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Unless noted, preregistration is required for all classes.

Location addresses for class sites are provided on the back cover.

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ON THE COVER:

Carolyn Record, whose story appears on page 5, is happily back in the classroom following her CyberKnife treatments.

■ This magazine is intended to present medical information and updates to clinical programs and services. Opinions expressed in this publication are not necessarily those of Saint Francis Hospital and Medical Center. For personal health questions, Saint Francis encourages readers to consult with a qualified health professional.

HEALTH EDUCATION PROGRAMS

The following health education programs are free unless otherwise noted, and require pre-registration. Join staff from Saint Francis as they discuss the latest information on health topics that concern you. A question-and-answer session will be included at the end of each program.

Stroke Prevention and Education Program

Join us and learn more about the primary risk factors for stroke, including high blood pressure, high cholesterol, diabetes, obesity, physical inactivity and diet. Participants will learn how to better manage their risk factors and lower their risk for stroke.

April 10 • 10 a.m.–12 p.m. • Ellington

April 24 • 1–3 p.m. • Avon

May 8 • 10 a.m.–12 p.m. • Glastonbury

May 22 • 1–3 p.m. • Avon

June 5 • 10 a.m.–12 p.m. • Ellington

June 19 • 1–3 p.m. • Avon

July 17 • 10 a.m.–12 p.m. • Glastonbury

August 14 • 5:30–7:30 p.m. • Hartford

How the Eye Works

Andrew Epstein, M.D.

Dr. Epstein will lead a discussion on how the eye works as well as information on near-sightedness, far-sightedness, astigmatism, macular degeneration, glaucoma, cataracts, and diabetic retinopathy.

April 11 • 7–8 p.m. • Enfield Public Library

Relief from Lumbar Spinal Stenosis

David Kruger, M.D.

Lumbar Spinal Stenosis (LSS) can be a painful and debilitating condition. Join David Kruger, M.D. and learn about LSS, innovative treatments and the latest technologies.

April 12 • 6:30–8 p.m. • Hartford

Atrial Fibrillation

Aneesh Tolat, M.D.

Atrial fibrillation is the most common heart rhythm disturbance that doctors see, affecting more than two million people in the U.S.

Dr. Tolat will discuss risk factors and strategies for treatment.

April 17 • 6:30–8 p.m. • Hartford

Menopause Update

Karianne Silverman, M.D.

Learn more about medical and natural approaches to manage symptoms such as hot flashes and irritability. Discover steps you can take to stay healthy beyond menopause.

April 18 • 6–7:30 p.m. • Ellington

Everything You Need to Know About Facelifts

Paul Stanislaw, Jr., M.D., F.A.C.S.

Paul Stanislaw, M.D., a board-certified facial plastic surgeon, will review different types of facelifts, necklifts, and browlifts. By attending this seminar you are eligible for a complimentary consultation.

April 24 • 6:30–8:30 p.m. • Glastonbury

June 6 • 6:30–8:30 p.m. • Ellington

Lupus, the Unknown Disease

Ann Parke, M.D.

Ann Parke, M.D., a rheumatologist specializing in lupus, will provide information for newly diagnosed lupus patients and their families with basic information on the diagnosis and management of the disease.

Sponsored by the Lupus Foundation.

April 24 • 6:30–8 p.m. • Avon

Dizziness and the Ear

Benjamin Wycherly, M.D.

Are you suffering with dizziness? Learn more about dizziness and the treatments directed at eliminating or controlling dizziness caused by the inner ear.

April 25 • 6:30–8 p.m. • Glastonbury

How Well Are You Sleeping?

Asher Qureshi, M.D.

Sleep problems like snoring, sleep apnea, insomnia, sleep deprivation and restless legs syndrome are common among millions of Americans. Dr. Qureshi will discuss symptoms and treatment options that are available to help you get a better night's sleep.

May 3 • 6:30–8 p.m. • Enfield

May 8 • 6:30–8 p.m. • Avon

Celiac Disease: Living Gluten Free

Ronald P. Josephson, M.D.

Celiac Disease is a digestive condition triggered by the consumption of the protein gluten. Join Dr. Josephson as he discusses this disease and ways to effectively manage the disease.

May 9 • 6:30–8 p.m. • Avon

HEALTH EDUCATION PROGRAMS (CONTINUED)

Managing The Stress of Unemployment

Mehran Motamed, M.D.

Being without a job often leads to feelings of anxiety, helplessness, depression and stress. Join Dr. Motamed as he discusses how to better cope with the stresses that unemployment can bring.

May 9 • 6:30–8 p.m. • Glastonbury

Biomedical Interventions for Autism Spectrum Disorder

Eileen C. Comia, M.D.

Dr. Comia will discuss an approach to autism that includes improving the diet, replacing lost nutrients, improving the gut function, removing heavy metals and improving body's capacity to relieve itself of toxins.

May 10 • 6:30–8 p.m. • Hartford

Things You Need To Know about Your Diabetes Care

Emmanuel Javier, M.D.; Socorro Vargas, M.D.; Sally Cooney M.P.H., R.N., C.D.E.; Lillie Tierney M.S., R.D., C.D.E.

Join the diabetes professionals from Saint Francis Hospital and Medical Center for a discussion of current diabetes and nutrition management guidelines. Learn how to better understand your blood glucose testing results and improve your glucose control.

May 15 • 6–7:30 p.m. • Ellington

June 6 • 6:30–8 p.m.

Mandell Jewish Community Center

An Integrative Approach to Managing Lung Disease

Michael Teiger, M.D., F.C.C.P.

