

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 Kusela, RN, at 860-425-3870, or Theresa Thackston at 860-425-3809.

Community Blood Pressure Screenings

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

- Wednesday, Feb. 15
- 1 - 2 p.m.
- Backus main lobby conference room 3

Program free; no registration required.

Enjoy LIFE: 'Know Your Medications, Supplements and Vitamins'

Get your questions answered about how to safely integrate supplements and vitamins into a medical regimen and find out the difference between herbal supplements, vitamins, vitamins and traditional medications.

- Thursday, Feb. 16
- 6:30 - 8 p.m.
- Plainfield Recreation Center, 482 Norwich Ave, Plainfield

Program free but registration required. Call 860-889-8331, ext. 6381 to register.

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

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

- Wednesdays, Feb. 1, 8, 15, 22, 29 and by appointment
- 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.

Sail Through Surgery

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

- Friday, Feb. 3
- 4:30 p.m.
- Backus Same Day Surgery waiting area
- Saturday, Feb. 18
- 10 a.m.
- Backus Same Day Surgery waiting area

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

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, Feb. 1, 8, 15, 22, 29
- 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.

Total Care Program (spinal fusion)

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

- Wednesdays, Feb. 1, 8, 15, 22, 29
- 9 - 11 a.m.
- Backus Outpatient Care Center, 111 Salem Turnpike, Norwich

Program free but registration required. Call 860-823-6533.

Childbirth and Infant Care

Breast-feeding Preparation Class

- Thursday, Feb. 2
- 6 - 8 p.m.
- Backus E-260 conference room
- Thursday, March 1
- 6 - 8 p.m.
- Backus E-260 conference room

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

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, Feb. 23
- 7 - 9 p.m.
- Backus Birthing Center

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

Childbirth Preparation Classes (weekday)

A four-week series that includes a tour of the Birthing Center. Register three months prior to due date.

- Wednesdays, Feb. 29, March 7, 14, 21
- 7 - 9 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.

Childbirth Preparation Classes (weekend)

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

- Saturday, Feb. 11 and Sunday, Feb. 12
- 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.

Couples Massage for Pregnancy

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

- Wednesday, Feb. 29
- 7 - 9 p.m.
- Backus Birthing Center

There is \$50 fee and registration is required. Call 860-572-1872 or e-mail jstranger1@sbcglobal.net.

Expectant Grandparent Seminar

Brings 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, Feb. 1
- 7 - 9 p.m.
- Backus Hospital Birthing Center

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

Infant-Child CPR

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

- Thursday, Feb. 9
- 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.

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, Feb. 16
- 6 - 8:30 p.m.
- Backus main lobby conference



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

There is \$15 fee per class or \$13 per class when five or more are purchased together. Registration is required. Call 860-887-3388 or e-mail hathayoga@snet.net.

Prepare for your Scheduled Cesarean Section

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, March 22
- 6 - 8 p.m.
- Backus Birthing Center conference room

Program free but registration required. Call 860-425-3863 or email 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, Feb. 14
- 10 - 11 a.m.
- Backus Birthing Center

Program free but registration required. Call 860-425-3863 or e-mail 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, Feb. 15
- 4 - 7 p.m.
- Backus Hospital Birthing Center conference room
- Thursday, Feb. 16
- 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.

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, Feb. 7
- 1 - 3 p.m.
- Backus Outpatient Care Center, 111 Salem Tpke., Norwich

Program free but registration

required. Call 860-823-6317.

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. There will be no clinic on Monday, Feb. 13, or Monday, Feb. 20. Program free but registration required. Call 860-823-6343.

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. There will be no clinic on Monday, Feb. 13, or Monday, Feb. 20. Program free. Call 860-823-6344.

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, Feb. 2
- 1:30 - 3 p.m.
- Backus Medical Library

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, Feb. 21
- 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, Feb. 8
- 6 - 7 p.m.
- Backus Medical Office Building conference room

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

Coping With the Loss of A Spouse or Partner

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

- Tuesdays, Feb. 7, 14
- 5:30 - 7 p.m.
- Hospice Southeastern Connecticut, 227 Dunham St., Norwich
- Thursdays, Feb. 2, 9
- 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

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. Perfect for individuals to share information and learn from others with diabetes.

- Tuesday, Feb. 1
 - 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, Feb. 7, 14 for children and teens
 - 4:30 - 6:15 p.m.
 - Tuesdays, Feb. 7, 14 for adults
 - 7 - 8:15 p.m.
 - Hospice Southeastern Connecticut, 227 Dunham St., Norwich
- Program free, but registration is required. Call 860-848-5699.

