

Education Programs, Events and Screenings

Backus Hospital Safety Camp

Organized by the Backus Trauma Center, EMS and American Ambulance, children and parents can learn more about summer safety through games and activities. Activities include free bike helmets, giveaways, face-painting, free food, 911 training, a smoke house, fire safety, boat and water safety and much more, including tours of LIFE STAR and fire apparatus. For more information, call Gillian Mosier at 889-8331, ext. 3220.

- Saturday, June 12
- 10 a.m. - 1 p.m.
- Backus Hospital parking lot, outside the Medical Office Building entrance

Program free; no registration required. Call 860-889-8331 ext. 3220 for more information.

Becoming A Love and Logic Parent

A seven-week class designed to give parents practical skills to help up the odds of raising respectful, responsible children and put a bit of fun back into parenting!

- Tuesday, June 1, 8, 15, 22, 29, July 6, 13
- 6:30 - 8:30 p.m.
- Backus Outpatient Care Center
- 111 Salem Turnpike, Norwich

There is \$150 fee for this program and registration is required. Call 860-237-5510 for more information.

Breast Health Patient Navigator Program

Free to women who experience a suspicious mammogram and / or ultrasound reading. The Patient Navigator helps guide the woman from the suspicious reading to a definitive diagnosis in the shortest amount of time possible to facilitate more efficient access and guidance to breast health care services and information. Services include assistance with referrals to local resources and social support; assistance with appointments; educational support; and, one-on-one meetings to increase satisfaction with their breast health care experience.

Program free; no registration required. Call Joyce Kuusela, RN, at 860-425-3870, or Theresa Thackston at 860-425-3809 for more information.

Community Blood Pressure Screenings

Free blood pressure screening on the third Wednesday of each month.

- Wednesday, June 16
- 1 - 2 p.m.
- Backus entry-level conference rooms 1-3

Program free; no registration required.

Diabetes Outpatient Self-Management Program

Gain a greater understanding of the components of diabetes self-care management. This program includes an initial assessment by Certified Diabetes Educators, a Registered Nurse and a Clinical Dietitian. Provider referral required. Program free but registration required. Call the Diabetes Center at 860-892-6906 and select the Patient Education Classes prompt for more information.

Enjoy LIFE: "Healthy Eating, It's Easier Than You Think"

Backus dietitian Sarah Hospod will provide basic steps to eating a wholesome colorful and healthy diet. Learn to make sense of Nutrition Facts on food labels and other tips for a healthier you. Residents will also be able to sign up for the "Active Challenge." Adult teams can register to compete against other adult teams in an ongoing weight loss competition, while family teams work together toward a common goal to qualify for prizes of their own. The event is part of the Backus Health Education Department's new monthly lecture series Enjoy LIFE: Lifelong Investment in Fitness and Exercise, which is a collaboration to improve health in Windham County between Backus Hospital and the Plainfield Recreation Department.

- Wednesday, June 9
- 6:30 - 8 p.m.
- Plainfield Recreation Center

Program free but registration required. Call 860-889-8331 ext. 2405 for more information.



Family Matters Health Talk: "Caring For A Dying Loved One"

Kathy Franco, RN, and the team from Hospice Southeastern Connecticut will discuss end-of-life care and comfort for the terminally ill.

- Thursday, June 10
- 6:30 - 8 p.m.
- Backus entry-level conference rooms 1-3

Program free but registration required. Call 860-889-8331, ext. 2495 for more information.

Prepare for Surgery, Heal Faster for patients having surgery at Backus Hospital

Using Guided Imagery and relaxation has been shown to help people feel calmer before surgery, have less pain after surgery and recover more quickly. The techniques are also helpful for many other procedures to help lessen anxiety. The patient will receive a book, CD and a 90-minute instructional class. Ideally the class is taken 1-3 weeks prior to surgery. Classes are offered each Monday and Wednesday. A friend or family member may accompany the patient. Instructor: Paula Novak RN, Certified Healing

Touch Practitioner.

- Monday, June 7, 14, 21, 28
 - 5 - 6:30 p.m.
 - Backus Hospital Same Day Surgery Family Lounge
 - Wednesday, June 2, 9, 16, 23, 30
 - 2 - 3:30 p.m.
 - Backus Outpatient Care Center, 111 Salem Turnpike, Norwich
- There is a \$35 (CD and book) fee for this program and registration is required. Call CHI at 860-425-3877 to register or for more information.

