

Calendar



Hartford Hospital Programs & Events From July 15 Through October 15, 2012

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Cancer Program

Cancer Program Support Groups

See page 17 for descriptions

- Brain Tumor Survivors
- Ovarian Cancer
- Prostate Cancer
- Advanced Prostate Cancer

The Lebed Method: Focus on Healing

A gentle medically based exercise program with emphasis on **movement to music** designed especially for female cancer patients/survivors. **Schedule:** From 5:30 to 7:00 p.m. in Hartford. To register, call 860-545-6000. FEE: \$30/6 sessions.

New Beginnings

A six-week program for men and women during transition from an acute cancer battle to the challenges of survivorship. It will help patients take a pro-active approach to maintaining and improving their physical, nutritional and mental well-being. **Schedule:** From 5:30 to 7:00 p.m. in Hartford. To register, call 860-545-5113. FREE.

CHES—Support for Cancer Patients

Education and support for patients with breast cancer or prostate cancer. CHES, Comprehensive Health Enhancement Support System, provides online support and information. Computers are loaned, at no cost, to patients who do not have their own. Call 860-545-3781. FREE.

The Cancer Wellness Support Series

See description under *Integrative Medicine* on page 18.



Healthy Hearts

Stop Smoking for Life Program

For schedule and to register, call 860-545-3127 or email: stopsmoking@harthosp.org.

Breathe Easy Relapse Prevention Support Group

—See page 17 for description

Resources for Smokers—Community Education Group

This monthly program is open to smokers, and anyone who wants to help someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. FREE.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to learn about behavioral strategies, medication options and counseling support. Sessions are offered in West Hartford.

Stress Management for Cardiac Patients

Recommended for cardiac patients interested in improving their skills to manage stress. Facilitated by a counselor from Hartford Hospital's Behavioral Cardiology Program. Sessions focus on cognitive-behavioral techniques and meet weekly for six sessions in West Hartford. FEE: \$225.

Counseling and Stress Management Service—Individual Counseling

Coping with an ongoing medical condition can be a challenging task for many patients. Learn how emotions play a role in recovery. Sessions are offered in West Hartford.

Rehabilitation/Exercise/Wellness

Cardiac Rehabilitation Classes

EKG monitored exercise class, education and counseling for individuals who have recently experienced a cardiac event or require risk factor modification. Covered by most insurance plans. Physician referral is required. **Locations:** Hartford—860-545-2133; Glastonbury—860-633-9084; Avon—860-674-8509; West Hartford—860-570-4571.

Pilates Classes

Conditioning program combines elements of **yoga**, weight training and gymnastics to improve posture, flexibility, coordination, muscle tone and strength. People of all ages and abilities can participate. Call Eastern Rehabilitation Network at 800-696-2500 for a location near you. FEE: \$150 for 10 mat sessions.

Parkinson's Exercise Classes

Studies show that patients who participate in regular exercise experience less disability. Learn strategies to improve your mobility, activities of daily living & communication while adapting your environment to work for you. **Schedule:** Sessions run for 6-weeks from 1:00 to 2:00 p.m. every Tuesday and Thursday in Glastonbury. Call 860-291-2789 for additional information and to register. FEE: \$90.00 for 12 meetings.

Diabetes LifeCare Programs

Diabetes Support Group—See page 17 for description

Diabetes Education Classes

Develop the self-management skills to improve blood sugar control, prevent and/or delay complications and improve daily quality of life with diabetes. Classes also available for women with diabetes during pregnancy. A physician referral is required. Please contact your physician to make arrangements.

Diabetes & Nutrition (Meal Planning and Counseling)

Our dietitians provide individualized meal plans by addressing your concerns (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. A physician referral is required. Please contact your physician to make arrangements.

Nutrition Counseling

Nutrition Counseling Service

Personalized one-on-one nutrition counseling with an experienced registered dietitian for a wide variety of nutrition-related diseases and conditions. By appointment only. Call 860-545-2604. May be covered by insurance.

Surgical Weight Loss Programs

Surgical Weight Loss Support Group—See page 17 for description

Surgical Weight Loss: Eating Right After Surgery

Whether you are 3 months or 3 years post-surgery, it can be difficult to stick to a healthy eating lifestyle. Get back on track with our nutrition class! Attend a monthly support group for people who have had weight loss surgery through Hartford Hospital's Surgical Weight Loss Program. To register call the Surgical Weight Loss Center at 860-246-2071, option #2.

