Support/Education Group

Continue your self-care education in diabetes and receive ongoing support from other adults with diabetes. Offered in Wethersfield and Windsor. Meetings are held quarterly. Call 860-545-1888 for schedule and topics. FREE.

#### Diabetes & Nutrition

*(Meal Planning and Counseling)*

Our dietitians provide individualized meal plans by addressing *your* concerns and desires concerning food preferences (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. Physician referral required. Call 860-545-3526 to schedule an appointment.

### SAFETY EDUCATION

#### Car Seat Safety

Despite parents' best efforts to keep their children safe, four out of five car seats are installed incorrectly. That's why we offer a free Car Seat Safety class for expectant parents, hosted by Community Safety Officer David Cavedon. Space is limited and registration is required. **Schedule:** From 6:30 to 8:00 p.m. on 6/29 in West Hartford. Call 860-545-1888 to register. FREE.

### CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children who want basic first aid and CPR information but who do not need a course completion card. Call 860-545-1888 for schedule. FEE: \$45.

### SCREENINGS/SUPPORT GROUPS

*Look under specific topics for additional support group listings.*

#### Blood Pressure/Sugar/Cholesterol

Conducted by VNA Health Care and scheduled throughout the Greater Hartford area. For more information call 860-246-1919.

#### Patient Support Groups

##### • Mended Hearts Support Group

For people who have had open-heart surgery or heart disease and their partners. **Schedule:** Meets 3rd Wednesday of each month at 7:15 p.m. at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

##### • Heart Transplant Support Group

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** Meets from 5:30 to 8:30 p.m. in Glastonbury. For information, call Sue Podolski at 860-545-4339. FREE.

##### • Transplant Patient Support Group

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury. For information, call Sue Podolski at 860-545-4339. FREE.

##### • Ostomy Support Group

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Programs include self-help sessions of sharing helpful tips, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. **Schedule:** From 6:30 to 7:30 p.m. at West Hartford Senior Center, 15 Starkel Road. For schedule or more information, call 860-760-6862. FREE.

##### • Kidney Transplant Orientation Class

Open to all potential kidney transplant patients, donors and their families. Provides education to help in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. Call 860-545-4368 for schedule or to register. FREE.

##### • Farmington Valley Fibromyalgia/Chronic Fatigue and Immune Dysfunction Syndrome Support Group

Find support, education and humor. Meets in the Wagner Room at the Simsbury Public Library, 725 Hopmeadow Street, Simsbury. **Schedule:** 3rd Tuesday of each month from 1:00 to 3:00 p.m. Registration is **not** necessary. Call Betty at 860-658-2453 for more information. FREE.

*Visit our web site at [www.harthosp.org](http://www.harthosp.org)*

## SURGICAL WEIGHT LOSS PROGRAMS

### *Surgical Weight Loss Education Session*

Find out if weight loss surgery is right for you. Attend a session and meet Drs. Darren Tishler and Pavlos Papasavas from the Surgical Weight Loss Center. Learn about obesity, types of surgery offered, and whether you might be a candidate. For more information, schedule and to register, call 860-246-2071 and select option #2. Registration is required. FREE.

### *Surgical Weight Loss Support Group*

Education and support for those who have had or are thinking of having bariatric weight loss surgery. Conducted by Nina Arnold and Sally Strange, Bariatric Nurse Coordinators. **Schedule:** 6/15, 7/13, 8/10, from 6:00 to 8:00 p.m. at Hartford Hospital's Education and Resource Center, 560 Hudson Street, Hartford. For more information go to [www.harthosp.org/obesitysurgery](http://www.harthosp.org/obesitysurgery) or call 860-246-2071 and select option #2. Registration **not** required. FREE.

### *Nutrition Classes for Post-operative Patients*

Nutrition classes are available for patients who have had bariatric surgery for weight loss. For more information, schedule and to register, please call 860-545-2604.

