

Education Programs, Events and Screenings

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.

Community Blood Pressure Screenings

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

- Wednesday, Oct. 19
- 1 - 2 p.m.
- Backus front lobby conference room 3

Program free; no registration required.

Community Prostate Screening

Urologists Dr. Franklin Friedman and Dr. Casey McCullough are volunteering their time for this vital screening. A digital rectal exam will be performed, and a blood test (PSA) will be drawn. Participants will need to call the doctor's office to find out their PSA result one week following the screening.

- Saturday, Oct. 15
 - 9 a.m. - 1 p.m.
 - Backus Ambulatory Medical Care Unit (AMC) off main lobby
- Program free but registration required. Call 860-889-8331, ext. 2495 for appointment.

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.

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. A friend or family member may

accompany the patient. Instructor: Paula Novak, RN, Certified Healing Touch Practitioner.

- Mondays, Oct. 5, 12
 - 5 - 6:30 p.m.
 - Backus Hospital Same Day Surgery Family Lounge
 - Wednesdays, Oct. 7, 14
 - 2 - 3:30 p.m.
 - Backus Outpatient Care Center, 111 Salem Turnpike, Norwich
- There is a \$20 materials fee for a CD (and optional \$15 book fee) for this program and registration is required. Call CHI at 860-425-3877 to register or for more information.

Sail Through Surgery

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

- Friday, Oct. 7
- 4:30 p.m.
- Backus Hospital Same Day Surgery waiting area
- Saturday, Oct. 15
- 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.

- Wednesdays, Oct. 5, 12, 19, 26
- 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 – preparatory measures, the procedure, rehabilitation, and other issues.

- Wednesdays, Oct. 5, 12, 19, 26
- 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, Oct. 6
 - 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 in the Backus Hospital Birthing Center. Includes a tour of the Birthing Center. Register three months prior to due date.

- Tuesdays, Nov. 9, 16, 23, 30

- 7 - 9 p.m.
- Backus front lobby 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, Oct. 5
 - 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.

Couples Massage for Pregnancy

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

- Wednesday, Oct. 26
 - 7 - 9 p.m.
 - Backus Hospital Birthing Center
- There is \$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.

- Dates: 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.

Expectant Grandparent Seminar

Designed to bring expectant grandparents up to date with: roles of grandparents; current information about pregnancy and childbirth; breastfeeding and bottle feeding; home safety for babies and toddlers; variations in the newborn; baby care; and questions and answers.

- Wednesday, Oct. 12
 - 7 - 9 p.m.
 - Backus Hospital Birthing Center
- 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.

- Thursday, Oct. 13
 - 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, Oct. 20
 - 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

An informative evening that includes presentations by an OB doctor, pediatrician, lactation consultant, birth registry/paternity and a tour of the birthing center. Tours start at 6:15 p.m. from the main lobby. Speakers will start at 7 p.m.

- Tuesday, Oct. 25
- 6 - 8 p.m.
- Backus main lobby conference rooms 2-3

Program free but registration required. Call 860-425-3863 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.

- Tuesdays, Oct. 7, 14, 21, 28
- 6:30 - 8 p.m.
- AHH Yoga, 12 Case St., Suite 208, Norwich

There is \$12 fee per class for this program and registration is required. Call 860-887-3388 or e-mail hathayoga@snet.net for more information.

Prepare 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, Oct. 27
- 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.

- Tuesday, Nov. 8
 - 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. A second evening class on newborn care follows.

- Dates TBA
- 4:15 - 7:30 p.m.
- Backus Hospital Birthing Center
- 6 - 8 p.m.
- Backus E-260 conference room

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, Oct. 4
- 1 - 3 p.m.
- Backus Outpatient Care Center, 111 Salem Tpk., Norwich

Program free but registration required. Call 860-823-6317 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. Clinic will be closed on Monday, Oct. 10, for the Columbus Day holiday. 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. Clinic will be closed on Monday, Oct. 10, for the Columbus Day holiday. Program free. Call 860-823-6344 for more information.

Support Groups

Adults Grieving the Loss of a Child

For persons who have experienced the loss of a loved one.

- Mondays, Oct. 10, 17, 24
 - 5:30 - 7 p.m.
 - Hospice Southeastern Connecticut, 227 Dunham St., Norwich
- Program free, but registration is required. Call 860-848-5699 for more information.