Glastonbury:

From 5:00 to 6:30 p.m. on 7/19, 9/12

Hartford:

From 5:00 to 6:00 p.m. on 8/15, 10/10

Surgical Weight Loss: General Education Session

A comprehensive, educational session focused on patients who are ready to start the program or just want to learn more about surgical weight loss. Registration is required. Call 860-246-2071 and select option #2. Parking will be validated—bring your ticket. FREE.

Hartford: From 3:00 to 5:30 p.m. on 7/24, 8/8, 8/21, 9/25, 10/10

Enfield: From 5:00 to 6:30 p.m. on 8/6

Glastonbury: From 5:00 to 6:30 p.m. on 8/16, 9/20

Screenings/Support Groups

Blood Pressure/Sugar/Cholesterol Screening

Conducted by VNA Health Care and scheduled throughout the Greater Hartford area. For more information call 860-246-1919.

Grief Support Group

Grief can be a very confusing and difficult road. Come join others who are traveling the journey of grief. **Schedule:** Third Monday of each month, from 6:00 to 8:00 p.m. on 7/16, 8/20, 9/17, 10/15. Call 860-545-1888 for information. FREE.

Epilepsy Support Group

This support group is open to anyone affected by epilepsy to gain mutual support, share experiences and to gain knowledge of epilepsy. Sponsored by The Epilepsy Foundation of Connecticut and the Epilepsy Center. **Schedule:** Last Thursday of each month on 7/26, 8/23, 9/27. Call 800-899-3745 to register. FREE

Cancer Program

Brain Tumor Survivor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month, on 8/2, 9/6, 10/4 from 5:30 to 7:00 p.m. Light dinner provided. Registration is required and should be received at least 48 hours in advance. Call Hillary Keller, LCSW at 860-545-2318 to register. FREE.

Ovarian Cancer Support Group

Schedule: Fourth Tuesday of each month from 7:00 to 8:00 p.m. on 7/24, 8/28, 9/25 in Hartford. To register, call Marcia Caruso-Bergman, RN at 860-545-4463. FREE.

Prostate Cancer Support Group

Provides education and support for patients and families to understand and deal with this disease. Call 860-524-2715 for schedule. FREE.

Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. Call 860-524-2715 for schedule. FREE.



Cardiology

Mended Hearts Support Group

For people who have had open-heart surgery or heart disease and their partners. **Schedule:** Meets third Wednesday of each month at 7:15 p.m. at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

Diabetes LifeCare Program

Diabetes Support Group

This support group is for patients and their loved ones to learn and gain support from one another. **Schedule:** 9/25 at 1060 Day Hill Road, Windsor or 10/23 at 1260 Silas Deane Highway, Wethersfield. Please call Beth Caffrey at 860-545-1941 for more information. FREE.

Mental Health

Mental Health Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health issues and substance use. **Schedule:** Every Wednesday from 12:30 to 1:30 p.m. at The Institute of Living's Carolina Cottage, basement level. Call 860-545-7202 for more information. FREE.

Support Group for Families Dealing with Major Mental Illness

Share your successes and struggles in loving and living with someone who has schizophrenia. **Schedule:** The first and third Thursday of each month. FREE.

Peer Support Group—Schizophrenia Anonymous (S.A.)

This is a peer run, open forum group meeting providing support to people with a diagnosis of schizophrenia. **Schedule:** Every Thursday from 5:30 to 6:30 p.m. in the Center Building, First floor. FREE.

Un Grupo De Apoyo Para Las Familias Hispanas

El segundo martes de cada mes de 5:00 to 6:00 p.m. Este es un grupo de apoyo para las familias que hablan español y que estan preocupados con los asuntos de la salud mental. (Este no es un grupo de tratamiento sino un grupo para los amigos y las familias de una persona que esta sufriendo con una enfermedad mental.) This is a group geared toward supporting and educating friends and family members of those dealing with mental health issues and is not a treatment group. Second Tuesday of the month from 5:00 to 6:00 p.m.

Surgical Weight Loss Program

Surgical Weight Loss Support Group

Education and support for those who have had or are thinking of having bariatric weight loss surgery. Conducted by Sally Strange, RN, Bariatric Nurse Coordinator at Hartford Hospital's Education Resource Center, 560 Hudson Street, Hartford. **Schedule:** Monthly from 6:00 to 7:30 p.m. on 7/31, 8/21, 9/25, 10/10 in Hartford. Registration is NOT required. FREE.

