

HealthWise

Central Maine
Medical Family

WINTER 2010

A photograph of three children of African descent playing in a snowy field. The child on the left is wearing a yellow and black jacket and glasses. The child in the middle is wearing a green jacket and a blue knit hat. The child on the right is wearing a purple jacket and a white knit hat. They are all smiling and appear to be having fun in the snow.

**Keeping childhood
obesity at bay**

**Can't-miss
programs
and events**

**Are you
prepared?
A plan every
family needs**

Central Maine Medical Family

Community Health and Wellness Programs and Events

> Community Education

Register for these free programs at www.cmmc.org or by calling the telephone numbers listed.

MENDED HEARTS

Presented by Cheryl Strout, R.N.

> **Second Thursday of each month, 5 p.m., Y1 conf. room, CMMC**

This patient-run support group offers support to patients with heart disease and their families. Call **207-795-8230** for details.

ICD SUPPORT GROUP

> **Third Thursday of each month, 2:30–4 p.m., Y1 conf. room, CMMC**
Call **207-753-3900** for details.

ICD SUPPORT GROUP

Ten Steps to Wellness
Presented by Marcy Covey
> **Jan. 21, 2:30–4 p.m., Y1 conf. room, CMMC**
Call **207-753-3900** for details.

“GO RED FOR WOMEN” LUNCH

> **Feb. 22, 10:30 a.m.–1 p.m., Auburn Hilton Garden Inn**
Energizing conversations about women’s heart health. Call **207-795-8448** or e-mail prevention@cmhc.org for details.

ANNUAL HEART-TO-HEART CONFERENCE

> **Feb. 27, 9 a.m.–noon, Chairmen’s conf. room, CMMC**
Saving lives through disease prevention and cardiac rehab. Call **207-795-8448** or e-mail prevention@cmhc.org for details.

ACCENTING YOUR HEALTH: CURRENT TOPICS IN HEALTHCARE

> **Second Monday of each month, 1:30–2:30 p.m., and the following Thursday, 6–7 p.m., conf. rooms, CMMC**
For more information, call **207-795-8448**, e-mail prevention@cmhc.org or visit www.cmmc.org.

> Cancer and Oncology

All programs are free and open to cancer patients, survivors and caregivers. Unless noted, call **207-795-8250** or **1-877-336-7287** to register. Preregistration is required for all programs to ensure adequate space and refreshments. Program cancellations due to weather will be posted on our Web site: www.dempseycenter.org.

CREATE A PUPPET FOR COMFORT

Presented by Bonita Potvin

> **Jan. 5, 10 a.m.–noon, Patrick Dempsey Center**

This project involves simple sewing. Bring a pair of scissors, white thread and a needle. Limited to six participants.

AN INVITATION TO YOUR GUARDIAN ANGEL: A CREATIVE FUSED GLASS BOWL WORKSHOP

Presented by Nel Bernard

> **Jan. 9, 1–3 p.m., Maine Art Glass Studio (51 Main St./Rte 125, Lisbon Falls)**
Learn the concept of Angel Cards. Limited to eight participants.

TEN STEPS TO WELLNESS

Presented by Marcy Covey

> **Jan. 11, 4:30–6 p.m., conf. room A, CMMC**
Learn to listen to your body’s natural wisdom.

TOOLS FOR INTENTIONAL LIVING AND TRANSFORMATION

Presented by Teresa Schulz, M.A.

> **Tuesdays, Jan. 12–Feb. 16, 4:30–6 p.m., conf. classroom, CMMC**
Due to the progressive nature of the course, you should make every effort to attend all sessions. Space is limited.

JEWELRY-MAKING WORKSHOP: CREATING YOUR OWN BEADED AWARENESS BRACELET

Presented by PJ Mottram

> **Jan. 13, 6–7:30 p.m., conf. room I, CMMC**
Learn the basics of making beaded jewelry.

EXPLORING YOUR SOUL MAP

Presented by Rhonda Ouellette, soul coach

> **Jan. 21, 1:30–3 p.m., conf. room C, Rumford Hospital**
Learn techniques to reframe negative beliefs.

