

Guide to Good Health



Health Programs and Support Groups at Caritas Norwood Hospital

Behavioral Health and Addictions

Al-Anon and Alcoholics Anonymous

Alcoholics Anonymous meets at Caritas Norwood every Tuesday, 7 to 8 p.m., Wednesday, 7:30 to 9 p.m. and Friday, 7:30 to 9 p.m., in the Cafeteria, Dining Room A. For other meeting locations near you, call **800-331-2900**.

Behavioral Health Services

For access to mental health or substance abuse services, call our toll-free number **800-331-2900**. Our professional staff is available to assist you 24 hours a day, seven days a week.

Domestic Violence Support

A confidential support group for anyone experiencing domestic violence. Group leaders help participants understand what abuse is, as well as risk factors and warning signs. Leaders help members build self-esteem and create a safer physical and emotional environment. Call **781-278-6025** for a confidential screening or **781-278-6022** for more information.

Mental Health Support

A support group for families; organized by the National Alliance for the Mentally Ill (NAMI-SN). Call **508-668-2941** for information.

Bereavement Support

Bereavement Support for Adults

A seven-session bereavement support group for adults who have lost an adult loved one. Space is limited due to the small group format of the program, and preregistration is required. Call **781-278-6046** for information or to pre-register.

Cancer Support

Breast Cancer Support

A weekly support group open to all breast cancer patients; participants may be at any stage of diagnosis or treatment. Meets Mondays, 7:30 p.m. to 9 p.m. Call **781-278-6295** for information.

Cancer Screenings

A variety of free cancer screenings are offered throughout the year. Check out www.CaritasNorwood.org or call **508-698-3296** for scheduled screenings and details.

Cancer Support Group

If you have an interest in forming a support group for cancer patients at any stage of diagnosis or treatment and/or their families, please call **508-698-3296**.

“Look Good ... Feel Better ... ”

Free quarterly presentation at Caritas Norwood, sponsored by the American Cancer Society. Look your best throughout chemotherapy and radiation treatment with advice on caring for your skin and hair from trained cosmetologists. Call **800-488-5959, ext. 41**, to preregister.

Caritas Norwood Hospital offers a variety of health education programs and support groups to help you lead a healthy life. This guide provides an overview of the many programs we provide.

To find out about additional special events at Caritas Norwood Hospital, please call **781-278-6022** or check out our web site at www.CaritasNorwood.org.

Childbirth Education

Breastfeeding Moms Drop-In Group

Free support group facilitated by a certified lactation counselor for breastfeeding moms. Bring your baby, ask questions and share resources with other new mothers. Group meets every Wednesday, 11:30 a.m. to 1 p.m. Call **781-278-6402** for more information.

Childbirth Education Classes

This five-week course provides an overview of labor, breathing and relaxation techniques, medication options, labor room procedures and a tour of the maternity unit. (Weekend and private classes are also available.) Cost: \$125 for those who deliver at Caritas Norwood and \$150 for those who deliver elsewhere. Call **781-278-6402** for a class schedule and more information.

Childbirth Education continued on next page ➤

LOOKING FOR A DOCTOR?

Call Caritas DoctorFinder **800-488-5959, ext. 41**, to find the best doctor for you and your family.

Childbirth Refresher Course

A two-hour session for couples who have already had a child. Cost: \$75.
Call **781-278-6402** for information.

Doula Services/Professional Labor Support

A doula provides emotional, physical and informational support to laboring and new mothers. Call **781-278-6402** for information and referrals to this service.

Infant and Child CPR

This one-night CPR training class also discusses prevention and safety issues. Cost: \$30 per person, \$50 per couple and \$20 for grandparents. Call **781-278-6402** to register.

Infant Massage

Bring your baby to class to learn infant massage taught by a certified infant massage instructor. Call **781-278-6402** for information.

Me and My Baby

A group class for mothers and babies (up to age 1), which meets on alternate Tuesdays, 10 to 11:30 a.m. for discussion, sharing and scheduled presentations. Nurses and childbirth educators are available during these meetings. Call **781-278-6402** for information.

Prenatal Yoga

Six weeks of exercise classes with a certified yoga instructor. Postures learned may help with many common ailments associated with pregnancy such as fatigue, backache, water retention, heartburn and constipation. Call **781-278-6402** for information.

Sibling Class and Tour

This one-session program prepares siblings ages 3 to 7 for the upcoming birth and includes a nursery tour. Cost: \$25 (\$5 for each additional child). Call **781-278-6402** for information.

Small Miracles Boutique

Small Miracles Boutique at Caritas Norwood's Birthing Center offers breastfeeding pump rentals on a weekly or monthly basis. Also available, breastfeeding-friendly accessories and undergarments. Call **781-278-6402** for more information.

Stork Support

For soon-to-be new moms who will deliver at Caritas Norwood. Stork Support connects you with our nursing staff before you deliver. Receive a free weekly, online newsletter about pregnancy and newborn care, beginning at your 27th week of pregnancy. For a registration form, go to www.CaritasNorwood.org, click on Small Miracles Birthing Center; and scroll down to the Stork Support form. Or, call **781-278-6402** for more information.