Transplant Program

Heart Transplant Support Group

Provides education, networking and social interaction for pre and post-transplant patients and their families. From 5:30 to 8:30 p.m. in Hartford. Light dinner provided. For schedule and to register, call Kathy Turner, 860-545-1212. FREE.

Transplant Patient Support Group

Provides education, networking and social interaction for post-transplant patients and their families. Meets at the First Church of Christ, Congregational, Glastonbury. Call Shajuana Carter at 860-545-4219, Option #4, for schedule and to register. FREE.

Kidney Transplant Orientation Class

Open to all potential kidney transplant patients, donors and their families. Provides education to help in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. For schedule or to register call 860-545-4368. FREE.

Wellness/Integrative Medicine

Register online at www.harthosp.org/classes.

Cancer Wellness Support Series—Hartford

Learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Snacks provided. **Schedule:** From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. Pre-registration required for each session date at www.harthosp.org/intmedclasses. FREE.

9/11 **Self Reflective Writing**
Diana Boehnert, MFA

10/9 **QiGong Energy Healing**
PJ Harder, MS

Cancer Wellness Support Series—Avon

Learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Beverages provided. **Schedule:** From 1:00 to 2:00 p.m. in the Community Room at the Avon Helen & Harry Gray Cancer Center. Pre-registration required for each session date at www.harthosp.org/intmedclasses. FREE.

9/12 **Voices: Self Expression through Poetry**
Andy Weil, Poet and Humorist

10/10 **Healing the Whole Self**
PJ Harder, MS

Creating Forgiveness in Our Life

(Dory Dzinski, MAPC, LPC, NCC)

Pain, hurt, and negative emotions take up much room in our hearts. Inviting forgiveness into our life allows a place for more peace and happiness to enter and expand, as well as the release of stress and tension. This safe and gentle workshop presents information and discussion and many tools including a beautiful guided meditation that can be used to reach a place of peace and balance. **Schedule:** From 6:00 to 9:00 p.m. on 8/13 in Avon. Pre-registration is required at www.harthosp.org/intmedclasses. FEE: \$30.

Divorced Women's Empowerment Group

(Dory Dzinski, MAPC, LPC NCC)

Finding yourself alone again can be unsettling when so much has changed in your life. Join others who are single again due to divorce and learn tips for self esteem, coping mechanisms and discovering your individuality. **Schedule:** Meets second Tuesdays from 6:00 to 8:00 p.m. on 8/14, 9/11, 10/9 at the Hartford Hospital Family Health Center in Avon. Pre-registration required at www.harthosp.org/intmedclasses. FREE.

Grief Support Group

(Dory Dzinski, MAPC, LPC NCC)

Grief can be a very confusing and difficult road. Come join others who are traveling the journey of grief and be comforted with compassionate listening and understanding. **Schedule:** From 6:00 to 8:00 p.m. on 3rd Mondays, 7/16, 8/20, 9/17, 10/15 at Avon Family Healthcare Center. Pre-registration at www.harthosp.org/intmedclasses or 860-545-1888. (Drop-in or attend all). FREE.

Emotional Freedom Technique Training

(Chris Jacobs, Life Coach)

In this two part series, you'll learn the basic principles of EFT and how to use this technique for yourself. The workshop is highly experiential, covering the use of EFT for physical pain, emotional discomfort, weight loss/addictions, anxiety, difficult memories, and much more. **Schedule:** From 6:00 to 8:30 p.m. from 7/17 to 7/24 in Avon or 9/18 to 9/25 in Glastonbury. Pre-registration is required at www.harthosp.org/intmedclasses. FEE: \$99/2 sessions.



Healthy Cooking Classes

(Jacqueline Bordonaro, Healthy Foods Specialist)

Come to these free classes held at Whole Foods Market, 55 Welles St. in Glastonbury. Learn the basics and sample the delightful results of the demonstrations. **Schedule:** From 6:00 to 7:00 p.m.

7/17 Heart Healthy Cooking

8/14 Cooking with No Oil

9/11 Cooking without Dairy

Pre-registration required at www.harthosp.org/intmedclasses. FREE.

