

Education Programs, Events and Screenings

American Heart Association Annual Heart Walk

The American Heart Association Heart Walk allows people to get exercise while also raising awareness and money for research. The event includes a health fair, free screenings from the Backus Mobile Health Resource Center, free lunch and entertainment. Participants can choose between a 2-mile or a 5-kilometer walking route.

- Sunday, Oct. 3
 - 10 a.m. - 1 p.m.
 - Rocky Neck State Park, Niantic
- To join the Backus team or donate, contact Shawn Mawhiney, 860-889-8331, ext. 2312 or smawhiney@wwbh.org. To learn more, visit rockyneckheartwalk.org

Baltic Community Health Program

The Backus Hospital Mobile Health Resource Center will be at the former Baltic United Methodist Church for a blood pressure screening and an informative program on preventing head trauma

- Wednesday, Aug. 4
 - 4 - 7 p.m.
 - West Main Street, Baltic
- Program free; no registration required. Call 860-889-8331, ext. 2495 for more information.

Bariatric Surgery Information Session

The Backus Weight Loss Center will hold several community education events outlining its new bariatric surgery program which combines surgery, nutrition education, psychiatric screenings and support groups to tackle obesity

- Aug. 10, 31, Sept. 14, 23
- 6 - 7 p.m.
- Backus Outpatient Care Center conference rooms, 111 Salem Tpk., Norwich.

Call 860-425-8740 for more information or to register.

Breast Health Patient Navigator Program

Free to women who experience a suspicious mammogram and/or ultrasound reading. The Patient Navigator helps guide women 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. Call Joyce Kuusela, RN, at 860-425-3870, or Theresa Thackston at 860-425-3809 for more information.

CHI Volunteer Therapist Open House

Backus Hospital's Center for Healthcare Integration (CHI) is seeking to expand the current number of therapists who volunteer. CHI provides complimentary therapies to

inpatients such as Healing Touch, Massage, Reflexology and Reiki. An informational gathering has been scheduled for any therapist interested in becoming part of the program.

- Thursday, Sept. 16
- 6 - 7:30 p.m.
- Backus Hospital entry-level conference rooms

If you are interested in attending, please call CHI Coordinator Amy Dunion, RN, LMT, at 860-425-3877 or Healing Touch and Integrative Care Clinical Coordinator Paula Novak, RN, at 860-889-8331, ext. 2163.

Community Blood Pressure Screenings

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

- Wednesday, Aug. 18
- 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: "Backpack Safety and Keeping Exercise Fun and Safe"

Learn the proper fit for a safe backpack, weight limits, and posture. Physical Therapist Kristin Hilliard will discuss safe exercising for kids, whether on the playground, backyard or team sports; protective equipment, preventing injuries, and more.

- Thursday, Aug. 12
 - 6:30 - 8 p.m.
 - Plainfield Recreation Center, 482 Norwich Road, Plainfield
- Program free but registration required. Call 860-889-8331, ext. 2495.

Learn How To Cook To Achieve Your Health Goals

Cooking classes for health benefits and weight loss are being held at the Dalice Elizabeth Winery in Preston. Mary Lee Wilcox, gourmet caterer and owner of the Dalice Elizabeth Winery, and Pam Oliver, biologist/science nutritionist, president of Body Transformers and author of "Weight Loss with Humor," will offer instruction on food combinations that work best to increase your metabolism and help get rid of belly fat.

- Thursdays, Aug. 5, 12, 18, 26
- 6:30 - 8:30 p.m.
- Dalice Elizabeth Winery, 6 Amos Road, Preston

Program is \$125 per class; registration is required. Call 860-889-WINE for more information or visit www.daliceelizabeth.com. The Backus Stroke program will receive 10% of proceeds from this program.

Multicultural Health Fair

Backus will be hosting a multicultural health fair on Sept. 30. Representatives from more than 20 cultures will be on hand with information on health care customs and issues, music, and more. Anyone wishing to represent their culture is invited to call Alice Facente at 860-889-8331, ext. 2405.

- Thursday, Sept. 30
- 8:30 a.m. - 5 p.m.
- Backus Hospital entry-level conference rooms

Program free; no registration required.

National Night Out in Groton

The Backus Trauma Center, with its mascot Traumaroo, the Crash Dummies and Egg Head will be on hand as part of this community event to heighten crime and drug prevention awareness and promote emergency and disaster preparedness.

- Tuesday, Aug. 3
 - 5 - 8 p.m.
 - Poquonock Plains Park, 150 Fort Hill Road, Groton
- Contact Youth Officer Kelly Crandall at 860-441-6704 or kcrandall@town.groton.ct.us for more information.

National Night Out in Norwich

The Backus Mobile Health Resource Center van will be at Shop-Rite for the Norwich Night Out Event, sponsored by the Norwich Police Department. A nurse will be on the van with info on the Backus "Smoking Stinks" campaign. Kids are invited to take the pledge not to smoke — ever.