PAMPER YOURSELF: FEELING GOOD

> **Jan. 30, 9 a.m.–noon, Specialty Clinic Lobby, Bridgton Hospital**
Receive free mini sessions with local practitioners.

THE ART OF LISTENING

Presented by Marcy Covey

> **Feb. 8, 4:30–6 p.m., conf. room A, CMMC**
Learn better listening techniques that will help you enhance communication with loved ones facing cancer.

STRENGTHENING COMMUNICATION: TIPS FOR PATIENTS AND FAMILY

Presented by Terri Quatrano-Simpson, LCSW, and Emily Ecker, LCSW

> **Feb. 8, 6–7:30 p.m., conf. room I, CMMC**
Explore and discuss the range of thoughts and emotions that often arise with a cancer diagnosis.

“STAMPING-UP” FOR YOUR VALENTINE

Presented by Dianne Bigelow and Mary Cleveland

> **Feb. 10, 6:30–8:30 p.m., cafeteria conf. room, Bridgton Hospital**
Learn about “stamping-up” while making a homemade Valentine’s Day card(s). Materials will be provided, but you’re welcome to bring your own photo or materials.

NAVIGATING THE BREAST CANCER JOURNEY

Presented by Patti-Ann Douglas, R.N., certified breast patient navigator

> **Feb. 10, 6–7 p.m., conf. room I, CMMC**
Learn how and where to get the support you need during this difficult time.

“SCRAPPING” FOR YOUR VALENTINE

Presented by Becky Hall, R.N.

> **Feb. 11, 1:30–3 p.m., conf. room A, Rumford Hospital**
Learn about scrapbooking while making a homemade Valentine’s Day card(s). Materials will be provided, but you’re welcome to bring your own photo or materials.

SUPPORTING CHILDREN WHEN A LOVED ONE HAS CANCER

Presented by Tookie Bright, MSW intern and children’s program coordinator

> **Feb. 23, 4–6 p.m., conf. room H, CMMC**
Learn how to support a child affected by cancer. Dinner will be provided.

STEPPING OUT OF THE BOX AND OVERCOMING THE FEAR OF CHANGE

Presented by Karen J. McCarthy, M.A., LCPC

> **March 3, 1:30–3 p.m., small boardroom, Bridgton Hospital**
Fear of letting go and the fear of the unknown can hinder making life changes. Learn ways to identify, accept, forgive, let go and move forward.

FOOD FOR LIFE: EATING WELL FOR CANCER SURVIVORSHIP

Presented by Cathi DiCocca

> **Mondays, March 8–29, 2–4 p.m., conf. room I, CMMC**
Learn nutrition tips to help prevent and survive cancer.

LETTING GO OF ANXIETY

Presented by Marcy Covey

> **March 8, 4:30–6 p.m., conf. room A, CMMC**
Learn healthy and proactive techniques for managing worry and anxiety.

MANAGEMENT OF CANCER-RELATED LYMPHEDEMA

Presented by Rhonda Norton, P.T.

> **March 18, 1:30–3 p.m., conf. room A, Rumford Hospital**
Learn strategies to prevent lymphedema and review treatment options.

CLIMB®: CHILDREN’S LIVES INCLUDE MOMENTS OF BRAVERY

Presented by Tookie Bright, MSW intern, and an oncology social worker

> **Mondays, March 22–April 26, 6–8 p.m., Patrick Dempsey Center, Suite 303**
Each week, the children’s group will focus on a different topic. The parent/caregiver group will

meet separately from the children's group. A light meal will be provided. Due to the progressive nature of the course, you should make every effort to attend all sessions.

> Ongoing Groups and Programs

BREAST CANCER SUPPORT GROUP

> Tuesdays, 6–7:30 p.m., conf. room D, 12 High St., CMMC

This weekly group is for breast cancer patients and survivors. Please contact the Patrick Dempsey Center to preregister before initial attendance.

CANCER WELLNESS & SUPPORT GROUPS

> Wednesdays, 1:30–3 p.m., conf. room I, CMMC

> Thursdays, 1:30–3 p.m., room 357, Rumford Hospital

Learn skills to enhance wellness and healing.