HypnoBirthing®

(Kathy Glucksman, RN, BSN, HBCE)

5-week series for expectant parents to learn techniques for a safe and more comfortable birthing using guided imagery, visualization, special breathing techniques, and self-hypnosis. Additional emphasis is placed on pregnancy, childbirth, pre-birth, parenting and the consciousness of the pre-born baby. **Schedule:** Meets 6:00 to 9:00 p.m. on Mondays from 7/19 to 8/16 and 9/6 to 10/11 in Wethersfield. Pre-registration is required at www.harthosp.org/intmedclasses. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

Hypnosis Classes

(Board-certified hypnotist Lisa Zaccheo, BCH, BCI, MA)

Classes are held from 7:00 to 9:00 p.m. at Avon Wellness Center. Pre-registration is required for each class. FEE: \$25/class.

7/24 Hypnosis: the "Anti-Diet"

Learn how to release weight without dieting. Traditional diets tackle the problem from the outside in, which is why only 3 percent of them succeed. Hypnosis allows you to understand your relationship with food and your body from the inside out, and is proven to be 30 times more effective than traditional diets. Break through your weight release barriers by learning techniques that really work.

8/22 Hypnosis: Oh My Aching Gut

Hypnosis has been proven to be 85% effective in treating Irritable Bowel Syndrome, so if you're not using it, maybe it's something worth exploring. Learn how hypnosis can help manage or alleviate Irritable Bowel Syndrome and other stomach and gut related issues.

9/18 Use Hypnosis to Slay the Anxious

Begin to release the fears that are holding you back, even if you are not sure what you are afraid of. Fears drain our energy and keep us back from being our best and truly enjoying life. Learn where fears come from as well as some powerful techniques to conquer them.

Colors of the Soul; Unearthing Your Deepest Self

(Dory Dzinski, MAPC, LPC, NCC)

Join us in a process where art becomes soul with a series of beautiful meditations, after which you will create a page of soulful art. **Schedule:** From 8:30 a.m. to 3:00 p.m. on 8/4 at the Avon Wellness Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$125.

Meditation as a Life Skill

(Dory Dzinski, MAPC, LPC NCC)

Learn to experience the calm, focus and clarity that will help you to achieve success physically, intellectually, emotionally, and spiritually. Meditation can help relieve your anxiety, distraction and internal clutter. Many different forms of meditation will be discussed and experienced, including silent, guided, breath-focused, body-focused and prayerful. This class is highly experiential. **Schedule:** From 7:00 to 9:00 p.m. on 2 Wednesdays, 9/12 and 9/19, at the Avon Wellness Center. Pre-registration is required at www.harthosp.org/intmedclasses. FEE: \$45.

Less Stress More Peace and Joy

(PJ Harder, MS)

Learn simple, playful and powerful ways to deal with overwhelming stress, fear, anxiety and worry. **Schedule:** From 10:00 a.m. to 12:00 noon on 9/8 in Wethersfield. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$30.

To register online go to www.harthosp.org/classes.

Transforming Your Life: The Unseen Energetic Keys

(Chris Jacobs, Life Coach)

Learn and begin applying the steps to successfully change your life. This 3-step process will address the root causes of what's really blocking you from getting what you want in life. **Schedule:** From 6:00 to 8:00 p.m. on 8/16 at the Avon Family Health Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$25.

Five Love Languages: Revitalize Your Communication

(Dory Dyzinski, MAPC, LPC, NCC)

Do you ever feel like some of your relationships are one-sided? As if you are giving and getting very little back? It may be because you speak different love languages. **Schedule:** From 6:00 to 9:00 p.m. on 9/10 at the Avon Wellness Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$35

More Energy for Life and Healing

(PJ Harder, MS)

Learn how to activate your 'healer within' and learn simple self-care practices such as Qigong, Chi Self Massage, and Tai Chi Easy™ that will help you to calm your mind, relax your body, and increase your energy for life. **Schedule:** From 10:00 to 11:30 a.m. on 8/4 at Wethersfield Health Center and 9/15 at Avon Wellness Center. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$25.

More Life, Less Weight

(PJ Harder, MS)

Discover the missing link to improving your health and wellness while losing weight. Drawing on personal experience and research, learn how to balance your life, weight and feel fully alive and well! Learn simple self-care practices that build your inner strength, vitality and energy. **Schedule:** From 10:00 a.m. to 12:00 noon on 7/28 at Avon Wellness Center or on 9/1 in Wethersfield. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$30.

