

# TO YOUR HEALTH

## Education Programs, Clinics, Events and Screenings

### Amputee Clinic

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

- Tuesday, April 3
  - 1 - 3 p.m.
  - Backus Outpatient Care Center, 111 Salem Tpke., Norwich
- Program free but registration required. Call 860-823-6317.

Open to the community:

### "Be the Match" Bone Marrow Registry drive

Join us in offering a life-saving gift for the many people needing a bone marrow transplant.

Must be between 18-60 years old.

- Tuesday, April 17
- 11 a.m.-4 p.m.
- Backus main lobby conference rooms 1-2 and cafeteria

**NEW**

Please bring your insurance card (any co-pay for tissue typing is reimbursed). If you don't have insurance, the cost of the lab test is covered by the sponsor, Michaels Fund. For more information call Amy Dunion, 860-425-3877 or 860-889-8331, ext. 2483.

### Community Blood Pressure Screenings

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

- Wednesday, April 18
- 1 - 2 p.m.
- Backus main lobby conference room 3

Program free; no registration required.

### Enjoy LIFE: "Anxiety Society"

Eric Sandberg, PhD, and Justin Sleeper, RN, of Backus Psychiatric Services will discuss ways to cope with stress and anxiety in these hectic times.

- Thursday, April 19
- 6:30 - 8 p.m.

Plainfield Recreation Center, 482 Norwich Road, Plainfield

Program free, but registration required. Call 860-889-8331, ext. 6381 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. in Norwich. Program free but registration required. Call 860-823-6343.

### Hospice Southeastern Connecticut

Offering a wide variety of grief-support groups for children, teens, adults and seniors, these sessions are for anyone grieving the loss of a loved one. All six-week groups are free of charge. Please go to [www.hospicesect.org](http://www.hospicesect.org) to see the full list of meetings. Pre-registration is required by calling 860-848-5699.

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

Use Guided Imagery and relaxation to help feel calmer before surgery, have less pain after surgery and recover more quickly. 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.

- Wednesdays, April 4, 11, 18, 25 and by appointment
  - 2 - 3:30 p.m.
  - Backus Outpatient Care Center, 111 Salem Tpke., 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.

### Sail Through Surgery

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

- Friday, April 6
- 4:30 p.m.
- Backus Same Day Surgery waiting area
- Saturday, April 21
- 10 a.m.
- Backus Same Day Surgery waiting area

Program free but registration required. Call 860-823-6328.

### 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. Call 860-823-6344.

### Thin's In with Dianne Rubin

A 10-week motivational program for weight reduction, this series of classes will give you the tools you

need to lose weight and maintain healthy eating habits.

- Mondays, March 26 through June 4, (no class May 28)
  - 4 p.m. or 6 p.m.
  - Backus Business and Technology Center, 11 Stott Ave., Norwich
- There is \$130 fee for this program and registration is required.

## Childbirth and Infant Care

### Breast-feeding Preparation Class

- Thursday, April 5
  - 6 - 8:30 p.m.
  - Backus E-260 conference room
- Program free but registration required. Call 860-425-3863 or e-mail [moc@wwbh.org](mailto:moc@wwbh.org).

### Childbirth Preparation Classes (weekend)

A two-day weekend class that includes a tour of the Birthing Center.

- Saturday, April 21 and Sunday, April 22
- 9:30 a.m. - 1:30 p.m.
- Backus main 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](mailto:moc@wwbh.org).

### Couples Massage for Pregnancy

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

- Wednesday, April 25
  - 7 - 9 p.m.
  - Backus Birthing Center
- There is \$50 fee and registration is required. Call 860-572-1872 or e-mail [jstranger1@sbcbglobal.net](mailto:jstranger1@sbcbglobal.net).

### Infant-Child CPR

For parents and parents-to-be in the instruction of CPR infants and children. Classes limited to eight people.

