



Contact:

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SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR SEPTEMBER 2010

Sharon, CT - Sharon Hospital is committed to providing members of the community the tools needed to make better healthcare decisions that promote healthy life styles. Through a variety of educational and support opportunities, participants are able to play an active role in their health and the health of their family. The following are the community health programs scheduled for the month of September. For additional information please visit sharonhospital.com

Most programs are free of charge and take place at Sharon Hospital or at the Good Neighbor's building, located at 1 Low Road, Sharon CT. Fees and alternate locations are listed. Reservations are appreciated for all programs by calling Sharon Hospital's Community Health program at 860.364.4498 or 800.666.6885 unless otherwise noted.

Welcome Doctor Irving S. Smith

Internal Medicine Physician Joins the Medical Team at Sharon Hospital

Sharon Hospital is pleased to welcome Dr. Irving Smith to its medical staff. Dr. Smith received his DO from Nova Southeastern University College of Osteopathic Medicine in Florida. He Completed his residency training in Internal Medicine at Samaritan Medical Center in Watertown NY. Dr. Smith completed his Sleep Fellowship at New Jersey Neuroscience Institute in Edison NJ For more information, or to schedule an appointment please call 860.364.7029. Dr. Smith's office is located at 29 Hospital Hill Road, Suite 1400, Sharon, CT.

Saturday, September 11

Mother Daughter Tea Party

For Girls 10 – 13 years old

Mothers and daughters are cordially invited to join us for a discussion about growing up.

Presented by Dr. Virginia Gray-Clark, Pediatrician, Dr. Susan Parisi, GYN, Rachel Tantri, FNP-C & Rebecca Malone, FNP-C

Each girl will receive a complimentary copy of The Care & Keeping of You: The Body Book for Girls (American Girl Library). Mothers will be entered to win a Harney Tea gift basket.

9:00am – 11:00am • The Vineyard Room at the Interlaken Inn, Lakeville CT • RSVP by September 6, 2010 to Jill Musselman at 860.364.4444

Tuesday, September 21

Men's Health Fair (FREE)

A variety of health related topics of interest to men of all ages: Balance and Flexibility testing, Stroke and Cardio Risk Assessment, Nutritional Counseling, Lab Screenings include; PSA blood test, BMET, Lipid Profile and Testosterone, Physical and Fitness Activity, Skin Cancer Screening, Eye Screening, Hearing Screening, Hernia Screening and Refreshments.

4:30pm - 6pm • Sharon Hospital Front Lobby • Skin Cancer Screening & Hearing Screening are by appointment only please call 800.666.6885 or 860.364.4498

Tuesday, September 21

Health & Wellness

Prostate Cancer Lecture

Doctors Jerome Roth and Stephen Yu will be discussing current concepts in the diagnosis and treatment of prostate cancer.

Speakers: Jerome Roth MD, FACS, urologist and Stephen Yu MD, FACS, urologist

6:00 pm • Sharon Hospital Board Conference Room II

Wednesday, September 29

Health & Wellness

Sleep Lecture

Doctor Irving Smith will be discussing an introduction to sleep studies and explain some of the barriers to experiencing a restful sleep.

Presented by Dr. Irving Smith, DO • 29 Hospital Hill Road, Suite 1400, Sharon, CT • 860.364.7029

12:00 noon • Sharon Hospital Board Conference Room II • Light lunch will be provided •

RSVP 860.364.4498

Physician Referral Line

Learn more about primary care and specialist physicians in the tri-state and Sharon Hospital service area. Call the Sharon Hospital Physician Referral Line at **877.364.4202** or email

sheila.sutton@sharonhospital.com. Visit sharonhospital.com and meet our Medical Staff on-line.

Weekly Support Groups and Classes

Sundays, September 5,12,19,26

Alcoholics Anonymous - Women's Group

7:30 pm • Four Trees Café • Sharon Hospital

Tuesdays & Fridays

Arthritis Foundation Exercise Program

Classes are free Sponsored by Advanced Therapy at Sharon Hospital

This program was developed especially for people with arthritis and helps maintain fitness while reducing arthritis pain. All classes are taught by an Arthritis Foundation certified instructor.

Please call 364.4498 or 800.666.6885 to register

10:00am – 11:00am • Four Trees Café at Sharon Hospital

Wednesday, September 1,8,15,22,29

Sharon Hospital's Caregiver Support Group

Join other caregivers in a comfortable setting to find support in caring for your loved ones. We focus on support & education in a group setting while encouraging conversation in a positive & nurturing environment. The Caregiver Support Group is facilitated by a licensed clinical social worker. For more Information about the Caregiver Support Group, please call Ludi Pappas at 860.364.4403.

The group will meet in the Behavioral Health Out-Patient meeting room on the second floor, Sharon Hospital at 10:30am.

Tuesdays, September 7, 14, 21, 28

Yoga

8:45am and 5:30pm • Sharon Hospital Good Neighbor's building.
Strengthen and tone your body, gain flexibility, create balance & harmony. Beginners are welcome. \$90 for six weeks or \$15 per class.

Wednesdays, September 1,8,15,22,29

Sharon Duplicate Bridge Group meets every Wednesday afternoon at the Sharon Hospital Good Neighbor's building. Play begins at 1:00 pm, but players are asked to arrive no later than 12:45pm with a partner. New players from the Tri-State area are always welcome.
For more information call Harry Hall 860.364.1294 or Cindy Rubicam 860.364.0125.