Reiki Healing Touch—Level I

(Alice Moore, RN, MA, RMT)

Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** From 9:00 a.m. to 5:30 p.m. on 7/26, 8/30, 10/11, or 9/27 in Hartford. Registration required. Nursing CEUs and Medical CMEs available. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$160.

Therapeutic Touch (TT)

(Karen Kramer, RN, MA)

Pre-registration required at www.harthosp.org/intmedclasses.

Basic Therapeutic Touch

Learn an energy technique that can help you decrease pain and stress, accelerate healing, and enhance well-being. Based on research and used in hospitals and colleges world-wide, this healing modality can be used for yourself and your loved ones. **Schedule:** From 12:00 to 8:30 p.m. on 9/9 at the Avon Cancer Center. FEE: \$160.

Tai Chi

(Ken Zaborowski)

An ideal exercise and meditation program for seniors. Improve overall fitness, balance, coordination, agility and reduce the chance for a fall-related injury. **Schedule:** Sessions start on the first Tuesday or Friday of each month and pro-rated rates are available if starting mid-month.

Glastonbury—Tuesdays and Fridays from 12:00 to 1:00 p.m.

Wethersfield—Tuesdays and Thursdays from 3:30 to 4:30 p.m.

FEE: \$80/month if 2 times per week or \$45/month if once per week.

Yoga Classes

Laughter Yoga

(Mark Sherry, M.Ed, M.A, B.A)

Have lots of fun while significantly boosting your immune system and relieving that "lingering stress" we carry around with us all the time. Join us in fun group-focused interactive games that stimulate laughter while promoting positive connections with others, good health, and just making you feel good! **Schedule:** From 7:00 to 8:00 p.m. on Thursdays, 8/2 to 8/23 in Windsor. Pre-registration required at www.harthosp.org/intmedclasses. FEE: \$38/4 sessions, additional fee for non-registrants.

Peggy Huddleston's Prepare for Surgery, Heal Faster™

Learn five steps, including guided imagery, proven by research to help you prepare emotionally and physically for surgery. Be calmer, experience less pain and recover sooner. Book and relaxation tape are available for \$25. Call 860-545-444



To register online go to www.harthosp.org/classes.



Women's Health Issues

The Strong Women Program

An exercise program for middle aged and older women. Working with weights increases strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for "no-impact" workouts. Classes held in Wethersfield and Glastonbury. Schedule and registration available online at www.harthosp.org/classes. FEE: \$160.

NEW! Yoga and Meditation for Every Body

Yoga and meditation have been proven to have many benefits for both the body and mind. This gentle series of yoga exercises will stretch and strengthen muscles, release tension and stress in the body, improve range of motion in the joints and help to quiet the mind. All levels of fitness are welcome, as well as those new to yoga. Participants will need to be able to get onto the floor. **Schedule:** From 10:30 to 11:45 a.m., 9/5 to 9/26 or 10/3 to 10/24 in Avon. FEE: \$50.

Parent Education Classes

Registration is required for all classes. Register online at www.harthosp.org/ParentEd.

• Preparing for Multiples

Prepares families expecting multiples for late pregnancy, labor and birth, postpartum, infant feeding, care and safety, and managing at home. Class includes a tour of the Special Deliveries Childbirth Center and the Neonatal Intensive Care Unit (NICU). **Schedule:** From 6:00 to 9:00 p.m. on Thursdays, 10/11 to 10/25 at Hartford Hospital. FEE: \$125/3 sessions.

• Babycare

Understand the needs of your newborn and learn great tips on diapering, bathing and general care. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

Avon: 9/13

Glastonbury: 8/1, 9/5, 10/3

Wethersfield: 10/10

West Hartford: 7/16, 8/13, 9/24

• Breastfeeding with Success

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

Avon: 9/20

Glastonbury: 7/25, 9/26

West Hartford: 8/6, 9/10, 10/1

Wethersfield: 8/22

• Cesarean Birth

This class prepares you for the experience from pre-admission through recovery at home. Learn what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour. **Schedule:** From 9:00 a.m. to 12:00 noon on 8/11 at Hartford Hospital. FEE: \$50.

• Expectant Grandparents Class

Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. **Schedule:** From 6:30 to 8:30 p.m. on 8/22 in Glastonbury. FREE.