Relay for Life of Eastern Connecticut in Plainfield

Information on Breast Cancer will be provided, as well as water bottle distribution on the Mobile Health Resource Center van.

- June 19 starting at 11 a.m. through June 20 at 9 a.m.
- Plainfield Town Hall

Program free; no registration required.

Relay for Life of Southeastern Connecticut

Annual fundraiser for the American Cancer Society includes a survivor's lap, reception and lunaria ceremony.

- June 26 starting at 11 a.m. through June 27 at 9 a.m.
- Norwich Free Academy track

Program free; no registration required.

Sail Through Surgery

A pre-op program for children, ages 18 and under, and their parents, to help prepare for an upcoming surgery.

- Friday, June 4
- 4:30 p.m.
- Backus Hospital Same Day Surgery waiting area
- Saturday, June 19
- 10 a.m.
- Backus Hospital Same Day Surgery waiting area

Program free but registration required. Call 860-823-6328 for more information.

Total Care Program (joint replacement)

Learn what to expect from your joint replacement surgery – preparatory measures, the procedure, rehabilitation, and other issues. Includes demonstrations from physical therapists.

- Wednesday, June 2, 9, 16, 23, 30
- 11:30 a.m. - 1:30 p.m.
- Backus Outpatient Care Center, 111 Salem Turnpike, Norwich.

Program free but registration required. Call 860-823-6376 for more information.

Total Care Program (spinal fusion)

Backus patients scheduled for surgery can learn what to expect from spinal fusion surgery – preparatory measures, the procedure, rehabilitation, and other issues.

- Wednesday, June 2, 9, 16, 23, 30
- 9 - 11 a.m.
- Backus Outpatient Care Center, 111 Salem Tpk., Norwich

Program free but registration required. Call 860-823-6376 for more information.

Childbirth and Infant Care

Breast-feeding Preparation Class

Learn breast-feeding tips for success. This class is for expectant women.

- Thursday, June 3
- 6 - 8 p.m.
- Backus Hospital conference room 3

Program free but registration required. Call 860-425-3863 or e-mail moc@wwbh.org for more information.

Childbirth Preparation Classes

A four-week series offered on Monday evenings in the Backus Hospital Birthing Center. Includes a tour of the Birthing Center. Register three months prior to due date.

- Monday, June 7, 14, 21, 28
- 7 - 9 p.m.
- Backus entry-level conference rooms 1-2

There is a \$55 fee for this program and registration is required. Call 860-425-3863 or e-mail moc@wwbh.org for more information.

Childbirth Preparation Classes (weekend)

A two-day weekend class. Includes a tour of the Birthing Center. Register early.

- Saturday, June 12
- 9:30 a.m. - 1:30 p.m.
- Backus entry-level conference rooms 1-2
- Sunday, June 13
- 9:30 a.m. - 1:30 p.m.

There is a \$55 fee for this program and registration is required. Call 860-425-3863 or e-mail moc@wwbh.org for more information.

Couples Massage for Pregnancy

This one-evening class teaches partners simple massage techniques to release pain or discomfort during pregnancy and labor.

- Wednesday, June 30
- 7 - 9 p.m.
- Backus Hospital Birthing Center

There is a \$50 fee for this program and registration is required. Call 860-572-1872 or e-mail jstranger1@sbcglobal.net for more information.

Dr. Dad

Designed for the expectant or new father. Class will include information on the Well Child, Sick Child, Injured Child and Safe Child.

- Tuesday, June 8, 15, 22, 29
- 6 - 8 p.m.
- Backus conference room E-260

Program free but registration required. Call 860-425-3863 or e-mail moc@wwbh.org for more information.



Infant-Child CPR

A Backus Birthing Center program for parents and parents-to-be in the instruction of CPR infants and chil-

dren. Instructor is certified in CPR. Classes are limited to eight people per session.

- TBA
- 6 - 8 p.m.
- Backus Hospital Birthing Center

There is a \$35 per couple or \$20 per person fee for this program and registration is required. Call 860-425-3863 or e-mail moc@wwbh.org for more information.

New Moms' Support Group

Open to moms of babies up to six-months. It's a place to ask questions in a supportive environment and talk to other new moms about concerns like postpartum issues, breast-feeding, feeding issues and infant care. Group is facilitated by the Lactation Consultant/educator.

- Tuesday, June 1, 8, 15, 22, 29
- 11 a.m. - 12:30 p.m.
- Backus Patient Care Services Conference Room

Program free; no registration required. Call 860-425-3863 or email moc@wwbh.org for more information.