Join Michael Teiger, M.D., a board certified pulmonologist, and discover what you can do to improve your lung health by learning how to use integrative approaches to manage symptoms related to asthma, COPD and other breathing concerns such as shortness of breath and fatigue.

May 15 • 6:30–8 p.m.

Mandell Jewish Community Center

June 14 • 6:30–8 p.m. • Hartford

July 10 • 6:30–8 p.m. • Avon

Thyroid and Parathyroid Treatment: Current Medical and Surgical Options

Jorge Diez, M.D., Richard Newman, M.D.

Join Jorge Diez, M.D., an endocrinologist, and Richard Newman, M.D., a minimally invasive surgeon, as they discuss the latest information on the medical and surgical management of thyroid and parathyroid disease.

May 15 • 6:30–8 p.m. • Enfield

Multiple Sclerosis: A Comprehensive Team Approach

Peter Wade, M.D.; Robert Krug, M.D.; Marlene Murphy-Setzko M.D.; Amy Neal, P.A.-C.; Heather Wightman, P.A.-C.

Living with multiple sclerosis (MS) can be challenging, but a diagnosis of MS doesn't mean the end of living well. Learn more about MS, how it is diagnosed, possible signs and symptoms, the latest approaches for treatment, and improving quality of life.

May 16 • 6:30–8 p.m.

Mandell Jewish Community Center

July 26 • 6:30–8:30 p.m. • Glastonbury

Women's Pelvic Health: What's the Matter with My Bladder?

Marlene Murphy-Setzko, M.D.

Pelvic floor disorders, including bladder leakage and prolapse are extremely common. Marlene Murphy-Setzko, M.D., a urologist, will discuss the causes of urinary tract infections, bladder leakage, and bladder prolapse, as well as treatment options.

May 19 • 10 a.m.–12 p.m. • Hartford

Understanding Fibroids

Deepali Mathur, M.D.

Join Deepali Mathur, M.D. as she discusses the signs, symptoms, and management of uterine fibroids, including surgical treatment (hysterectomy) and other non-surgical treatments.

May 30 • 6–7:30 p.m. • Ellington

My First Marathon

Melissa Frain, M.S., AFMA - PFT

You will learn everything you need to know about running your first marathon, from planning your training schedule to what to wear. All runners and non-runners welcome.

June 5 • 6–7 p.m. • Glastonbury

Advances in Spinal Care

Jesse G. Eisler, M.D., Ph.D.

Join Dr. Eisler as he discusses the most common spinal disorders including: degenerative conditions of the spine, such as cervical or lumbar spinal stenosis; cervical or lumbar disc herniation; and scoliosis or adult deformity of the spine.

June 5 • 6:30–8 p.m. • Avon

Lupus: Unlocking the Mystery

William Traverse, M.D.

Join William Traverse, M.D., as he provides an update on lupus research and treatment options. Sponsored by the Lupus Foundation of America, CT Chapter.

June 6 • 6:30–8 p.m. • Glastonbury

Degenerative Spine Conditions — New Relief

Stephan Lange, M.D., Aris Yannopoulos, M.D.

Join Stephan Lange, M.D., a neurosurgeon, and Aris Yannopoulos, M.D., an orthopedic surgeon, as they discuss new advances and the latest technologies for back pain, including spinal surgery and minimally invasive techniques.

June 7 • 6:30–8 p.m. • Hartford

Hypertension and Your Health

Christine B. Vigneault, M.D.

High blood pressure is known as the silent killer because it has no symptoms. Learn the many ways in which hypertension can affect your health, including its impact on your kidneys.

June 12 • 6:30–8 p.m. • Avon

Liquid Facelift

Paul Stanislaw, Jr., M.D.

Do you look in the mirror and see deep folds of skin or hollowness throughout the face? Join Paul Stanislaw, M.D., a board certified facial plastic surgeon, and learn how to resolve these common aging concerns without surgery.

June 20 • 6:30–8 p.m. • Avon

Chronic Pain Management: What Are Your Options?

Raymond Squier, M.D.

Relieving chronic pain has been a major focus of medical researchers over the past few years. Dr. Squier will present some of the latest advances and describe how they can help you.

June 20 • 6:30–8 p.m. • Glastonbury

Advanced Skincare

Paul Stanislav, Jr., M.D., Kristen Marino,
Licensed Medical Esthetician and
Kathryn Fazzari

Paul Stanislav, M.D. will discuss what causes aging and what you can do to minimize and prevent signs of aging. Kristen Marino and Kathryn Fazzari will discuss physician-grade skincare products.

June 27 • 6:30–8 p.m. • Avon

Fee: \$30 includes take-home skincare kit

Chronic Kidney Disease

Ari B. Geller, D.O.

Ari Geller, D.O. will discuss the basic function and anatomy of the healthy human kidney. This will be followed by an explanation of the common causes, diagnosis and treatment of kidney disease, in the adult population

July 11 • 6:30–8 p.m. • Avon

Vulvar Pain Disorders

Gayle Harris, M.D.

Are you one of the millions of women suffering from vulvodynia? Join Dr. Harris as she discusses causes and treatment options including medications, surgery, biofeedback, and diet.

July 11 • 6:30–8 p.m. • Enfield

Emergency Medicine: Know When To Call

Michael Gutman, M.D.

Have you ever wondered when to dial 911 for medical symptoms and when to contact your physician? Dr. Gutman, emergency medicine physician, will discuss what symptoms need immediate medical intervention and what to do for other symptoms.