CARING CARDS STAMPING SESSIONS

> Third Thursday of each month, 5:30–7:30 p.m., Patrick Dempsey Center

Create uplifting notecards for cancer patients. Sessions are free and notecards and some stamps and materials will be provided, but attendees are welcome to bring their own supplies.

CAREGIVER SUPPORT GROUP

> Mondays, 6–7:30 p.m., Patrick Dempsey Center

Support and education for adults whose loved ones have cancer.

GUIDANCE THROUGH GRIEF SERIES

> Tuesdays, Jan. 19–March 9, 2–3:30 p.m., CMMC and AHCH Hospice House

An eight-week structured education and support group designed for grieving adults. For more information or to register, contact Jim Douglas at 207-777-7740.

EXPANDED KNITTING CIRCLES

> Wednesdays, 6:30–8:30 p.m., Patrick Dempsey Center

> Thursdays, 1–3 p.m., Patrick Dempsey Center

You may bring your own projects; we will also be working on creating hats, lap blankets, bra inserts, etc., to donate to benefit cancer patients.

LOOK GOOD, FEEL BETTER

> Third Wednesday of each month, 10 a.m.–noon, Sam & Jennie Bennett Breast Care Center

Learn ways to cope with changes in appearance related to cancer and treatment. Participants are provided a free makeup kit and taught how to use the cosmetics. Patients must preregister by calling the Patrick Dempsey Center.

MASSAGE THERAPY SERVICES

> Mondays, Tuesdays and Thursdays, Patrick Dempsey Center

Call for an appointment for one of our free services.

MINI-SPA SERVICES

> Second and fourth Thursdays of each month, 6:30 p.m., Patrick Dempsey Center

Join us for an evening of free mini-spa

treatments, limited to four people per evening. Appointments required.

PROSTATE SUPPORT GROUP

Facilitated by Sarah Lawson-Link, R.N., O.C.N.

> Last Wednesday of each month, 6–7:30 p.m., conf. room C, CMMC

Education and support for men with prostate cancer and their families. Call 207-795-2440 for more information.

REIKI SERVICES

> Tuesdays and Fridays, Patrick Dempsey Center

Call for an appointment for a free Reiki service.

SEWING CIRCLE

> 2010 classes will meet the second Monday of each month, 5:30–8 p.m., conf. room I, CMMC

Join this monthly group to make sewn items for cancer patients.

TAI CHI FOR LIFE

> Tuesdays, Feb. 9–March 30, 1–2 p.m., CMMC Wellness Center

Learn this ancient Chinese system of movements that gently stimulate your body and quiet your mind. To register, contact the Patrick Dempsey Center.

YOGA FOR LIFE

> Thursdays, 11 a.m.–noon, CMMC Wellness Center

Gentle yoga classes for all fitness levels. Contact the Patrick Dempsey Center to register.

> Teleconferences

Please join us in the Patrick Dempsey Center for free telephone education workshops for people living with cancer. Presented by national experts and offered by CancerCare, Inc. Register in advance by calling 207-795-8250 or listen at home by registering at 1-800-813-4673 or www.cancercares.org.

UPDATE ON PERIPHERAL T-CELL LYMPHOMA

> Jan. 14, 1:30–2:30 p.m.

UNDERSTANDING ADJUVANT THERAPY FOR EARLY-STAGE LUNG CANCER

> Jan. 15, 1:30–2:30 p.m.

CURRENT TRENDS IN MANAGING CHEMOTHERAPY-RELATED NAUSEA AND VOMITING

> Jan. 20, 1:30–2:30 p.m.

ADVANCES IN THE TREATMENT OF CHRONIC LYMPHOCYTIC LEUKEMIA

> Feb. 10, 1:30–2:30 p.m.

PROGRESS IN THE TREATMENT OF MULTIPLE MYELOMA

> Feb. 24, 1:30–2:30 p.m.

MEDICAL UPDATE ON OVARIAN CANCER

> March 10, 1:30–2:30 p.m.