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, Feb. 8, 22
 - 10:30 - 11:45 a.m.
 - Groton Senior Center, 90 Newtown Road, Groton
- Program free, but registration is required. Call 860-848-5699.

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, Feb. 21
 - 5 - 6 p.m.
 - Backus Medical Office Building Conference Room
- Program free; no registration required. Call 860-892-2777.



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, Feb. 15
 - 5:30 - 6:30 p.m.
 - SE Mental Health Authority, 401 West Thames St., Bldg. 301
- Program free; no registration required. Call 860-859-4500 for more information.

Lap Band/Bariatric Support Group

For patients who have undergone or considering bariatric surgery.

Meets on the third Tuesday of the month.

- Tuesday, Feb. 21
 - 5 - 6 p.m.
 - Backus Outpatient Care Center conference room 1
- 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, Feb. 19
 - 1 - 3 p.m.
 - Backus Hospital Medical Office Building Radiation Therapy conference room
- Program free; no registration required. Call 860-889-8331, ext. 4082.

Leukemia, Lymphoma, Blood Cancer Support Group

Eastern CT Hematology and Oncology 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, March 20
 - 5 - 6 p.m.
 - Backus Medical Library
- Program free; registration is requested but not required. Refreshments provided. Call 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, Feb. 2
 - 6:30 - 7:30 p.m.
 - Backus Medical Library
- Program free; no registration required. Call 860-303-9020.

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, March 6
 - 4 - 5:30 p.m.
 - Backus Outpatient Care Center, 111 Salem Turnpike, Norwich.
- Program free but registration required. Call 860-823-6317.

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, Feb. 14
 - 7 - 8:30 p.m.
 - Backus Hospital Medical Office Building conference room
- Program free; no registration required. Call 860-889-8331, ext. 4239.

Psycho-Educational Support Group for Cancer Patients and Survivors

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

- Tuesday, Feb. 14
 - 5 - 6 p.m.
 - Backus main lobby conference room 1
- Program free; registration

requested but not required. Call 860-889-8331, ext. 4239.

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, Feb. 7, 21
 - 10 - 11 a.m.
 - Stone Ridge Senior Living, 186 Jerry Brown Road, Mystic
- Program free, but registration is required. Call 860-848-5699.

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, Feb. 9
 - 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.

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. Dates and times vary depending on the month and topic. The program is free and no registration required. Call 860-889-1252.



David Katz, MD, a nationally known nutrition expert who helped invent the NuVAL nutritional guidance program, spoke to a group of community leaders, social service agencies and healthcare professionals on reversing the trend of obesity.

Nutrition expert offers hope to curb obesity

A nationally known nutrition expert who helped invent the NuVAL nutritional guidance program told more than 150 people that working together they can overcome the obesity epidemic.

"Obesity is our gravest health concern in this country and most out of control," said David Katz, MD. "It is taking years from life and life from years."

Director of Yale University's Prevention Research Center and Founder and President of the Turn the Tide Foundation, Dr. Katz was invited to speak to a full house of community leaders, social service agencies and healthcare professionals on reversing the obesity trend in the United States.

Sponsored by the New London County Health Collaborative, New London County Food Policy Council and Children First Southeastern Connecticut, Dr. Katz's Jan. 18 seminar brought an eye-opening awareness to a health issue that plagues our nation.

It also is the number one health issue facing eastern Connecticut, according to a 2010 Backus health needs assessment.

Dr. Katz explained that there has been a shift in the perspective of chronic diseases over the last 20

years. Two decades ago, for example, heart attack and cancer were listed as leading causes of death in our country. Today, obesity is viewed as a root cause of these illnesses and premature death among Americans.

"If knowledge were power and we made good lifestyle habits, we could change our medical destinies," said Dr. Katz. "We could reduce heart attacks by 80%, diabetes by 90% and cancer by 60%."

Dr. Katz acknowledged that we face many societal blocks to maintaining healthy habits – namely an abundance of high-calorie, low-nutrition convenience foods and sedentary lifestyles.

"Before we can ask people to take responsibility for obesity, they must be empowered," he said. "They must have the skills and tools. At the end of the day, we can't change someone's environment, but we can pave the way to provide programming. If we want to stop the flood and turn the tide, we need to build a levee. If we all stack bags of sand, we can build that levee."

Many of Dr. Katz's programs are free and are available for download on the Internet. For more information, visit www.turnthetidefoundation.org/programs.htm.