• Pups and Babies

(Joyce O'Connell, certified animal behaviorist) Are you concerned about your dog and your new baby? Get tips on preparing your pet for baby's arrival, introducing baby to your pet, creating safe spaces, and helping your pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 8/29. FEE: \$25.

• Baby Signing: An Introduction

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class focuses on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for babies 6 to 24 months. Format includes songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 9/13 in Wethersfield. FEE: \$35.

• Maternity Tours

A guided tour to acquaint you with our facility and maternity services. **Schedule:** Weekdays 6:00 to 7:00 p.m. or 7:00 to 8:00 p.m.; also some Saturdays from 11:00 a.m. to 12:00 p.m. or from 12:00 to 1:00 p.m. Tours available in English and Spanish. For schedule and to register, visit www.harthosp.org/ParentEd. FREE.

• Neonatal Intensive Care Unit Tours

Private tours for those expecting twins, triplets, etc. By appointment only. Please call 860-545-8987. FREE.

• eLearning Childbirth Education

When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. **Schedule:** Call 860-545-4431. FEE: \$100.

• Preparation for Childbirth

All the essential information you need for labor and the birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and coping skills. Learn to be an active participant in the birth of your baby. We offer a variety of options—one day or two week sessions. Classes meet in Avon, Glastonbury, West Hartford and Wethersfield. Go to www.harthosp.org/ParentEd for schedule and to register. FEE: \$100.

• The Happiest Baby

Learn approaches to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. This approach was pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** From 7:00 to 9:00 p.m. on 8/28 in West Hartford. FEE: \$65/couple includes class, Parent Kit, choice of Dr. Karp's DVD (or VHS) and *Soothing Sounds* CD.

• Epidural Anesthesia for Labor

Led by a board-certified anesthesiologist, this class covers what an epidural is, the risks involved and what to expect for pain relief. This is an excellent opportunity for expectant parents to learn more about epidurals and to ask questions. **Schedule:** From 7:00 to 8:00 p.m. on 8/2, 10/4 in Hartford. FREE.

• Comfort Measures for Labor

Led by a certified labor doula/licensed massage therapist, this interactive class will help expectant couples practice and master hands-on techniques to address the discomforts of labor, including relaxation, positioning, movement and touch. **Schedule:** From 10:00 to 11:30 a.m. on 7/21, 9/8 in West Hartford. FEE: \$35.00.

To register online go to www.harthosp.org/classes.

• Sibling Preparation

A class to help children prepare for the arrival of a new baby brother or sister. **Schedule:** From 9:30 to 10:30 a.m. on 8/11, 9/8, 10/13 in Hartford. FEE: \$15 per child; \$25 for 2 or more children.

Nurturing Connections

(Provided by the Nurturing Families Network)

• Telephone Support for New Parents

Volunteers provide education and support when the mother is pregnant or while mother and baby are still in the hospital. Contact Leslie Escobales at 860-972-3201.

• Home Support for New Parents

Intensive home visiting services for first-time parents. Starting prenatally until the baby is 5 years of age, home visitors act as teachers, supporters and advocates, and help families obtain community services. Contact Leslie Escobales at 860-972-3201.

• Prenatal Groups

Offered in both English and Spanish depending on the number of participants. Meet once per week for ten weeks. Contact Damaris Rodriguez at 860-972-3131.

Parent–Baby Series

• Enjoying Infants Together

Led by a pediatric nurse practitioner, this six-week series is for parents and infants younger than 12 months. Learn fun, developmental activities for infants, participate in discussions and make new friends. **Schedule:** From 11:15 a.m. to 12:15 p.m. Wednesdays, 9/12 to 10/17 in Wethersfield. FEE: \$50 for 6-week series.

• Time for Toddlers

Led by a pediatric nurse practitioner, this series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions. **Schedule:** From 10:00 to 11:00 a.m. Wednesdays, 9/12 to 10/17 in Wethersfield. FEE: \$50 for 6-week series.

• Time for Infants & Toddlers—Saturdays

This series is for parents and children under 24 months. Learn fun, developmental activities, participate in discussions and make new friends. **Schedule:** From 10:00 to 11:30 a.m. on 9/15 in Glastonbury. FEE: \$15/class.

Exercise for Expectant and New Moms

• Prenatal Yoga

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Meets 5:30 to 6:45 p.m. from 8/1 to 8/22, 9/5 to 9/26 and 10/3 to 10/25 in West Hartford. FEE: \$50/4-week session.