Teen/Young Moms-to-Be

Childbirth class designed to meet the needs of young mothers-to-be. Call **781-278-6402** for information.

Thinking About Breastfeeding?

A two-hour, single-session program gives expectant parents an overview of the breastfeeding experience; taught by a lactation consultant. Cost: \$35. Call **781-278-6402** for information.

Diabetes Support

Diabetes Management

Series includes classes on shopping and label reading, special occasion tips and complications of diabetes. Classes meet Wednesdays from 7 to 9 p.m. or Fridays from 9 to 11 a.m. Call **781-769-5347** to register.

Diabetes Support

A monthly support group facilitated by certified diabetes educators. The group meets at Caritas Norwood on the second Tuesday of each month from October through May, 7 to 8 p.m., in the RANI conference room. Call **781-278-6022** for more information.

Doctor Referral Service

Caritas DoctorFinder

For information about or referrals to physicians who practice at Caritas Norwood, call **800-488-5959, ext. 41**, or log on to www.CaritasNorwood.org and click on Find a Physician.

General Health and Wellness

Caritas Health & Athletic Club

Enjoy first-class health and fitness in an all-inclusive fitness center open to the public. You will feel comfortable and welcome whether you have never been to a fitness club or are a club veteran. Let us help you enhance your health, boost your energy, and look and feel your best! Call **781-769-5110** for more information or stop by our convenient Norwood location at 920 Washington Street, just a block from Caritas Norwood.

Heart Health

Cardiac Rehabilitation

See listing under Rehabilitation Services.

Smoking Cessation

Eight-week, free program to stop smoking. Participants quit smoking half way through the program. Environmental control and healthy behaviors are emphasized. Call **781-278-6237** to register.

Stress Management

Five-week free program to help control stress. Participants learn how to recognize, minimize, control and channel stress. Call **781-278-6237** for information. See also Rehabilitation Services/Cardiac Rehabilitation.

Home Care

Caritas Home Care

Call **781-551-5600** for information.

Hospice

Caritas Good Samaritan Hospice

Call **781-769-8282** for information.

Interpreter Services

Interpreters are available at Caritas Norwood, Monday-Friday, 7 a.m. to 5:30 p.m., for patients who speak Portuguese, Spanish or Russian. Other language services are available by telephone. For services, call **781-278-6042** or the Caritas Norwood operator at **781-769-4000**. Interpreter Services also has direct lines during business hours in the following languages:

Portuguese **781-278-6729**

Spanish **781-278-6731**

Russian **781-278-6732**

Library Services

If you need assistance finding medical information, are pursuing research or would like access to a medical library, contact the Caritas Norwood librarian at **781-278-6243**.

Multiple Sclerosis

The Caritas Norwood Hospital Multiple Sclerosis Center offers free lectures that address important issues for those living with multiple sclerosis (MS). Lectures with guest speakers are held at the hospital and offer a question-and-answer period. For dates and times of the MS lectures, go to www.CaritasNorwood.org and click on Events and Classes or call **781-551-5812** for more information.

Nutrition and Weight Loss

Nutrition and Wellness Clinic

Caritas Norwood registered dietitians and certified diabetes educators provide individualized nutrition counseling to patients

for a variety of conditions, including weight management, diabetes, heart disease, high blood pressure, gastrointestinal disorders, pregnancy and breastfeeding and food allergies/intolerances. Call **781-278-6255** for more information.

Nutrition Presentations

Presentations on nutrition topics for your school or organization. Call **781-278-6252** for information.

Overeaters Anonymous (OA)

A 12-step recovery and support program for anyone who is struggling with food, weight or obsession relating to food. Membership includes anorexics, bulimics and compulsive overeaters. Meets Thursdays at Caritas Norwood, 7 to 8 p.m. Call **617-283-0537** or go to www.oa.org for more information.

Weight Loss Surgery Information

The Weight Loss Surgery Center at Caritas Norwood offers free semi-monthly seminars to answer questions about our program and LAP-BAND® procedure. Laparoscopic banding is a minimally-invasive surgical solution to long-term weight loss. Our nationally accredited weight-loss surgery team offers the expertise and support you need for safe, healthy, steady weight loss. To learn more and to view our seminar schedule, visit www.norwoodweightloss.com. To register for a seminar, call toll-free **877-2WT-LOSS** to speak with a surgical coordinator.

Weight Management for Children

Special exercise and nutrition program for overweight children. A physician referral and parental involvement are required. Call **781-278-6255** for information.

Osteoporosis

Osteoporosis Information

Free, one-hour presentation offered by the Caritas Norwood Physical Therapy Department to community groups, days or evenings. Call **508-543-5217** for information.

Pain Management

Pain Management Center

Staffed with specialists dedicated to minimizing and effectively treating persistent pain. The Pain Management Center works collaboratively with patients and their primary or referring physicians to develop a therapeutic plan of care. Call **781-278-6524** for more information.