July 17 • 6:30–8 p.m. • Avon

Current Concepts in Heel Pain

Robert Marra, D.P.M.

Join Dr. Marra to learn the most recent medical information regarding heel pain and the most current treatments. Also learn how summertime activities affect foot health.

July 18 • 6:30–8 p.m. • Enfield

Urinary Incontinence and Pelvic Floor Disorders

MaryBeth Norman, A.P.R.N.

There are many different causes of loss of bladder control or urinary incontinence. Join MaryBeth Norman, A.P.R.N., from the division of Urogynecology at Saint Francis and learn more about the treatment of pelvic floor disorders such as urinary incontinence and prolapse of the bladder and uterus.

July 25 • 6–7:30 p.m. • Hartford

Back Pain

Kathy Abbott, M.D.

It can be overwhelming knowing the best way to treat low back pain. Kathy Abbott, M.D., a rehabilitation physician, will review causes, prevention and treatment options for back pain, including spinal injections.

August 22 • 6:30–8 p.m. • Enfield

Are You at Risk for a Stroke?

Mansour Afshani, M.D.

Stroke is the nation's leading cause of long-term disability and fourth leading cause of death. Join Mansour Afshani, M.D., as he discusses the causes of strokes, stroke care and ways to reduce your risk.

August 29 • 6:30–8 p.m. • Glastonbury

INTEGRATIVE MEDICINE PROGRAMS

All Hartford programs are held at the Center for Integrative Medicine unless otherwise noted.

Prepare For Surgery, Heal Faster

Joan Harovas, R.N., B.S.N.

Peggy Huddleston's steps to prepare for surgery will help you calm preoperative jitters, visualize a positive recovery, and establish supportive doctor-patient relationships.

April 5, May 3, June 21, July 18,

August 15 • 6:30–8 p.m.

June 21, July 19, August 16 •

10:30 a.m.–12 p.m.

Hartford

Fee: \$45 includes book, CD and group education (one support person may attend at no charge)

(\$75 for one-on-one educational sessions)

CONGESTIVE HEART FAILURE EDUCATION SERIES

Clinicians from Saint Francis Hospital and Medical Center invite patients with heart failure and their families to attend a series of heart failure education classes. Taught by experts, classes will provide an overview of the anatomy and physiology of heart failure, including medications and therapeutic modalities used when treating heart failure. Classes also cover the nutritional and psychological aspects of living with heart failure and information about ways to stay active. Individual sessions include:

How Your Heart Works
Exercise

Nutrition

Dealing with Your Disease

Planning for the Future

All about Defibrillators

Medications

Support Group

For more information about the class schedule or to register, please call 1-877-STFRANCIS (877-783-7262) or visit *Classes and Events at* www.stfranciscare.com.

Nourish Yourself with Art

Lorraine Greenfield, M.S.

Especially helpful in times of stress, pain, depression and anxiety, art-making can decrease pain, lift your spirit and energize your soul. Art projects are designed for both experienced artists, and those with no formal art training.

April 10 Theme: "Rebirth and Renewal"

May 8 Theme: "Mothers: Our Own, Ourselves and Those Among Us"

June 5 Theme: "Summer Solstice/Celebrate the Light"

July 17 Theme: "Independence"

7–8:30 p.m.

Fee: \$10

INTEGRATIVE MEDICINE PROGRAMS (CONTINUED)

Integrative Cancer Care

Throughout your healing journey, we'd like to support you — spirit, mind and body. Join us for education, support, and refreshments.

April 12 – Touch, Caring and Cancer

May 10 – Mandalas, Meditation and the Art of Sacred Space

June 14 – Mind Body Techniques

July 12 – Journaling

August 9 – Yoga

12–1 p.m. • Hartford

Fee: Free

Permission to Breathe — A Women's Wellness Series

Escape for this three-part series and give yourself the gift of relaxation and education to better care for yourself — spirit, mind and body. Each session will also include refreshments and experiential sessions.

Life in Balance: Envision and Develop the Impossible

Kathleen Mueller, M.D.

Learn how to find your balance and manage weight, stress, emotions, and life!

April 12

Creating a Peaceful Space

Krista Polinsky

Learn how Feng Shui techniques can diminish clutter and enhance your wellness.

May 10

Eating Well, Cooking Light, Feeling Right

Kathleen Mueller, M.D.

Learn about simple facts to help you eat well and enjoy a cooking demo and food sampling.

June 14

5:30 p.m.: Registrations, refreshments, experiential sessions

6–7:30 p.m.: Presentations and demonstrations

Hartford

Cost: \$25 for the series, \$10 per class

Touch, Caring & Cancer

Susan L Forster, M.P.A., L.M.T.

Touch is one of the most helpful forms of support you can offer a loved one with cancer. This inspiring program provides detailed instruction by leading experts in safe, simple techniques for comfort and relaxation that anyone can learn and apply.

April 14, July 14 • 2–5 p.m. • Hartford

Fee: Free

Introduction to Infant Massage

Susan Forster, M.P.A., L.M.T.

Touch is an infant's first form of communication and through massage we can effectively communicate as well as understand what our babies are saying. Learn basic strokes to assist in the growth of our baby's body, mind and spirit, and bring relief to colic, constipation, respiratory and sleeping difficulties.

April 14, July 14 • 11 a.m.–12 p.m. • Hartford

Fee: \$25 (includes onesie and book)

Acupressure Face Lift

Gail Altschwager

Learn this simple, 15-minute routine that has been used for over 4,000 years by women of the Chinese court to keep their youthful beauty. In addition to instruction on how and where to gently massage your face, you will receive a chart with the acupressure points and the benefits of each point.