> Wellness Solutions

The class offerings and current schedules vary depending on the season and instructor availability. Classes are subject to cancellation. All

classes are held at the CMMC Wellness Center, 12 High St., lower level, Lewiston. For more information, call 207-795-2473 or visit our Web site at www.cmmc.org and click "Wellness Solutions."

BALLROOM DANCING

> Fridays, 6:30–7:30 p.m.; \$40 for a five-week series

BELLY DANCING

> Wednesdays, 7:15–8:15 p.m.; \$60 for a six-week series

CARDIO FUNK

> Mondays, 6:15–7:15 p.m.; Wednesdays, 5–6 p.m.; Saturdays, 8:30–9:30 a.m.; \$30/10 visits (aerobic punch card), free to members

CARDIO SCULPT

> Mondays and Wednesdays, 8:15–9:15 a.m.; Tuesdays, 5–6 p.m.; Thursdays, 5:15–6:15 p.m.; \$30/10 visits (aerobic punch card), free to members

CORE AND MORE

> Mondays, 5–5:45 a.m.; \$30/10 visits (aerobic punch card), free to members

FIT-N-FUN

> Tuesdays and Thursdays, 9:30–10:30 a.m.; \$25/month

FLEXIBLE BODY, FLEXIBLE LIFE

> Wednesdays, 6–7 p.m.; \$48 for a six-week series

FUNCTIONAL FITNESS

> Mondays, Wednesdays and Fridays, noon–12:30 p.m.; \$30/10 visits (aerobic punch card), free to members

HAPPY HEARTS

> Mondays, Wednesdays and Fridays, 8 a.m., 9 a.m., 10:30 a.m. and 1 p.m.; \$35/month

PERSONAL FITNESS

> Tuesdays and Thursdays, 8 a.m., 9:30 a.m. and 10:45 a.m.; \$25/month

PILATES

> Thursdays, 4:15–5 p.m.; \$30/10 visits (aerobic punch card), free to members

POWER PLUS

> Thursdays, 5:15–6:30 a.m.; \$30/10 visits (aerobic punch card), free to members

STEP AEROBICS

> Mondays, Wednesdays and Fridays, 3:45 p.m.–4:45 p.m.; \$30/10 visits (aerobic punch card), free to members

YOGA

> Tuesdays, 4:45–6 p.m. and 6:30–8 p.m. and Thursdays, 4:45–6 p.m.; \$35 for 1 day/week and \$60 for 2 days/week for a six-week series

ZUMBA


> Mondays, 5–6 p.m. and Wednesdays, 9:30–10:30 a.m.; \$48 for a six-week series

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Would you like to receive
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in a PDF format?

If so, let us know by e-mailing
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Battling the bulge

New program targets childhood obesity

According to the Centers for Disease Control and Prevention, recent studies indicate one out of five children in the United States is overweight or obese. Over the past 30 years, the obesity rate for children ages 6 to 11 has tripled.

These are troubling statistics, as childhood obesity is often a precursor to serious health issues such as heart disease, diabetes, bone and joint problems and social and psychological issues. To address this problem, Central Maine Medical Center's (CMMC's) Community Health and Wellness Department and partners have developed Youth Fit "Move and Learn," an initiative to educate at-risk children and their families about healthy eating and living habits.

Healthy lifestyle habits can decrease the risk of obesity and related diseases. Our two-point goal is to increase awareness of healthy behaviors and to provide families with the tools and inspiration they need to effect positive changes in their lives. In the Move and Learn program, children, teens and their parents learn how to make good eating decisions and fun ways to live a more active lifestyle.

Youth Fit was launched as a pilot program in spring 2009. A collaboration among CMMC, Healthy Androscoggin and Central Maine Pediatrics, Youth Fit incorporates guidelines developed by the Maine Youth Overweight Collaborative. After the pilot program was a success, the decision was made to proceed with a defined program. Expanded and enhanced,



Youth Fit is now offered to the general public through CMMC's Wellness Center. Plans are in the works for continued improvement and growth to additional outreach areas, including Bridgton and Rumford.

For more information about Youth Fit and our other efforts to reduce obesity, please contact Jodi Cornelio, community wellness educator, at **207-795-2905** or Corneljo@cmhc.org. ●