Safety Education

Car Seat Safety

Four out of five car seats are installed incorrectly. That's why we offer a free Car Seat Safety class for expectant parents, hosted by Community Safety Officer David Cavedon. Space is limited and registration is required. **Schedule:** From 6:30 to 8:00 p.m. on 9/11 in West Hartford. FREE.

CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children who want basic first aid and CPR information but who do not need a course completion card. **Schedule:** From 6:00 to 9:30 p.m. on 7/25, 8/8, 8/22, 9/5, 9/26, 10/3 in Hartford. This is a non-certification informational class intended for home use only. FEE: \$45.

Anxiety Disorders Center

Anxiety Disorders Group

Group cognitive behavioral therapy for children and adolescents with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Learn strategies to manage anxiety in a supportive and respectful environment. Facilitated by licensed psychologists with expertise in anxiety treatment. **Schedule:** Call 860-545-7685, option #3 for schedule. Registration is required. Billable to insurance and co-pay.

Mental Health

Myths, Minds & Medicine Exhibit

A permanent exhibition on The Institute of Living's history and the treatment of psychiatric illnesses. Self-guided tours Monday through Friday, 9:00 a.m. to 5:00 p.m. For guided tours, call 860-545-4500. FREE.

Mental Health Support Groups—See page 17 for descriptions

- Peer Support Group
- Bereavement Support Group

Bipolar Disorder—An Introduction

This program is for family members and friends of individuals who have bipolar or a related disorder. Learn about this disorder and its treatment with specific suggestions to help family and friends cope. **Schedule:** From 5:15 to 6:30 p.m. on the third Tuesday of each month on 7/17, 8/21, 9/18, 10/16. Call Mary Cameron at 860-545-7665 for information. Registration not required. FREE.

Schizophrenia Program

The following free programs are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless indicated otherwise. **Registration is not required unless noted.** For additional information or directions, call Mary Cameron at 860-545-7665.

Support Groups—See page 17 for descriptions

- Support Group for Families Dealing with Major Mental Illness
- Peer Support Group—Schizophrenia Anonymous (S.A.)

Schizophrenia—Introduction to the Disorder

Learn about schizophrenia and its treatment, with specific suggestions to help family and friends cope. Content repeats and family members may attend any session. **Schedule:** from 5:15 to 6:30 p.m. on the first Tuesday of each month on 7/3, 8/7, 9/4, 10/2. FREE.

Introduction to Mental Health Benefits and Services for Severe Mental Illness

Overview of benefit programs available for individuals with mental health disabilities. **Schedule:** From 5:15 to 6:30 p.m. on 9/11. FREE.

Depression: An Introduction to the Disorder

This program is for family members and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways in which family members might better cope with the illness. **Schedule:** From 5:15 to 6:30 p.m. on 7/24. FREE.

Managing Schizophrenia

This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home. **Schedule:** From 5:15 to 6:30 p.m. on 7/10. FREE.

Crisis Management for Individuals with Schizophrenia

Information and discussion about how to handle the difficulties that arise when crises develop at home. **Schedule:** From 5:15 to 6:30 p.m. on 8/14. FREE.

Volunteers

Blood Drive

The American Red Cross conducts blood drives at Hartford Hospital. Registration is necessary. To schedule an appointment, call 860-545-2079. For other locations, call The American Red Cross at (800) GIVE LIFE.

Volunteer Opportunities

If you are interested in giving your time, we offer a wide variety of opportunities to match your interests with those of our patients, their families or our staff. Positions are available for adults and teens older than 14. Training and free parking are provided. For more information, call Volunteer Services at 860-545-2198 or visit us online at www.harthosp.org/volsvc.

Reiki Volunteer Program

Provide gentle, hands-on relaxation sessions to patients, their families and employees. Requires Reiki Level 1, followed by two 2-hour follow-up sessions and two shifts shadowing a current volunteer. To apply, please call Eileen Pelletier, Volunteer Services Manager, at 860-545-2448 or e-mail eeppet@harthosp.org.

Activity and Comfort Cart

Volunteers bring a cart with activities to patients in need of distraction during the day, or a cart with soothing items in the evening. Please submit volunteer application and indicate role of interest.



Professional Development

HealthCare Toastmaster #2300

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking, which in turn foster self-confidence and personal growth. **Schedule:** Second and fourth Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital, Jefferson Building conference room 118. **FEE:** \$39 for 6-month membership.