April 16 • 7:30–9 p.m. • Avon

July 17 • 7:30–9 p.m. • Enfield

Fee: \$20

Laugh Your Stress Away

Mylene Poitras, L.M.T.

Learn innovative techniques to reduce stress, boost your immune system and enhance your quality of life. Expressive arts specialist Mylene Poitras will lead an interactive session that includes laughter yoga. Be prepared to move and have fun!

April 18 • 1–2 p.m. • Enfield Senior Center

Mindfulness-Based Stress Reduction Program

Carol Tyler, M.A., R.D.

This eight-week course, developed by Jon Kabat-Zinn, is designed to help participants discover and utilize their inner resources for bringing balance, health, and peace of mind to their lives. Through group and individual practices, discussions, and presentations, participants learn ways to cultivate mindfulness. Program includes weekly handouts, meditation and yoga CDs. There is also an all-day retreat on Saturday, June 16.

April 18 • 6:30–8:30 p.m. • Hartford

Fee: Free Orientation Session

May 2 for eight weeks • 6:30–9 p.m.

Hartford

Fee: \$260

Holistic Weight-Loss Solutions

Barbara Fasulo, R.Y.T.200, Carol Tyler, M.A., R.D.

Join us for an opportunity to create a new you. Holistic techniques will be taught and discussed to support an understanding of balanced nourishment for your body, mind and spirit. Topics included are nutrition, hypnosis, gentle movement, and mindfulness.

April 19 • 6:30–8:30 p.m. • Hartford

May 17 • 6:30–8:30 p.m. • Enfield

June 21 • 6:30–8:30 p.m. • Glastonbury

Fee: \$30

CranioSacral (CST) Practice Group

Karen Kramer, R.N., M.A., Q.T.T.T.

CST is a therapy that helps balance the nervous system and relieves restrictions. This group is for CST practitioners who have completed CST I or II and would like to review and practice the techniques that were learned. Please bring certificate of your highest class.

April 23 • 7–8:45 p.m. • Avon

Fee: \$15

Transforming Your Life: The Unseen Energetic Keys to Self-Fulfillment

Cris Jacobs, E.F.T.-ADV, C.C.E.P., M.B.A.

Using a powerful 3-step process, you will learn how to address unseen causes that prevent you from creating the life you desire. You will also learn how to use EFT (Emotional Freedom Technique) as a performance tool.

April 26 • 6–8 p.m. • Hartford

June 14 • 6–8 p.m. • Avon

Fee: \$40

Life, Breath, Love: A Breast Cancer Survivor's Transformation

Mary Ann Demko, L.M.T., Y.T.

A three-part series inspiring presence, awareness and openheartedness, this class involves gentle movement, restful meditation, introspection, community and creative flow. We will experience expression of the heart through individual and group mandalas, guided breath and imagery, sharing, group discussion and yoga-type movements adapted for all.

April 28, May 5, May 12 • 10 a.m.–12 p.m.

Hartford

Fee: \$75 (scholarships available, if needed)

Therapeutic Touch for Caregivers

Karen Kramer, R.N., M.A., Q.T.T.T.

Are you a caregiver who would like to 'do more' for the person you care for? In this experiential class both you and your loved one can learn how to enhance your well-being, relieve stress, promote healing, and ease pain and tension.

April 29 • 12–6 p.m. • Hartford

Fee: \$120

Relaxing Sound Therapy To Calm Nerves and Clear the Mind

Kay Lani, R.Y.T., Ph.D.

Sound relaxation can help to reduce stress, relieve pain, increase circulation, and promote relaxation and mental focus/clarity. Come experience deep relaxation accompanied by relaxing sounds of the ancient gong and singing bowls. Class also includes gentle stretching and meditation.

May 3 – June 7 • 7:30–8:30 p.m.

Glastonbury

Fee: \$72

Intermediate Therapeutic Touch

Karen Kramer, R.N., M.A., Q.T.T.T.

Expand and sharpen your current basic Therapeutic Touch skills by becoming more aware of chakras, learning to use colors in treatment, and treating with another practitioner in this two-part class.

Prerequisite: Basic Therapeutic Touch

May 3 • 4–9 p.m.; May 4 • 12–8:30 p.m.

Avon

Fee: \$160

An Introduction to Qigong

P.J. Harder, M.S.

Learn to activate the "healer within" with self care practices such as Qigong, self-massage and T'ai Chi Easy™. Mind-body practices help to boost the immune system, lower blood pressure, balance emotions, increase energy and vitality. Wear comfortable clothing.

May 7 • 6–7 p.m. • Avon

June 9 • 10:30–11:30 a.m. • Glastonbury

Fee: \$25

Qigong for Menopause

Gail Altschwager

Learn how to help keep yourself healthy and resilient with a five-minute daily routine that may help balance your hormones to reduce the incidence of hot flashes, sharpen your memory and raise your spirits. You will also learn a simple acupressure routine to help you get to sleep and stay asleep.

May 14 • 7:30–9 p.m. • Avon

August 14 • 7:30–9 p.m. • Enfield

Fee: \$20

Positive Care for Cancer: Enrich Your Life With Art

Lorraine Greenfield, M.S.

Research shows that art therapy can reduce a broad spectrum of symptoms in cancer patients including pain, anxiety and depression, while at the same time increase energy and lift spirits. This class will benefit both artists and those with no formal art training.

May 15, May 29, or June 12 • 7–8:30 p.m.

