



**Contact:**

**Jim Hutchison, Community Health Coordinator**

860.364.4498 | jim.hutchison@sharonhospital.com or

**Jill Musselman, Director Marketing & Public Relations**

860.364.4444 | jill.musselman@sharonhospital.com

## **SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR JUNE 2009**

**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 June. For additional information please visit [sharonhospital.com](http://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.

**Tuesday, June 9**

### **Cancer Survivor Celebration**

Cancer Survivors and their loved ones are invited to attend the 6<sup>th</sup> Annual National Cancer Survivors Day Celebration for the Tri-State Area. Join us for light refreshments and a program dedicated to the celebration of life. Live music by Lance & Dave, door prizes and gifts.

Decorate and wear your favorite hat. Prizes will be given for the most original, prettiest, most handsome and zaniest.

5:30pm – 7:30pm at the White Hart Inn, Route 44, Salisbury Connecticut

RSVP appreciated call 800. 666.6885 or 860.364.4498

**Friday June 12**

### **Summer Safety Event**

#### **Sharon Center School**

Join the Sharon Center School staff and the Sharon Emergency Department staff to learn more about summer safety for your family. There will be a short presentation about preventable accidents, sun safety and water safety with opportunities for questions and answer. A Child Passenger Seat technician will be available for car seats and have your kids bring their helmets for fit testing by the Emergency Department staff. Two children will have a chance to win a new helmet.

1:00pm – 2:30pm at the Sharon Center School • Call 860.364.0197 or 860.364.4498

**Thursday, June 18**

### **Sharon Hospital 100<sup>th</sup> Year Anniversary Picnic**

Please join us in celebrating the one hundred year anniversary of the Sharon Hospital. We will be Hosting a BBQ dinner with live music; the event is free and open to our community and staff. We Will have a clown/face painter and fire trucks on hand for the children. In addition we will be collecting, letter, photos and medical items for a time capsule, which is planned for the Fall.  
5:00pm – 8:00pm outside of the Women’s Center and Café at Sharon Hospital  
Please call 860.364.444 with any questions

### **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 **800.666.6885** or visit [www.sharonhospital.com](http://www.sharonhospital.com) and meet our Medical Staff

### **Weekly Support Groups and Classes**

**Sundays, June, 7,14,21,28**

**Alcoholics Anonymous - Women's Group**

7:30 pm • Four Trees Café • Sharon Hospital

**Tuesdays & Thursdays**

**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 364.1637 or 800.666.6885 to register

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

**Tuesdays, June 2,9,16,23,30**

**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.

**Wednesday, June 3,10,17,24**

**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.

**Wednesdays, June 3,10,17,24**

**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, June 3,10,17,24**

**Cancer Support Group**

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

**Fridays, June 5,12,19,26**

**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, June 5,12,19,26**

**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, June 10**

**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, June 10**

**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**

**1<sup>st</sup> Thursday, June 4, 2pm - 3pm • Main Lobby at Sharon Hospital**

**4<sup>th</sup> Wednesday**, June 24, 12pm - 1pm • Sharon Hospital Good Neighbor's building. Co-sponsored by VNA Northwest.

**1st Wednesday**, June 3

**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](http://sharonhospital.com), click on services, click on maternity.

**Mondays**, June 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.

**Tuesdays**, June 9,16,23,30

**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

**Tuesday**, June 2

**Baby Basics/Parenting Class**

A one evening "how-to" course for new parents to make the transition to parenting a little easier.

5:30 pm – 6:30 pm • Sharon Hospital Maternity Department

**Wednesday**, June 17

**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 • Sharon Hospital Maternity Department

**Thursdays**, June 11 & 25

**SPANISH 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

**Thursdays, June 10 & 24**

**New Mothers Group**

Bring your baby, meet other mothers, ask questions and share your experiences. Intended for lactating and bottle feeding mothers & babies.

10am-1:00pm • Sharon Hospital Good Neighbor's building

**Thursday, June 25**

**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 • 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

**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. Please call 860.364.4498.

**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 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.