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, Oct. 6
- 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, Oct. 18
• 7 - 8 p.m.
• Backus Medical Office Building Radiation Therapy Waiting Room
Program free; no 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 the Backus Cardiac Rehabilitation Department and Aimee Stefanski, APRN, Cardiology Associates.
• Wednesday, Oct. 12
• 6 - 7 p.m.
• Backus Medical Office Building conference room
Program free; no registration required. Call 860-889-8331, ext. 2554 for more information.

Coping With the Loss of A Spouse or Partner

For persons who have experienced the loss of a loved one. Sponsored by Hospice Southeastern Connecticut.
• Tuesdays, Oct. 4, 11
• 5:30 - 7 p.m.
• Hospice Southeastern Connecticut, 227 Dunham St., Norwich
• Thursdays, Sept. 6, 13, 20
• 11 a.m. - 12:30 p.m.
• Atria Crossroads, 1 Beechwood Drive, Waterford
• Thursdays, Oct. 6, 13, 20
• 6 - 7:30 p.m.
• Lawrence & Memorial Hospital, Conference Room 3, New London
Program free, but registration is required. Call 860-848-5699 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, Oct. 5
• 7 - 8 p.m.
• Backus Outpatient Care Center, 111 Salem Tpke., Norwich
Program free but registration required. Call 860-892-6906 and leave a message on the Diabetes Patient Education line.

Drawing On Our Memories

A program of creative and expressive arts workshops for all ages. Learn how to put grief into "a language without words." No artistic talent required. All materials will be provided.
• Tuesdays, Oct. 4, 11, 18, 25 for children and teens
• 4:30 - 6:15 p.m.
• Tuesdays, Oct. 4, 11 for adults
• 7 - 8:15 p.m.
• Hospice Southeastern Connecticut, 227 Dunham St., Norwich
Program free, but registration is required. Call 860-848-5699 for more information.

Expressive Arts for Grieving Hearts (for Seniors)

A program of creative and expressive arts workshops to help put grief into "a language without words." No artistic talent required. All materials will be provided. Sponsored by Hospice Southeastern Connecticut. Usually held the second and fourth Wednesday of each month.
• Wednesday, Nov. 9, 23
• 10:30 - 11:45 a.m.
• Groton Senior Center, 90 Newtown Road, Groton
Program free, but registration is required. Call 860-848-5699 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, Oct. 18
• 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, Oct. 19
• 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, Oct. 16
• 1 - 3 p.m.
• Backus Hospital Medical Office Building Radiation Therapy conference room
Program free; no registration required. Call Backus Hospital Speech Therapy at 860-889-8331, ext. 4082, for more information.

Leukemia, Lymphoma, Blood Cancer Support Group

The Eastern CT Hematology and Oncology office offers a support group for persons, family members and friends dealing with leukemia, lymphoma and other blood cancers. Meets on the third Tuesday of every other month.

• Tuesday, Nov. 15
• 5 - 6 p.m.
• Backus Medical Library
Program free; registration is requested but not required. Refreshments provided. Call Suzanne D. Smith, LCSW, for more information at 860-886-8362 ext. 293.

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, Oct. 6
• 6:30 - 7:30 p.m.
• Backus Hospital Medical Library
Program free; no registration required. Call Kimberlee Pappa at 860-303-9020 to learn more.

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, Dec. 6
• 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 Remembrance Day

An event to provide support, education and awareness for those who have been impacted by a miscarriage, ectopic pregnancy, stillbirth or loss of an infant.
• Saturday, Oct. 15
• Time: TBA
• Backus Hospital
Program free; To register or for more information, call Elynor Carey at 860-889-8331, ext. 4239.

Psycho-Educational Support Group for Cancer Patients and Survivors

"Diagnosed with Cancer? What You Need to Know" is a support group for anyone who has been affected by cancer. October's topic: Handling fatigue and physical

changes. Held the second Tuesday of every month.
• Tuesday, Oct. 13
• 5 - 6 p.m.
• Backus front lobby conference room 1
Program free; registration requested but not required. Call Elynor Carey at 860-889-8331, ext. 4239, for more information.

Seniors (60+) Grieving the Loss of A Loved One

For persons who have experienced the loss of a loved one. Sponsored by Hospice Southeastern Connecticut. Usually held the first and third Tuesday of each month.
• Tuesdays, Oct. 4, 18
• 10 - 11 a.m.
• Stone Ridge Senior Living, 186 Jerry Brown Road, Mystic
Program free, but registration is required. Call 860-848-5699 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, Oct. 13
• 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. The dates and times vary depending on the month and the topic. The program is free and no registration required. Call 860-889-1252 for more information.

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