Hartford

Fee: \$10 per session

The Power of EFT, the Emotional Freedom Technique

Chris Jacobs E.F.T.-ADV, C.C.E.P., M.B.A.

Join us for this two-part certificate series to learn the basic principles of EFT and how to use this technique. In this highly experiential workshop, you will learn about using EFT for physical pain, emotional discomfort, addictions, difficult memories and much more.

May 17 and 24 • 6–8 p.m. • Hartford

Fee: \$99

Basic Therapeutic Touch (TT)

Karen Kramer, R.N., M.A., Q.T.T.T.

This class on Therapeutic Touch will teach you techniques that may help you enhance your quality of life and those of your loved ones. Class includes meditations, discussion and exchanges with students.

May 20 • 12–8:30 p.m. • Hartford

Fee: \$160

Treating Migraines and Headaches with Acupuncture and Acupressure

Christopher Gaunya, L.Ac.

Migraines have been successfully treated with Oriental Medicine techniques for centuries. Join Christopher Gaunya to learn how acupuncture may provide drug-free relief to debilitating headaches. Participants will receive a certificate for a free treatment at our Community Acupuncture Clinic.

May 22 • 7–8 p.m. • Hartford

Fee: Free

Qigong & T'ai Chi Easy Practice

P.J. Harder, M.S.

Take time to discover your life energy and learn the healing practice of Qigong, also known as "meditation in motion." This 4-week series of classes combines the gentle, rhythmic movements of Qigong and T'ai Chi. Wear comfortable clothing.

June 4, June 11, June 18, and June 25

6–7 p.m. • Avon

Fee: \$50

Therapeutic Touch: Practice and Exchange

Karen Kramer, R.N., M.A., Q.T.T.T.

Meditation, discussion and exchange for trained Therapeutic Touch practitioners. After 8 p.m. guests are welcome to come and receive a session.

June 11 • 7–8:45 p.m. • Avon

Fee: \$15

Introduction to Meditation and Sound Relaxation

Kay Lani, R.Y.T., Ph.D.

Experience various meditation styles to support calming the mind and nerves, and then surrender yourself to soothing vibrational waves of the ancient gong and singing bowls. Participants may sit in chairs or bring a mat. It is also suggested to bring water and a blanket.

Thursdays, June 14 – July 5

7:30–8:30 p.m. • Glastonbury

Fee: \$48

Community Acupuncture

Christopher Gaunya, M.A., L.Ac.

Acupuncture can be effective for back pain, headaches, carpal tunnel syndrome, nausea, anxiety, digestive issues, and more. In Community Acupuncture, you are treated in a group setting with a sliding fee scale that allows you to get the treatments you need at an affordable cost.

Tuesdays, 3–6:30 p.m. • Fridays, 8:30–11 a.m.

Center for Integrative Medicine, Hartford

Cost: \$20–\$40 (Pay what you can afford within range. One-time fee of \$10 for initial intake and consultation.)

Unless otherwise noted, please call toll-free 1-877-STFRANCIS (877-783-7262) for program information and registration, or visit www.stfranciscare.com.

HEALTH SCREENINGS

Skin Cancer Screening

Edward Benjamin, M.D.

Do you have suspicious-looking moles or skin lesions? Take this opportunity to be screened for skin cancer. Call today to make an appointment.

May 11 • 9–11 a.m. • Enfield

Fee: Free

SMOKING CESSATION

Stop Smoking through Hypnosis

Barbara Fasulo, C.H.

For decades, hypnosis has helped thousands of people successfully quit smoking and stay off smoking for life. Be a part of this one-session seminar and change the way you feel about smoking for good!

April 4, June 27 or August 22

6:30–8:30 p.m. • Hartford

Fee: \$40

Break Free from Smoking Program

Sally Lerman, M.S., C.H.E.S., Certified Tobacco Dependence Treatment Specialist

Have you tried a variety of ways of quitting smoking and not found long-term success? This service at Saint Francis Hospital and Medical Center uses the U.S. Surgeon General's "best practice" recommendations, including face-to-face counseling combined with supervised nicotine replacement therapy. Join others who have found success using the only method scientifically proven to improve your chances of quitting for good.

Avon

Fee: \$225 for 6-week individual counseling program

CANCER PROGRAMS

Look Good...Feel Better®

Join us for this free program that teaches beauty techniques to women cancer patients to help them manage the appearance-related side effects of cancer treatment. Each participant receives a free makeup kit. Provided in partnership with the American Cancer Society.

April 23, May 21, June 25, July 23, August 27

11 a.m.–1 p.m. • Hartford

Fee: Free

SUPPORT GROUPS

Saint Francis offers a number of support groups including:

Breast Cancer
Prostate Cancer
Gynecologic Cancer
High-Risk Pregnancy
Gastric Bypass
Lap-Band
Insulin Pump
Pregnancy and Infant Loss
Successful Living with a Cardiac Device

Mount Sinai Rehabilitation Hospital offers a number of support groups including:

Amputee Support Group
Caregiver Support Group
Lymphedema Support Group
Spinal Cord Injury Informational Series
Stroke Support Group

For more information, please call HealthConnect at 1-877-STFRANCIS (877-783-7262).

WEIGHT LOSS AND FITNESS PROGRAMS

The following weight loss and fitness programs are free unless otherwise noted, and require pre-registration.

Surgical and Non-Surgical Treatments for Obesity

Ioannis Raftopoulos, M.D., Ph.D., F.A.C.S.