Rehabilitation Services

Aquatics Therapy

To benefit several conditions, including joint replacement, muscle atrophy, strains or sprains, rotator cuff tears/repairs, frozen shoulder, ataxia, Parkinson's disease, back injuries, myelopathies, arthritis, tendonitis, multiple sclerosis, poliomyelitis, peripheral neuropathy, hemiplegia and post-arthroscopic surgery. A physician prescription for physical therapy specifying aquatics therapy is required. Call **781-769-4000, ext. 2430**, for more information.

Balance and Vestibular Rehabilitation

An individually tailored therapy program supervised by a licensed therapist that focuses on alleviating the symptoms of disequilibrium, vertigo and dizziness. The program provides treatment, information and understanding and aims for enhanced quality of life. A physician prescription is required. Call **781-769-4000, ext. 2430**, for information.

Better Breathers Club

Education and support for those diagnosed with chronic lung disease and their families. Participants learn how to better manage their condition. Call **781-769-4000, ext. 2024**, for information.

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the best doctor for you and your family.

Cardiac Rehabilitation

Comprehensive, multidisciplinary exercise and education program for individuals recovering from a heart attack, coronary artery bypass surgery, angioplasty/stent or who are being treated medically for stable angina. Some insurance companies will also cover the classes for individuals with congestive heart failure.

Heart-healthy exercise and education classes are supervised by a team of registered nurses, exercise physiologists and registered dietitians. The focus is on teaching patients self-management skills geared to heart disease risk factor modification. A special class is also offered for diabetic cardiac patients. Call **781-278-6234** for more information.

Lymphedema Management

An individually tailored therapy program that focuses on alleviating the swelling that occurs in the legs, arms, face, neck, abdomen or chest when the lymphatic system malfunctions. A physician prescription is required. Call **508-543-5217** for information.

Pulmonary Rehabilitation

Pulmonary rehabilitation is an individually tailored therapy program to improve quality of life for individuals with respiratory disease. The program provides exercise, information and education, and aims for improvement in daily activities and more effective symptom management. Call **781-769-4000, ext. 2024** for information. See also Better Breathers Club.

Pulmonary Rehabilitation Exercise Maintenance

An exercise maintenance program, supervised by a respiratory therapist, for patients who have successfully completed a pulmonary rehabilitation program. The program consists of five-to-10 minutes of warm-up and cool-down exercises and 20-to-50 minutes of cardiovascular exercises. Resting and exercise heart rates, oxygen saturation and blood pressure are monitored during class. Call **781-769-4000, ext. 2024**, for information.

Senior Programs

Fitness for Seniors

Low-impact aerobics classes and conditioning classes offered twice a week. Classes are led by a certified fitness instructor who has extensive experience working with seniors. Classes meet for eight weeks on a continuous basis. Cost: \$50. Call **781-278-6024** or **781-278-6022** for information.

Lifeline

A 24-hour emergency response system available through Tele-Response. Call **800-543-3546** (1-800-Lifeline) or **800-328-8824** for those with MassHealth.

Senior Suppers

For a nominal fee, seniors (age 55 or older) are welcome to come to the Caritas Norwood cafeteria, Monday through Friday, 4:45 to 6:45 p.m., for a nutritious meal. No suppers on holidays. Check out the daily menu hotline at **781-769-4000, ext. 3663**. Or for more information, call **781-278-6022**.

Sleep Health

Caritas Center for Sleep Diagnostics

For information about the Caritas Center for Sleep Diagnostics, call **866-698-SLEEP (7533)**.

Smoking Cessation

Smoking Cessation Program

Eight-week, free program to stop smoking. Participants quit smoking halfway through the program. Environmental control and healthy behaviors are emphasized. Call **781-278-6237** for more information and to register.

Sports Medicine

CHIPs (Coaches Helping Injury Preventions)

Free program for coaches, parents, athletes or any community athletic group. Teaches a range of topics in sports medicine and performance enhancement, including concussion recognition and management, on-field management of athletic injuries and proper warm-up and cool-down techniques. All sessions are conducted by members of Caritas Norwood's Sports Health Services. Call **781-278-6114** for more information.

Surgical Services

Pre-Surgery Education for Patients

Free, one-hour class to prepare patients and their families for an upcoming surgery. Classes are taught by registered nurses and address a variety of topics, including what to expect in the operating room, recovery, wound care and orthopedic needs. Special instructions specific to your type of surgery will be discussed privately. Meets Wednesdays, 6 to 7 p.m. Call **800-488-5959, ext. 41**, to register.

Volunteering

Volunteer opportunities are available throughout the hospital and include special programs for adults, such as Caring Touch, Pet Activity, Hospital Elder Life Program (HELP) and Hospitality Ambassador Program. More traditional volunteer positions are offered in the coffee and gift shops, as well as in office settings.

A junior volunteer program is available to students ages 14 to 18 in the summer and after school. A student "shadow" program is also offered in the summer to give junior volunteers an opportunity to shadow a health care professional and adult volunteer. Call **781-278-6321** or e-mail cnhvolunteerservices@caritaschristi.org for more information.



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781-769-4000
www.CaritasNorwood.org