- Tuesday, Aug. 3
 - 6 - 9 p.m.
 - Shop-Rite parking lot in Norwich
- Program free; no 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.

- Mondays, Aug. 2, 9, 16, 23, 30
- 5 - 6:30 p.m.
- Backus Hospital Same Day Surgery Family Lounge
- Wednesdays, Aug. 4, 11, 18

- 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.

Psychiatric Department Lectures

Monthly lectures on psychiatric trends and topics. Usually held on the fourth Thursday of every month.

- Thursday, Aug. 26
- 3 - 4:30 p.m.
- Backus entry-level conference rooms 1-2

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, Aug. 6
- 4:30 p.m.
- Backus Hospital Same Day Surgery waiting area
- Saturday, Aug. 21
- 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 — pre-operative measures, the procedure, rehabilitation, and other issues. Includes demonstrations from physical therapists.

- Wednesdays, Aug. 4, 11, 18, 25
 - 11:30 a.m. - 1:30 p.m.
 - Backus Outpatient Care Center, 111 Salem Turnpike, Norwich.
- Program free but registration required. Call 860-823-6533 for more information.

Total Care Program (spinal fusion)

Backus patients scheduled for surgery can learn what to expect from spinal fusion surgery — pre-operative measures, the procedure, rehabilitation, and other issues.

- Wednesdays, Aug. 4, 11, 18, 25
 - 9 - 11 a.m.
 - Backus Outpatient Care Center, 111 Salem Tpk., Norwich
- Program free but registration required. Call 860-823-6533 for more information.

Childbirth and Infant Care

Breast-feeding Preparation Class

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

- Thursday, Aug. 5
 - 6 - 8 p.m.
 - Backus E-260 conference room
- 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.

- Mondays, Aug. 9, 16, 23, 30
- 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, Aug. 21 and Sunday, Aug. 22
- 9:30 a.m. - 1:30 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 Refresher Class

A one-evening class taught by a certified instructor for couples who have had an infant less than three years ago.

- Wednesday, Sept. 8
- 7 - 9 p.m.

• Backus Hospital Birthing Center
There is a \$35 fee for this program and registration is required. Call 860-425-3863 or e-mail moc@wwbh.org 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.

- TBA
 - 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 children. 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.

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, Aug. 19
 - 6 - 8 p.m.
 - Backus E-2 conference room
- Program free but registration required. Call 860-425-3863 or



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e-mail moc@wwbh.org 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, Aug. 12
- 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.

- Wednesday, Aug. 11
- 10 - 11 a.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, Aug. 3
- 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.

- Fridays, Aug. 6, 20
 - 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, Aug. 5

- 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, Aug. 17
 - 7 - 8:30 p.m.
 - Backus 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 required as lunch will be provided.

- Tuesday, Aug. 10
- 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, Aug. 11
 - 6 - 7 p.m.
 - Backus 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, Aug. 4
 - 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.

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, Aug. 17
- 5 - 6 p.m.
- Backus Medical Office Building Conference Room

Program free; no registration required. Call 860-892-2777 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, Aug. 15
- 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, Aug. 5
- 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, Sept. 7
 - 4 - 5:30 p.m.
 - Backus Outpatient Care Center conference room 1
- Program free but registration required. Call 860-823-6317 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, Aug. 10
- 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, Aug. 12
- 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.

Sign up now for the Backus Diabetes Walk Team

Walkers can register now to be part of the American Diabetes Association Walk to Fight Diabetes in September.

The walk is hosted at scenic Harkness Memorial State Park in Waterford on Sept. 19.

The Step Out: Walk to Fight Diabetes raises money for research, education and advocacy efforts for the ADA.

Every 20 seconds someone is diagnosed with diabetes — or more than 4,000 people a day. Money raised helps protect the rights of people with diabetes and fund critical research for a cure.

Joan Sommers, a dietitian at the Backus Diabetes Management Center, spearheads the Backus Hospital involvement in the walk and encourages people to sign up now and start collecting pledges for the walk.

"How many people do you know, either friends or family, who have diabetes?" Ms. Sommers said. "This is a great way to help and support this cause."

The goal for the walk this year is to raise \$100,000. People can sign up online to garner pledges and expand their teams.

New social networking features, through Facebook, also can be used to increase fundraising efforts. Also, people who can't attend can be "Virtual Walkers," raising money and awareness, so even out-of-town family members and friends can be part of the effort.

If you want to go

- **What:** Step Out: Walk to Fight Diabetes
- **When:** Sunday, Sept. 19, registration begins at 9 a.m., walk begins at 10 a.m.
- **Where:** Harkness Memorial Park, Waterford
- **To sign up or donate:** Call the Backus Diabetes Management Center at 860-889-8331, ext. 4965.