Radiography Program

This 24-month full-time accredited program begins in September of each year and leads to eligibility for certification by the American Registry of Radiologic Technologists (ARRT). The Radiography profession combines the use of advanced radiographic imaging equipment with direct patient care. For schedule and an application, see our website at www.harthosp.org or call 860-545-2612.

Clinical Professional Programs

EMS Education

Can't come to us? We'll come to you...

Hartford Hospital's Department of EMS Education will accommodate the needs of the business community by providing on-site instruction. A minimum number of participants is required. Call 860-545-2564 for additional information or to make arrangements.

Registration is required for the following classes. For more information, schedule, or to register online, visit our website at www.harthosp.org/ems or call 860-545-2564.

- Pediatric First Aid & CPR
- Adult First Aid & CPR with Automated External Defibrillation
- Adult/Child/Infant CPR with Automated External Defibrillator
- EMT—Basic Course
- EMT—Intermediate Course
- EMT—Recertification Course
- Core Instructor Program
- Pediatric Advanced Life Support (PALS)
- Pediatric Education for Pre-Hospital Professionals
- Advanced Cardiac Life Support (ACLS)

Registration is required for the following classes. For more information, schedule, or to register online, visit our website at www.harthosp.org/ems or call 860-545-4158.

- Basic Life Support for Healthcare Providers
- Basic Life Support for Healthcare Providers—Refresher Class
- CPR Instructor Course

Special Events at Hartford Hospital

REGISTRATION IS REQUIRED for the following FREE events. To register online go to www.harthosp.org/events or call 860-545-1888; toll free 1-800-545-7664.



Are You at Risk for Breast Cancer?

Wednesday, July 25
6:30 to 8:00 p.m.
Hartford Hospital Family
Health Center
1260 Silas Deane Hwy,
Wethersfield

This lecture will focus on the major risk factors for breast cancer, including age and reproductive factors, and risks resulting from benign conditions, such as various atypias, family history and genetics.

Presented by Dr. Patricia DeFusco, a board-certified medical oncologist and Principal Investigator for the National Surgical Adjuvant Breast and Bowel Project (NSABP).

Vertigo: What Sets Your World Spinning?



Tuesday, September 11
7:00 to 8:00 p.m.
Hartford Hospital Family
Health Center
100 Hazard Avenue, Enfield

Join Dr. Marc Eisen, medical director of the Hartford Hospital Center for Hearing and Balance, to learn about the common causes and treatment of vestibular and balance disorders (dizziness). He will also discuss recent developments in treating hearing loss and how physical therapy can help you.



Dr. Janice Hartnett



Dr. Rosemary Quinlan

Baby Maybe?

Monday, September 10
7:00 to 8:00 p.m.
300 Western Boulevard,
Glastonbury
Drs. Janice Hartnett and
Rosemary Quinlan

Thursday, October 4
7:00 to 8:00 p.m.
Hartford Hospital Family
Health Center
100 Hazard Avenue, Enfield
Dr. Michael Hemphill



Dr. Michael Hemphill

They say having a baby changes everything. And while becoming a parent will undoubtedly be a life-changing experience, one thing remains the same: the team at Hartford Hospital's Women's Health Services will be by your side every step of the way. So leave the health care to us and you can focus on the 150 other things you need to do to get ready for baby.

Quality of Life Seminars

Presented by board-certified urologist Dr. James Graydon, who specializes in treating erectile dysfunction and bladder control for patients who have undergone treatment for prostate cancer.

Life After Prostate Cancer

Thursday, September 20 | 6:30 to 8:00 p.m.
Avon Cancer Center
80 Fisher Drive, Avon

Thursday, October 25 | 6:30 to 8:00 p.m.
300 Western Blvd., Glastonbury

Learn how to improve your quality of life, obtain better bladder control and treatment options for erectile dysfunction. Spouses, significant others and guests are encouraged to attend. Although anyone is welcome, this seminar is geared specifically for patients who are one year or more post treatment.

Life After Bladder Cancer

Thursday, September 13
6:30 to 8:00 p.m.
300 Western Blvd., Glastonbury

Designed for patients who have had radical surgery for bladder cancer and now suffer from erectile dysfunction and/or urinary leakage. A one hour presentation with a question and answer period to follow.

For a complete list of special events go to www.harthosp.org/events.