Nurturing Your Newborn – An Infant Care Class

This two-hour class teaches normal newborn behavior, tests and procedures in the hospital, and how to care for your baby in the first few days at home. Topics include: safe sleep, swaddling, bath demonstration, feeding, newborn appearance and behaviors and when to call the doctor.

- Thursday, June 17
- 6 - 8 p.m.
- Backus E-2 conference room

Program free but registration required. Call 860-425-3863 or e-mail moc@wwbh.org for more information.

Parents To Be Open House

Informational session and a tour of the Birthing Center. Speakers include OB doctor, pediatrician, lactation consultant, birth registry/paternity and various other educational materials available. Tours start at 6:15 p.m. from the main lobby. Speakers will start at 7 p.m. Refreshments will be served.

- Wednesday, July 21
- 6 - 9 p.m.
- Backus entry-level conference rooms 2-3

Program free but registration required. Call 860-823-6517 for more information.

Prenatal Yoga Class

Release your stress and tension. Build more energy and strength. Minimize your discomfort. Learn safe and effective ways to feel good and revitalize yourself to enjoy your pregnancy and motherhood.

- Wednesday, June 2, 9, 16, 23, 30, July 7
- 6:30 - 8 p.m.
- Beth Jacob Synagogue

There is a \$72 fee for this program and registration is required. Call 860-887-3388 or e-mail hathayoga@snet.net for more information.



Prepared for your Scheduled Cesarean Section

This is a one-time class where you will learn what will happen when you come into the hospital for your c-section. Learn ways to decrease discomfort and take care of your newborn while recovering from surgery.

- Thursday, June 10
- 6 - 8 p.m.
- Backus Hospital Birthing Center Conference room

Program free but registration required. Call 860-425-3863 or email moc@wwbh.org for more information.

Sibling Class

This one-day class helps big brother or sister, ages 3-6, prepare for the new addition. Tours of the Birthing Center are included and participants have the chance to see a newborn.

- Sunday, June 13
- 2 - 3 p.m.
- Backus Hospital Birthing Center

Program free but registration required. Call 860-425-3863 or e-mail moc@wwbh.org for more information.

Teen Birthing

A two-evening childbirth preparation class to prepare adolescent couples for labor and delivery. Call for confirmation.

- TBA
- 4:15 - 6 p.m.
- Backus Hospital Birthing Center

There is a \$10 fee for this program and registration is required. Call 860-425-3863 or e-mail moc@wwbh.org for more information.

Clinics and Services

Amputee Clinic

For new amputees or amputees considering a new prosthesis. Usually held the first Tuesday of the month. Individualized sessions.

- Tuesday, June 1
- 1 - 3 p.m.
- Backus Outpatient Care Center, 111 Salem Tpk., Norwich

Program free but registration required. Call 860-823-6317 for more information.

Backus Car Seat Clinic

Backus Hospital and Safe Kids New London County offer car seat checks and installation on the first and third Friday of every month.

- Friday, June 4, 18
- 10 a.m. - 1 p.m.
- Norwich Fire Department

Program free but registration required. Call 860-442-0733 for more information.

HIV Education and Testing Site

Offers free, anonymous and confidential HIV education, counseling and testing. Ongoing Mondays and Wednesdays 5 - 8 p.m. and Tuesdays 9 a.m. - 4 p.m. at 107 Lafayette St. Program free but registration required. Call 860-823-6343 for more information.

Sexually Transmitted Disease Clinic

Diagnosis and treatment of most sexually transmitted diseases; HIV and Hepatitis C testing is available. Mondays and Wednesdays, 5:30 - 7:30 p.m., at 107 Lafayette St., Norwich. No appointment needed. Only eight patients seen each clinic session. No new registrations accepted after 7 p.m.

Program free; no registration required. Call 860-823-6344 for more information.

Support Groups

Brain Injury Support Group

For persons who have experienced a brain injury, and for their families and friends. Usually held on the first Thursday of the month.

- Thursday, June 3
- 1:30 - 3 p.m.
- Backus Medical Office Building Radiation Therapy conference room

Program free; no registration required. Call 860-889-8331, ext. 4060, for more information.

Breast Cancer Support Group

For breast cancer patients and their families, sponsored by Backus Hospital and ECHO. Usually held on the third Tuesday of each month.

- Tuesday, June 15
- 7 - 8:30 p.m.