Join Ioannis Raftopoulos, M.D., the Medical Director of the Bariatric Center at Saint Francis, as he discusses non-surgical weight loss options and various surgical procedures such as laparoscopic gastric bypass, gastric banding, sleeve gastrectomy and revisions.

April 12 • 5:45–7 p.m. • Hartford

April 25 • 6–7:30 p.m. • Avon

May 10 • 5:45–7 p.m. • Hartford

May 16 • 6–7:30 p.m. • Glastonbury

June 5 • 6–7:30 p.m. • Enfield

June 14 • 5:45–7 p.m. • Hartford

July 11 • 6–7:30 p.m. • Ellington

July 12 • 5:45–7 p.m. • Hartford

August 9 • 5:45–7 p.m. • Hartford

Get Fit After Fifty!

The Fitness Center at the Saint Francis Care Center for Health Enhancement offers 3-month Senior memberships, designed to help get you on the road to a healthier lifestyle...and enjoy the best years of your life.

3-month Senior (55+) membership: \$95.00*

3-month Couples membership: \$143.50*

*Present your Anthem Blue Cross/Blue Shield of CT card and receive a 10% discount



95 Woodland Street • Hartford, CT 06105 • 860-714-4414

Benefits of a Senior Fitness Membership:

- A custom fitness program designed by a nationally certified fitness professional, with 2 one-on-one training sessions to help get you started
- Access to a full group exercise program
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- Comfortable supportive environment
- Free secured parking

www.saintfrancisfitness.com



For more information about our Senior Fitness Membership, call 860-714-4414

Detox Weight-Loss System

Eileen C. Comia, M.D.

Eileen Comia, M.D. introduces a revolutionary weight-loss program that is healthy, simple and effective. It is shown to lower cholesterol and blood pressure with 44.4% net resolution of Metabolic Syndrome in 12 weeks.

April 19 • 6:30–8 p.m. • Avon

Weight-Loss Surgery: Laparoscopic Gastric Banding

Scott Ellner, D.O.

Discover ways to achieve long-term weight loss and to reclaim your health. Scott Ellner, D.O. will explain the surgical option of Lap-Band surgery and review the comprehensive program that is available at Saint Francis.

May 22, June 26, August 28

6:30–8 p.m. • Enfield

Weight-Loss Surgical Options

Nissin Nahmias, M.D.

Dr. Nahmias will discuss medical and surgical options to achieve long-term wellness through weight reduction with a holistic approach, including details on surgical procedures such as Lap-Band, sleeve gastrectomy, gastric bypass and single-incision “scarless” surgery.

August 14 • 6:30–8 p.m. • Avon

Group Exercise Classes at the Fitness Center

The Fitness Center at Saint Francis, 95 Woodland St., Hartford, offers over 21 group exercise classes per week. From Kickboxing, Yoga, Boot Camp and Spinning to Tabata Training, there is something for everyone. Please see www.saintfrancisfitness.com for a complete schedule. We offer \$5.00 drop-in fees or a 12-visit fitness pass for \$50.00. For more information call The Fitness Center at 860-714-4414.

YOGA & T'AI CHI

Chair Yoga

This gentle class uses postures sitting in a chair or standing using a chair for support.

Mondays (ongoing classes starting April 2)

11:15 a.m.–12:15 p.m.

Hartford • MaryAnn Demko

Fridays (ongoing classes starting April 13)

10:45 a.m.–11:45 a.m.

Avon • Jennifer Errickson

Fee: \$48 for 4 weeks session; \$15 drop-in

All Levels Yoga Class

This class will explore a variety of postures — standing, seated and on the floor. Students should be able to move easily and safely from the floor to sitting or standing.

Mondays (ongoing classes starting April 2)

5:45–7 p.m. • Enfield • Lynne Miller

Fridays (ongoing starting April 13)

10–11 a.m. • Glastonbury • Neena Gupta

Fee: \$48 for 4 weeks session; \$15 drop-in

Yoga for Back Care

Neena Gupta, R.Y.T.

You are as young as your spine is flexible. This class will include poses to ease aches and pains, improve flexibility in the spine, shoulders and hips, and strengthen the abdomen, back and torso.

Mondays (ongoing classes starting April 2)

5:30–6:30 p.m. • Glastonbury

Fee: \$48 for 4 weeks session; \$15 drop-in

Yoga for Joint Health and Strength

Barbara Fasulo, R.Y.T.

These yoga classes will include physical movement designed to enhance joint health with the goal of improving or maintaining a healthy range of motion, flexibility and strong joints. Breath awareness exercises and meditation are also included in each class.

Mondays (ongoing classes starting April 2)

5:15–6:15 p.m. • Hartford

Fee: Sliding fee schedule \$5–\$12

Yoga for Relaxation/Insomnia

Neena Gupta, R.Y.T.

This class will offer a combination of gentle poses, breathing exercises and meditation to unwind and relax the body-mind and prepare for a good night's sleep.

Mondays (ongoing classes starting April 2)

7–8 p.m. • Glastonbury

Fee: \$48 for 4-week session; \$15 drop-in

T'ai Chi

Beth Price, Instructor

T'ai Chi is a mind/body art that is equal parts health-nourishing exercise, balanced living and personal growth. This ancient art both energizes and relaxes as you learn to use your body in a coordinated, agile, healthy way that enhances your everyday activities.

Wednesdays, 3:45–4:45 p.m. (ongoing classes starting April 4)

Fridays, 4:30–5:30 p.m. & 6–7 p.m. (ongoing classes starting April 13)

Glastonbury

Fee: \$48 for 4 weeks session

Yoga for Strength, Balance, and Flexibility

Jennifer Errickson, M.S., R.Y.T.