- Thursday, April 26
- 6 - 8 p.m.
- Backus main lobby conference rooms

There is a \$35 per couple or \$20 per person fee and registration is required. Call 860-425-3863 or e-mail [moc@wwbh.org](mailto:moc@wwbh.org).

### Nurturing Your Newborn — An Infant Care Class

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, April 19

- 6 - 8:30 p.m.
  - Backus main lobby conference room
- Program free but registration required. Call 860-425-3863 or e-mail [moc@wwbh.org](mailto:moc@wwbh.org).

### Sibling Class

One-hour class helps big brother or sister, ages 3-6, prepare for the new addition. Tours of the Birthing Center and practice caring for a new baby are included, so bring a favorite doll or stuffed animal.

- Tuesday, April 3
- 10 - 11 a.m.

Backus Birthing Center Program free but registration required. Call 860-425-3863 or e-mail [moc@wwbh.org](mailto:moc@wwbh.org).

### Teen Birthing

A two-evening childbirth preparation class to prepare adolescent couples for labor and delivery. A second evening class on newborn care follows.

- Wednesday, April 18
- 4 - 7 p.m.

Backus Hospital Birthing Center conference room Thursday, April 19 6 - 8:30 p.m. Backus main lobby conference room There is a \$10 fee for this program and registration is required. Call 860-425-3863 or e-mail [moc@wwbh.org](mailto:moc@wwbh.org).

## 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, April 5
  - 1:30 - 3 p.m.
  - Backus Medical Office Building conference room
- Program free; no registration required. Call 860-889-8331, ext. 4060.

### 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, April 17
  - 7 - 8 p.m.
  - Backus Medical Office Building Radiation Therapy Waiting Room
- Program free; no registration required. Call 860-892-2777.

### Cardiac Support Group

For patients with cardiac problems and their families, meetings focus on heart disease, cardiac systems and new changes in patient care. Usually meets the second Wednesday of every month.

- Wednesday, April 11
- 6 - 7 p.m.
- Backus Medical Office Building conference room

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

### Diabetes Support Group

Usually held on the first Tuesday of every other month. An evening support group is usually offered on the first Wednesday every other month. Perfect for individuals to share information and learn from others with diabetes.

- Wednesday, April 11
- 6:30 - 7:30 p.m.

- Backus Outpatient Care Center, 111 Salem Tpke., Norwich
- Program free but registration required. Call 860-892-6906 and leave a message.

### 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, April 17
  - 5 - 6 p.m.
  - Backus Medical Office Building conference room
- Program free; no registration required. Call 860-892-2777.

### Huntington's Disease Society of America Support Group

A gathering for members of the Connecticut affiliate. Meets on the third Thursday of the month

- Thursday, April 19
- 6 - 7:30 p.m.
- Backus main lobby conference room 3

To learn more, contact Debbie Pausig at 203-985-8246

### Lap Band/Bariatric Support Group

For patients who have undergone or considering bariatric surgery. Meets on the third Tuesday of the month.

- Tuesday, April 17
- 5 - 6 p.m.
- Backus Outpatient Care Center conference room 1, 111 Salem Tpke., Norwich

Program free, but registration is requested. Call Joan Sommers at 860-889-8331 ext. 4965.

### Laryngectomy Support Group

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

- Sunday, April 15
  - 1 - 3 p.m.
  - Backus Medical Office Building Radiation Therapy conference room
- Program free; no registration required. Call 860-889-8331, ext. 3480.

### Psycho-Educational Support Group for Cancer Patients and Survivors

"Diagnosed with Cancer? What You Need to Know" is for anyone affected by cancer. April's topic: Spirituality. Held the second Tuesday of every month.

- Tuesday, April 10
- 5 - 6 p.m.
- Backus main lobby conference room 1

Program free; registration requested but not required. Call 860-889-8331, ext. 4239.

### 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, April 12
- 1 - 2 p.m.
- Backus Outpatient Care Center conference room 1, 111 Salem Tpke., Norwich

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