



Contact:

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SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR JUNE 2007

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.**

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 860.364.1637 or 800.666.6885 unless otherwise noted.

Monday, May 28th

Sharon Hospital will become a smoke free campus

for the health of our patients, staff & the community. For more information about our Smoke Free Campus, please call Jill Musselman at 860.364.4444 or Jennifer Fexis at 860.364.4228.

May 28th-31st

Pediatric Speech & Language Screening for infants, toddlers & preschoolers is being held:

- > Sound development > Language development > Fluency > Voice > Hearing
- > 15-20 minute screenings > Information about speech & language development
- > Specific information about your child

Screening by speech & language pathologist, Melissa Braislin, MS, CCC-SLP.

Call The Center for Physical Rehabilitation at 860.364.4065 for an appointment.

Thursday, June 7th

Cancer Survivor Celebration

In an effort to honor cancer survivors and their loved ones in the tri-state area, several community members joined together to organize this local celebration.

This event is free to cancer survivors and their loved ones.

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

Please RSVP to 800.666.6885 or 860.364.1637

Friday, June 15th

Health & Wellness Lecture Series: 'Women and Knee Pain: Update 07'

Join Dr. Rashkoff for an informative lecture on women's knee pain & Gender Knee.

Speaker: Dr. Evan Rashkoff, M.D., 2:00 pm • Sharon Hospital Four Trees Café

Registration is appreciated, but not required, by calling 860.364.1637 or 800.666.6885.

Tuesday, June 19th

Better Breathers Support Group - Presentation

Topic: Respiratory Issues

Guest Speaker: Maureen Orlando, R.T. and the Lincare team.

Please join the Better Breathers Support Group, hosted by Lincare, and learn about the inner workings of your respiratory system and issues that effect your breathing

2:00 PM • Sharon Hospital Good Neighbors building

July 18th-August 16th

Adolescent Speech & Language Summer Program

For children ages 12-17 who have difficulty understanding complex language or using language effectively:

> Program runs for five weeks (10) sessions from 10am-11am

week 1: Wednesday & Thursday, week 2-5: Tuesday & Thursday

> During therapy, language based activities will be completed based on literature read in group

> There will be group discussion & role playing as well as working on social language skills

> Initial testing to be completed 6/1-7/3

Screening by speech & language pathologist, Melissa Braislin, MS, CCC-SLP,

Please call The Center for Physical Rehabilitation at 860.364.4065 for an appointment.

Tuesdays, July 17th-August 21st

Smoking Cessation Class

If you, a family member or friend would like to join the quit smoking class please call 860.364.1637 or 800.666.6885 to register.

7:00pm - 8:00pm in Sharon Hospital's board conference room one

Cost of the six week class is \$90.00.

Weekly Support Groups and Classes

Sundays, June 3, 10, 17, 24

Alcoholics Anonymous - Women's Group

7:30 pm • Sharon Hospital Four Trees Cafe

Tuesdays, June 5, 12, 19, 26

Yoga

8:45 am and 5:30 pm • Sharon Hospital Good Neighbor's building.

Strengthen and tone your body, gain flexibility, create balance and harmony.

Beginners are welcome. \$85 for six weeks or \$15 per class.

Wednesdays, June 6, 13, 20, 27

Cancer Support Group

10:30am • Sharon Hospital • 2North Patient Lounge

Participants (family members are welcome) meet weekly to share their experiences, to listen & to give support.

Mondays, June 4, 11, 18, 25

Overcoming Life's Obstacles Support Group

A Support Group to help cope with the difficult issues that life presents to some of us, in a supportive, healing environment.

6:00 pm - 7:00 pm • Sharon Hospital's 2N Waiting Room

Facilitated by Jenna Brebbia, LCSW

Fridays, June 1, 8, 15, 22, 29

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

3rd Tuesday, June 19

Better Breathers Support Group

2:00 pm • Sharon Hospital Good Neighbors building

For people & their families who feel physically or emotionally limited by breathing problems such as asthma, chronic bronchitis or emphysema.

2nd Wednesday, June 13

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

Blood Pressure Screening

1st Thursday, June 1, 2pm – 3pm • Main Lobby at Sharon Hospital

3rd Tuesday, June 19, 1-2 pm • Sharon Hospital Good Neighbor's building,
co-sponsored by VNA Northwest

Thursdays Each Week

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, 2North Patient Lounge

Childbirth Education Classes

Classes are offered by Special Beginnings, Sharon Hospital's family-centered comprehensive birthing center. Please call 860.364-1637 or 800.666.6885 to register. For a complete brochure, visit sharonhospital.com, click on services, click on maternity.

Mondays, June 4, 11, 18, 25

Mothers and Toddlers Group

10am-4pm • Sharon Hospital Good Neighbors building

Weekly discussion group for new mothers with toddlers.

Monday, June 4

Infant and Child CPR Class

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

4:30 pm - 6:00 pm • Sharon Hospital, Special Beginnings Department. FEE

Tuesday, June 5

Sibling Class

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

6:30 pm -7:30 pm • Sharon Hospital

Tuesdays, May 29, June 5, 12, 19 & 26

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.

6:30 pm -8:30 pm • Sharon Hospital. FEE

Wednesday, June 25

Baby Basics/Parenting Class

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

6:30 pm -8:30 pm • Sharon Hospital, Special Beginnings Dept. FEE

Friday, June 15

Perinatal Loss Support Group

For families who have suffered a perinatal loss through miscarriage, stillbirth or neonatal death. Bi-monthly discussion offers an opportunity for questions and answers
7:00 pm - 9:00 pm • Sharon Hospital Special Beginnings Department

Fridays, June 1, 8, 15, 22, 29

New Mothers Group

Bring your baby, meet other mothers, ask questions and share your experiences. Refreshments provided.
10am-11:30am • Sharon Hospital Good Neighbor's building

HypnoBirthing

This class offers mothers and birth companions safe and satisfying birthing through deep relaxation, visualization and special breathing.
Call for dates. (Next Session July 17-8/21/07). FEE

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 860.364.1637.

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

HIV Prevention Counseling

Co-Sponsored by the Northwestern Connecticut Aids Project • Sharon Hospital Good Neighbor's Building • Call 800.381.2437 for a free and confidential appointment.

Lending Closet

Equipment donated for the use of others on a loan basis.
Supplies vary daily, please call 860.364.1637 for information.