Increase energy, build stability, and increase an overall sense of well-being with yoga. Participants will receive precise instruction with a focus on alignment and safety. Various expressions of yoga postures, breathing techniques, and relaxation will be taught.

All levels are welcome.

Fridays (ongoing classes starting April 13)

9:30–10:30 a.m. • Avon

Fee: \$48 for 4-week series; \$15 drop-in

Kundalini Yoga and Meditation to Increase Vitality and Maintain Good Health

Kay Lani, R.Y.T., Ph.D.

Enjoy fast-acting, gentle, rhythmic yoga designed to safely and effectively brighten your life. Benefits include increasing strength, flexibility and stamina, as well as improving focus, sleep and stress tolerance. Some classes will include transforming vibrations of a gong played by the instructor. Please bring water, mat and blanket.

Thursdays, May 3 – July 19 • 6–7:15 p.m.

Glastonbury

Fee: \$72

The Yoga of Presence for Cancer Patients and Survivors

Mary Ann Demko, L.M.T., Y.T.

Gentle yoga-type movements and healing meditation will be taught in a nurturing environment with direct experience. Instruction will include gentle movements to be used with or without a chair, as well as restorative breathing for relaxation and well being.

Wednesdays, May 9 – June 27

4–5 p.m. • Hartford

Fee: \$48 for 4-week session, \$15 drop-in

Yoga for Multiple Sclerosis Patients

Kay Lani, R.Y.T., Ph.D.

This yoga class is designed to help you manage some of your multiple sclerosis symptoms and to stay active. You'll learn unhurried movements, slow stretching and breathing to reduce stress and release muscle tension.

Wednesdays, beginning May 15

10–11 a.m.

The Mount Sinai Rehabilitation Hospital

Fee: \$48 for 4-week session; \$15 drop-in

Unless otherwise noted, please call toll-free 1-877-STFRANCIS (877-783-7262) for program information and registration, or visit www.stfranciscare.com.

CPR AND SAFETY

CPR for Family & Friends

Each year, cardiovascular disease and sudden cardiac arrest claim the lives of 335,000 Americans before they reach a hospital. CPR can double a victim's chance of survival. Join us for this American Heart Association class, intended for the lay rescuer, and learn CPR and choking management for infants, children and adults.

April 11 • 5:30–8 p.m. • Glastonbury
May 2 • 5:30–8 p.m. • Ellington
May 23 • 5:30–8 p.m. • Glastonbury
June 13 • 5:30–8 p.m. • Glastonbury
July 25 • 5:30–8 p.m. • Ellington
August 1 • 5:30–8 p.m. • Glastonbury
Fee: \$45

CPR for Healthcare Providers — Recertification Course

This recertification class is for healthcare providers (HCP) only, who have taken an HCP CPR course in the last two years. It will cover CPR and foreign body airway maneuvers for the adult, child and infant age groups, along with use of automated external defibrillators (AEDs). Participants must bring their current certification cards to the class.

April 24 • 10 a.m.–1 p.m. • Glastonbury
May 15 • 10 a.m.–p.m. • Ellington
May 29 • 12:30–3:30 p.m. • Glastonbury
June 20 • 10 a.m.–1 p.m. • Glastonbury
July 11 • 10 a.m.–1 p.m. • Ellington
August 1 • 10 a.m.–1 p.m. • Glastonbury
Fee: \$50

Heartsaver CPR AED — Certification Course

Heartsaver CPR AED is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements. It will cover CPR and foreign body airway maneuvers for the adult, child and infant age groups, along with use of automated external defibrillators (AEDs).

April 25 • 10 a.m.–1 p.m. • Glastonbury
May 2 • 10 a.m.–1 p.m. • Ellington
June 13 • 10 a.m.–1 p.m. • Glastonbury
July 10 • 10 a.m.–1 p.m. • Ellington
Fee: \$50

VETERANS PROGRAMS

Mind-body Medicine Skills

Sharon O'Brien, B.S.

Join like-minded individuals to learn about a powerful and effective combination of research-based healing therapies to help you cope with life changes, stress, and illness. Experience techniques such as breathwork, meditation, art, and guided imagery.

May 31 and July 11 • 5:30–7 p.m.
Center For Integrative Medicine,
Hartford • Fee: Free
(donation accepted to support further military programming)

Mindful Yoga for Military Personnel

Please call 860-714-4450 for details.

Integrative Medicine Services

Mind-body techniques, massage therapy, acupuncture, and energy therapy are offered at a 25% discount to all those who have served in the military.

Call 860-714-4450 to schedule a session or for more information.

more. "See What You Read — Childbirth" is a comprehensive book that accompanies the website. You can get additional information or register for the program by calling 1-877-STFRANCIS or going to Classes and Events at www.stfranciscare.com.

MATERNITY TOUR

The tour includes labor and delivery suite, newborn nursery and the maternity floor for expectant families.

BREASTFEEDING & BREASTFEEDING SUPPORT GROUP

Class includes the benefits of breastfeeding for the mother and baby. Other topics include: getting started, the first few weeks and preparing to return to work. An informal group also meets weekly to promote continued breastfeeding.

PREPARATION FOR CHILDBIRTH

These classes are designed to prepare first-time parents for labor, childbirth, and taking care of your newborn. Childbirth techniques include relaxation and breathing patterns, practice of comfort measures and the coach's role during labor. Newborn topics include normal newborn characteristics, common maladies and treatments, diapering and dressing a newborn, and demonstrations of sponge baths, umbilical cord care and circumcision care. Plan to attend during the early third trimester.