Wednesdays, September 1,8,15,22,29

Cancer Support Group

Participants and family members are welcome. The group meets Weekly to share their experiences, to listen & to give support.
10:30am – 12 noon • Sharon Hospital • 2North Patient Lounge

Fridays, September 3,10,17,24

Stroke Support Group

Join other stroke survivors in a comfortable environment to socialize and communicate with others. This is a functional group that meets to discuss current events & enjoy conversation in a positive & nurturing environment.
11:00 am • Sharon Hospital • Advanced Therapy

Fridays, September 3,10,17,24

Alcoholics Anonymous - Open Meeting

7:30 pm • Sharon Hospital Four Trees Café

Monthly Support Groups and Classes

Hospice Volunteer Support Group

Sharon Hospital Four Trees Café
For further information call Louisa LaFontan 860.364.1796.

2nd Wednesday, September 8

Mended Hearts Support Group

7:00 pm • Sharon Hospital Four Trees Café

A national volunteer support group affiliated with the American Heart Association dedicated to providing help, encouragement & support to heart disease patients & their families.
For further information call Betty Rooney 845.373.8443.

2nd Wednesday, September 8

Western Connecticut Area Agency on Aging

Sharon Counseling Site at Sharon Hospital Good Neighbor's building

Questions & Answers

Medicare • Prescription Drug Plan • Program Entitlements • Care Giving Issues

Reservations required. Please call WCAAA at 800.994.9422 to register for the Sharon site.

Sharon Hospital Good Neighbor's building, 1 Low Road, Sharon CT.

Blood Pressure Screening

1st Thursday, September 2 (with stroke risk assessment), 2pm - 3pm • Main Lobby at Sharon Hospital

4th Wednesday, September 22, 12pm - 1pm • Sharon Hospital Good Neighbor's building. Co-sponsored by VNA Northwest.

1st Wednesday, September 1

Grief Support Group

2:00 pm – 3:00 pm • Sharon Hospital Two North Waiting Room

Our group meets monthly for those suffering with the loss of a spouse, partner, child, significant other or friend. This group is open to those 18 and older.

For further information please call Louisa LaFontan, RN, BSN at 860.364.1796.

2:00 pm – 3:00 pm • Sharon Hospital 2 North Waiting Room • There is no charge for participation.

Childbirth Education Classes

Classes are offered by Sharon Hospital's maternity department. Please call 860.364.4498 or 800.666.6885 to register. For a complete brochure, visit sharonhospital.com, click on services, click on maternity.

Monday, September 6

CPR Class • Infant & Child

This educational class is designed for the new parent, grandparent and other child care providers who would like to learn the basics of infant and child CPR life-saving skills, including the relief of choking.

4:30pm – 6:00 pm • Sharon Hospital Good Neighbor's building.

FEE

Tuesdays, September 7,14,21,28

Childbirth Education Class

For couples or individuals desiring prepared childbirth education. Topics include: End of pregnancy, labor, birth, postpartum, breathing and relaxation techniques, medications and anesthesia options.

7:00 pm – 9:00 pm • Sharon Hospital FEE

Wednesdays, September 1,8,15,22,29

Mothers and Toddlers Group

9:30 am-12:30 pm • Sharon Hospital Good Neighbor's building.

A weekly discussion group for new mothers with toddlers.

Wednesday, September 8 & 22

Lactation Support Group

This is an ongoing support for nursing mothers and their infants and is facilitated by Certified Lactation Counselors.

10:00am – 12:00pm

Sharon Hospital • Sharon Hospital Women's Center 1st floor lobby • Call 364.4498

Wednesday, September 15

Prenatal Breastfeeding Class

For women who are at least six months pregnant. Partners are invited to share in the experience & to learn about the advantages & benefit of breast-feeding for mother and child, as well as the role of your partner in the breast feeding experience.

7:00 pm – 8:30 pm • The Birthing Suites at Sharon Hospital

Thursday, September 9

SPANISH Childbirth Education Class

Clases en español sobre el trabajo de parto y nacimiento.

Para parejas o individuos que deseen prepararse para el trabajo de parto. Los topicos a cubrir durante las clases son: final del embarazo, trabajo de parto, alumbramiento, posparto, tecnicas de respiracion y relajamiento, medicacion y opciones de anesthesia para el dolor.

6:00 pm – 9:00 pm • Sharon Hospital honorarios

Friday, September 24

Perinatal Loss Support Group

For families who have suffered a perinatal loss through miscarriage, stillbirth or neonatal death.

Monthly discussion offers an opportunity for questions and answers.

7:00pm – 9:00pm • Sharon Hospital • Call Colleen Hurst at 364.4124

Thursday, September 30

Sibling Class

For the big brothers and sisters of all ages to help them adjust and prepare for the birth of the new baby.

6:30pm - 7:30 pm • the Birthing Suites at Sharon Hospital

HypnoBirthing,

Call for Dates

This class offers mothers and birth companions a safe and satisfying birthing experience through deep relaxation, visualization and special breathing. FEE

Car Seat Safety

Car seat safety inspection by appointment

Free • Sharon Hospital Women's Center • Call 364.4498 for more information

Other Classes, Screenings & Support**Breast Cancer Support Network**

A one-on-one support network for women with breast cancer. Volunteers are women who have gone through treatment for breast cancer and have received professional training to help others who are going through this rigorous journey. There is no fee for this network, and its services are available to the patient as long as they are needed.

Please call 860.364.4123.

American Heart Association CPR Classes are held monthly. Class space is limited and a fee is charged. Registration is required. CPR programs are available to area schools, businesses and organizations. Please call 860.364.4498 or 800.666.6885 for more information.

HIV Prevention Counseling & Education

Co-Sponsored by the Waterbury Health Department • Sharon Hospital

Good Neighbor's Building • Call 800.666.6885 for a free and confidential appointment.

Educational programs are available to area schools, businesses and organizations.

Lending Closet

Equipment donated for the use of others on a loan basis.

Supplies vary daily, please call 860.364.4498 for information.