### *Greater CT Walk from Obesity with local sponsorship by Hartford Hospital*

Help raise awareness about obesity, a major public health issue that affects children and adults nationwide. Donations go toward research and prevention. **Schedule:** Saturday, 9/25 at Hubbard Park in Meriden. Register on-line at [www.walkforobesity.com](http://www.walkforobesity.com) and select Join A Walk-Greater CT. On site registration begins at 10 a.m. Walk begins at 11:00 a.m. Registration Fee: \$25—includes T-shirt. Children 12 and under are free.

## CLINICAL PROFESSIONAL PROGRAMS

### *EMS Education*

#### *Can't come to us? We'll come to you...*

Hartford Hospital's Department of EMS Education will accommodate the needs of the business community by providing on-site instruction. A minimum number of participants is required. Call 860-545-2564 for more information or to make arrangements.

**For more information on the following classes or to register on-line, visit our website at [www.harthosp.org/ems](http://www.harthosp.org/ems).**

#### *Pediatric First Aid & CPR*

This course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Approved by the State of Connecticut to meet the requirements for day care providers for first aid. Call 860-545-2564 for schedule and to register. FEE: \$75.

#### *Adult First Aid & CPR with Automated External Defibrillation*

Course content includes general principles of first aid, medical emergencies, injury emergencies, CPR and the use of the automated external defibrillator, and environmental emergencies. Call 860-545-2564 for schedule and to register. FEE \$90.

#### *Adult/Child/Infant CPR with Automated External Defibrillator*

The Heartsaver AED Course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices for all ages. Call 860-545-2564 for schedule and to register. FEE: \$75.

#### *Basic Life Support for Healthcare Providers*

Course fee includes textbook pocket mask and course completion cards. **Schedule:** Evening program from 6:00 to 10:00 p.m. Saturday day program from 9:00 a.m. to 5:00 p.m. Registration is required. Call 860-545-4158. FEE: \$85.

#### *Basic Life Support for Healthcare Providers—Refresher Class*

Call 860-545-4158 for schedule and registration information.

#### *CPR Instructor Course*

Call 860-545-4158 for schedule and registration information.

#### *EMT—Basic Course*

For all pre-hospital emergency medical care providers who will ride on ambulance crews, serve on fire department rescue squads, or work in security or police departments. It covers assessment, stabilization, and transport of medical and trauma emergencies. Course fee covers texts, equipment and supplies. Call 860-545-2564 for more information or for registration form.

#### *EMT—Intermediate Course*

Must present current copy of State of CT EMT-B certification and a current copy of CPR training in adult, infant and child. Registration is required. Call 860-545-2564 for schedule and registration form.

#### *EMT—Recertification Course*

For currently certified EMT-Basics. Includes the recertification practical and written examinations at no additional charge. Results for both exams are available at the end of the last class. Registration required. Call 860-545-2564 for schedule.

#### *Core Instructor Program*

For anyone interested in becoming a CPR, ACLS, or PALS instructor. Must have a current provider card in the topic in which they wish to become an instructor. Upon completing the Core Instructor program, the student will be eligible to take the discipline specific instructor training program. FEE: \$150. BCLS, ACLS, & PALS Instructor program: \$300. Call 860-545-2564 for schedule and to register.

#### *Pediatric Advanced Life Support (PALS)*

Provider refresher course. American Heart Association program offers 16 hours of instruction in patient assessment, shock management, and vascular access. Call 860-545-2564 for schedule.

#### *Pediatric Education for Pre-Hospital Professionals*

PEPP represents a comprehensive source of pre-hospital information for the emergent care of infants and children. It will teach the pre-hospital professional how to better assess and manage the ill or injured child. Call 860-545-2564 for **schedule:** FEE: \$150.

#### *Advanced Cardiac Life Support (ACLS)*

For providers, instructors and those who have a current card but need a refresher course. AHA program designed for healthcare providers whose occupations demand proficiency in the knowledge and skills of ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call 860-545-2564 for schedule and to register.

## PROFESSIONAL DEVELOPMENT

### *Radiation Therapy Program*

Applications are currently being accepted for this 24-month full-time program. This program is accredited by the Joint Review Committee on Education in Radiologic Technology and prepares graduates for certification by the American Registry of Radiologic Technologists. For schedule and an application, visit our website at [www.harthosp.org](http://www.harthosp.org) or call 860-545-2612.