• Backus Hospital Medical Office Building Radiation Therapy Waiting Room

Program free; no registration required. Call 860-892-2777 for more information.

Cancer Support Group

Cancer patients and survivors are invited to discuss how cancer has changed their lives. Usually held on the second Tuesday of the month. Reservations are requested as lunch will be provided.

- Tuesday, June 8
- noon - 1 p.m.
- Backus Medical Office Building Conference Room

Program free but registration required. Call 860-892-2777 for more information.

Cardiac Support Group

For patients with cardiac problems and their families, the meetings will focus on heart disease, cardiac systems and new changes in patient care. Usually meets the second Wednesday of every month. Facilitated by Sue Rahn, RN, of the Backus Cardiac Rehabilitation Department and Aimee Stefanski, APRN, Cardiology Associates.

- Wednesday, June 9
- 6 - 7 p.m.
- Medical Office Building

Program free; no registration required. Call 860-889-8331, ext. 2554 for more information.

Diabetes Support Group

The Department of Diabetes, Endocrinology and Metabolism offers a Day Diabetes Support Group, usually held on the first Tuesday of every other month. The evening support group is usually offered every other month on the first Wednesday. This offering is perfect for individuals who would like to share information and learn from others with diabetes.

- Wednesday, June 2
- 7 - 8 p.m.
- Backus Outpatient Care Center, 111 Salem Tpk., Norwich

Program free but registration required. Call 860-892-6906 and leave a message on the Diabetes Patient Education line for more information.

Head and Neck Cancer Support Group

For cancer patients, survivors and caregivers. Education and support group during treatment and afterward. Usually held the third Tuesday of the month.

- Tuesday, June 15
- 5 - 6 p.m.
- Backus Medical Office Building Conference Room

Program free; no registration required. Call 860-892-2777 for more information.



Illness Management and Recovery for the Family/Natural Supports

Obtain a greater understanding of recovery and recovery strategies. Usually held the third Wednesday of each month.

- Wednesday, June 16
- 5:30 - 6:30 p.m.
- Southeastern Mental Health Authority, 401 West Thames St., Bldg. 301

Program free; no registration required. Call 860-859-4500 for more information.

Laryngectomy Support Group

Tri-County New Voice Club for laryngectomy patients and family meets on the third Sunday of the month.

- Sunday, June 20
- 1 - 3 p.m.
- Backus Hospital Medical Office Building Radiation Therapy conference room

Program free; no registration required. Call Speech Therapy at 860-889-8331, ext. 4082, for more information.

Lyme Disease Support Group

Talk with others about how Lyme disease has impacted your life and learn the latest on diagnosis and treatments. Usually meets the first Thursday of the month.

- Thursday, June 3
- 6:30 - 7:30 p.m.
- Backus Hospital Medical Library

Program free; no registration required. Call Kimberlee Pappa at 860-303-9020 for more information.

Lymphedema Support Group for Breast Cancer Patients

Offers an opportunity to share experiences and learn about risk reduction and treatment of lymphedema. Meets quarterly.

- Tuesday, June 1
- 4 - 5:30 p.m.
- Backus Outpatient Care Center conference room 1

Program free but registration required. Call Suzanne Plante at 823-6317 for more information.

Pregnancy and Infant Loss Support Group

"Angels Remembered" is a support group for parents who have experienced pregnancy or early infancy loss. Held the second Tuesday of each month.

- Tuesday, June 8
- 7 - 8:30 p.m.
- Backus Hospital Medical Office Building conference room

Program free; no registration required. Call Elynor Carey at 860-889-8331, ext. 4239, for more information.

Sharing and Caring: Stroke Support and Conversation Group

For persons who have experienced a stroke, and for their families and friends. Usually held on the second Thursday of the month.

- Thursday, June 10
- 1 - 2 p.m.
- Backus Outpatient Care Center conference room 1

Program free; no registration required. Call 860-823-6317 and ask for Pam or 860-889-8331, ext. 3480, for more information.

United Community and Family Services monthly Caregiver Support Group

For people touched by Alzheimer's or other disabilities to learn more about different illnesses, share caregiving ideas, express their feelings, hear about advances in research and advocacy. Meetings usually held the second Wednesday of each month.

- Wednesday, June 9
- 4 - 5 p.m.
- Ross Adult Day Center, 165 McKinley Ave., Norwich

Program free; no registration required. Call 860-889-1252 for more information.

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