For more information about the class schedule or to register, please call HealthConnect at 1-877-STFRANCIS (877-783-7262).

FOR EXPECTANT MOMS

Saint Francis Hospital and Medical Center offers a wide variety of childbirth classes including:



Prepared Childbirth Class Offerings

eBEGINNINGS

Have you ever wished you could take a prepared childbirth class in the comfort of your own home? For the mother who is looking for an

alternative to attending on-site classes, Saint Francis now offers childbirth classes via the web. The program provides access to a website for six months with more than 50 video clips that show real-life examples of the subjects you are reading about. You can watch breathing and relaxation techniques, helpful labor positions, animation of the stages of labor, infant care topics and much

Kids in Safety Seats

Kids in Safety Seats, an initiative of the Violence and Injury Prevention Program of the Trauma/Surgery Department, educates staff, patients and families about decreasing injuries and fatalities by correctly using car seats, booster seats and safety belts. The car seat safety presentation will include proper selection, direction and installation of the car seat and a hands-on demonstration of proper use of a car seat in the vehicle.

April 4, 18, May 9, 30, June 6, 27, July 11, 18, August 15, 22 • Hartford • 5–6 p.m.

April 10, May 15, June 19, July 24, August 28 • Glastonbury • 5–6 p.m.

April 26, May 24, June 21, July 12, August 9 • Avon • 5–6 p.m.

Fee: Free

Affiliation in Final Stages of Completion

Johnson Memorial Medical Center (JMMC), the parent organization of Johnson Memorial Hospital, Evergreen Health Care Center and Home & Community Health Services; and Saint Francis Care, Inc., the parent organization of Saint Francis Hospital and Medical Center, are finalizing the details of an affiliation agreement designed to maintain Johnson Memorial as an independent source of high-quality healthcare and expand its clinical services in North Central Connecticut.

Under terms of the agreement, JMMC will become a Saint Francis Care Partner, but both JMMC and Saint Francis will continue to be separately licensed institutions, each with separate Boards of Directors. Saint Francis Care will be invited to participate in JMMC's Board and



improvement.

By accessing Saint Francis Care's resources — including various clinical services such as oncology, behavioral health, pharmacy, and laboratory services — JMMC will enhance its continuum of care and will have the opportunity to work with Saint Francis Care to realize substantial operational efficiencies. JMMC will also have immediate access to administrative and strategic support from Saint Francis.

has committed to provide capital to support daily operations at JMMC for up to five years. The two hospitals will work together on clinical integration and review JMMC's opportunities for business development, growth and process

NEW SPECT/CT SCANNER

The Radiology Department at Saint Francis recently acquired a Spect/CT Scanner, a new piece of diagnostic equipment. This imaging technology is primarily used for bariatric patients prior to a surgical procedure. It provides a more accurate and clearer image of the heart than a standard CT Scanner, letting physicians know if it is safe for the patient to undergo surgery.



NEW PHYSICIANS AT SAINT FRANCIS



EMERGENCY MEDICINE

Selwena Brewster, M.D.
114 Woodland Street
Hartford
860-714-4001



HEMATOLOGY/ONCOLOGY

Xuemei Li, M.D.
100 Haynes Street
Manchester
860-646-0670



Jonathan Zeisler, M.D.
1000 Asylum Avenue
Hartford
860-714-4440



Jennifer Dugan, M.D.
114 Woodland Street
Hartford
860-714-4001



HOSPITAL MEDICINE

Chaitanya S. Chandravanka, M.D.
114 Woodland Street
Hartford
860-714-7446



OTOLOGY

Benjamin Wycherly, M.D.
21 South Road
Farmington
860-284-4950



Emily Ryan, M.D.
114 Woodland Street
Hartford
860-714-4001



NEPHROLOGY

Christine Vigneault, M.D.
701 Cottage Grove Road
Bloomfield
860-769-9866



PODIATRIC SURGERY

Jameela Fulton, D.P.M.
1000 Asylum Avenue
Hartford
860-728-6740



FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY

Zeeshan Aziz, M.D.
291 Queen Street
Bristol
860-583-1845



OBSTETRICS/GYNECOLOGY

Alena Eastman, M.D.
110 Connecticut Boulevard
East Hartford
860-528-1359



CHILD PSYCHIATRY

Mehran Motamed, M.D.
500 Blue Hills Avenue
Hartford
860-714-2750

For information about our new physicians or other members of our Medical Staff, please call 1-877-STFRANCIS (877-783-7262) or visit stfranciscare.com.



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1-877-STFRANCIS (877-783-7262)

Health Information • Physician Referral • Program Registration

Locations

**Saint Francis Hospital
and Medical Center**
114 Woodland St., Hartford
860-714-4000

**The Mount Sinai
Rehabilitation Hospital**
490 Blue Hills Ave., Hartford
860-714-3500

Saint Francis Care at Avon
35 Nod Rd., Suite 103, Avon

Saint Francis Care at Ellington
137 West Rd., Ellington

Saint Francis Care at Enfield
7 Elm St., Suite 301, Enfield

Saint Francis Care at Glastonbury
31 Sycamore St., Sycamore Commons,
Glastonbury

Saint Francis Care at Rocky Hill
546 Cromwell Ave., Rocky Hill

Mandell Jewish Community Center
335 Bloomfield Ave., West Hartford

www.stfranciscare.com

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