### *Radiography Program*

This 24-month full-time accredited program begins in September of each year and leads to eligibility for certification by the American Registry of Radiologic Technologists (ARRT). The Radiography profession combines the use of advanced radiographic imaging equipment with direct patient care. For schedule and an application, see our website at [www.harthosp.org](http://www.harthosp.org) or call 860-545-2612.

### *Phlebotomy Training Course*

In association with Hartford Hospital's Clinical Laboratory Education Program, this program is offered twice a year in the Spring and Fall for 15 weeks, to prepare students for jobs as phlebotomists. For schedule or more information and an application, visit our website at [www.harthosp.org](http://www.harthosp.org) or call 860-545-3350.

### *HealthCare Toastmaster #2300*

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital, Jefferson Building conference room 118. FEE: \$39 for 6-month membership.

Visit our web site at [www.harthosp.org](http://www.harthosp.org)

# SPECIAL EVENTS AT HARTFORD HOSPITAL

**REGISTRATION IS REQUIRED** for each of the following events unless noted otherwise. Call Hartford Hospital's Health Referral Service at 860-545-1888 or toll-free at 800-545-7664 to register.



Rohini Becherl, M.D.

## FREE EDUCATIONAL SEMINARS IN ENFIELD

The following programs take place from 7:00 to 8:00 p.m. at the Enfield Senior Center, 299 Elm Street, Enfield.

Thursday, August 19

### **AGING WELL: Finding Wellness through Exercise**

Join Rohini Becherl, M.D., and Colleen Maniscalco, PT, MS, CSCS as they discuss the importance of exercise as we age. Dr. Becherl is fellowship trained in geriatric medicine and specializes in primary care for seniors including dementia care. Ms. Maniscalco is a physician therapist with extensive training, specializing in health promotion and disease prevention. In this program, you will:

- Learn how exercise can help in sustaining a healthier and longer life.
- Learn about osteoporosis and the importance of posture and safe, appropriate exercise.
- Identify risks for falling and learn prevention techniques.

Thursday, July 15

### **PREPARE FOR THE UNEXPECTED: Being Ready for Unplanned Hospital Visits**

Presented by Michael Lindberg, M.D., Director, Department of Medicine, Hartford Hospital. Dr. Lindberg is Board-certified in internal medicine and geriatric medicine. He has extensive experience in caring for older individuals and in educating the next generation of physicians. In this seminar, you will learn:

- How you can work with your doctor to prepare for an unexpected hospitalization
- What to expect if you are hospitalized
- How to collaborate with the team caring for you in the hospital
- How to set goals with your doctor and hospital staff

Thursday, September 16

### **WOMEN'S HEALTH: How Robotic Surgery Can Change Your Life**

Peter Doelger, M.D., FACOG, a Board-certified obstetrician and gynecologist and Adam Steinberg, D.O., FACOG, FACS will discuss minimally invasive and robotic surgery for women. You'll learn about both surgical and non-surgical options that are available. This seminar will provide valuable information on:

- Robotic surgery and minimally invasive surgery
- Overall GYN health
- Problems women experience and treatment options



Michael Lindberg, M.D.



Peter Doelger, M.D.



Adam Steinberg, D.O.



### **Facial Rejuvenation: Turning Back the Clock**

Brook Seeley, M.D., is Board-certified by the American Board of Facial Plastic and Reconstructive Surgery, and he is the head of Hartford Hospital's Division of Facial Plastic Surgery. He will discuss the latest products and techniques available for facial rejuvenation. Emphasis will be on minimally invasive procedures, including Botox, wrinkle fillers, lasers, and skin care, as well as minimally invasive surgical techniques. **Schedule:** Thursday, September 19, from 7:00 to 8:00 p.m. in Blue Back Square, West Hartford.



Call the Health/Physician Referral Service at 860-545-1888 or 800-545-7664 for information about any program.