Southcoast Health's Monthly Calendar Listings for October

ONCOLOGY

Southcoast® Centers for Cancer Care offer the following support groups free of charge to cancer patients and their caregivers. The staff at Southcoast wants you to know that you do not have to do this alone.

The following support groups will take place during the month of October and are offered at Southcoast Centers for Cancer Care, 206 Mill Road in Fairhaven or Southcoast Centers for Cancer, 506 Prospect Street in Fall River. Please call for dates and times:

FALL RIVER, Southcoast Centers for Cancer Care

Breast Cancer Support Group West
For patients with a breast cancer diagnosis
Call Susan Domingue, LICSW at 508-973-7810 for details

Colorectal Support Group
For patients with a diagnosis of colorectal cancer
Call Susan Domingue at 508-973-7810 for details

Lung Cancer Support Group
A support group specifically for patients with a lung cancer diagnosis
Call Susan Domingue, LICSW at 508-973-7810 for details

Support for Supporters
A support group for caregivers of patients with cancer
Call Susan Domingue, LICSW at 508-973-7810 for details

FAIRHAVEN, Southcoast Centers for Cancer Care

Breast Cancer Support Group East

For patients with a breast cancer diagnosis
Call Linda Casey, LICSW at 508-973-3000 for details

Under 50 Cancer Support Group
A support group for patients with any cancer diagnosis.
Call Linda Casey at 508-973-3000 for details.

Lung Cancer Support Group
A support group specifically for patients with a lung cancer diagnosis
Call Susan Domingue, LICSW at 508-973-7810 for details

Support for Supporters
A support group for caregivers of patients with cancer
Call Susan Domingue, LICSW at 508-973-7810 for details

OSTOMY SUPPORT GROUP

A support group for people with ostomies, their family members and friends. Meetings usually include an educational topic and provide time for questions, discussion, and sharing among group members in a confidential, non-threatening environment.

NEW BEDFORD
Wednesday, October 19, from 3 to 4 p.m.
St. Luke’s Hospital
101 Page Street
New Bedford, MA
White Home Living Room
Call Lisa Cyr at 508-973-5550 for details.

FALL RIVER
Friday, October 28, from 2 to 3 p.m.
Charlton Memorial Hospital
506 Prospect Street
Fall River, MA
Mooney Room on the ground floor (enter through the Center for Cancer Care entrance)
Call Tina McDonald, at 508-679-3131 x 27509 for details.

PARENTS ENDURING GRIEF

Offering hope and encouragement to families that have experienced a miscarriage, stillbirth, ectopic pregnancy, sudden infant death syndrome (SIDS) or other loss of a child. Experienced maternal/child nurses and a clinical social worker are available during the meeting.

NEW BEDFORD
Wednesday, October 19, from 6:30 to 8 p.m.
St. Luke’s Hospital
101 Page Street
New Bedford, MA
White Home Living Room
Call Judy Graves, RN, at 508-679-3131, ext 27067 for details.

BEREAVEMENT SUPPORT GROUP

Southcoast Visiting Nurse Association, known in the community as Southcoast VNA, offers free bereavement programs for grieving adults and children during the month of October. Registration is preferred for all groups. Please contact Bereavement Manager, Lindsay Coe, LCSW, at 508-973-3227 for more information.

General Bereavement Group

General Bereavement Groups are designed for adults grieving the loss of a loved one.

FALL RIVER
Tuesday, October 11, from 5:30 to 7 p.m.
Charlton Memorial Hospital
363 Highland Avenue, Fall River
Multi-purpose Conference Room. Use main entrance.

NEW BEDFORD
Tuesday, October 18, from 5:30 to 7 p.m.
St. Luke’s Hospital

101 Page Street, New Bedford
Library Conference Room. Use main entrance from Page Street.

WAREHAM
Tuesday, October 18, from 1 to 2:15 p.m.
Tobey Hospital
43 High Street, Wareham
Stillman Library. Use main entrance.

Widows and Widowers Group

The Widows and Widowers group is designed specifically for adults grieving the loss of a partner.

SOMERSET
Tuesday, October 25, from 3:30 to 5 p.m.
Somerset Library
1464 County Street, Somerset
Shipyard Room

Children’s Bereavement Group

For children ages 6 to 13 who have suffered any type of loss.

NEW BEDFORD
Tuesday, October 4
Ages 6 to 13: 3:30 to 4:30 p.m.
Ages 14 to 18: 4:30 to 5:30 p.m.
Boys & Girls Club of Fall River
803 Bedford Street, Fall River
Second floor community room

ADDICTION AND RECOVERY SUPPORT GROUP

Learn to Cope, a weekly support group offering peer-support, education, resources and HOPE for families dealing with addiction and recovery.

FALL RIVER
Every Monday from 7 to 8:30 p.m.

Mooney Conference Room
Southcoast Centers for Cancer Care
506 Prospect Street, Fall River

Child Birth and Family Education classes

Southcoast® Health offers a wide range of child birth and family education classes on an ongoing basis. Please call the appropriate contact listed below for more information on each class.

Childbirth Classes

Birthing Bootcamp
Childbirth Classes for Young Parents (ages 12 to 17 years)
Refresher Childbirth Classes

Pre-registration is required for all classes. We recommend calling to register during the 16th week (10 to 12 weeks for multiples) of pregnancy to assure placement in the class you need. Not all classes are offered at all locations. Many health insurance companies will reimburse the cost of classes. Be sure to contact your insurance company to ask about coverage.

For more information, please contact the following:

Charlton Memorial Hospital
363 Highland Avenue
Fall River, MA
Gina Kiser, RN, BSN, CCE
508-973-7308
kiserg@southcoast.org

St Luke’s Hospital
101 Page Street
New Bedford, MA
Patty VanDenBerghe, RN, BSN, CCE
508-961-5445

vandenberghepa@southcoast.org

Center for Women’s Health
300B Faunce Corner Road
Dartmouth, MA
Patty VanDenBerghe, RN, BSN, CCE
508-961-5445
vandenberghepa@southcoast.org

FALL RIVER/NEW BEDFORD

Breast-Feeding Basics
Learn about the healthy option of breastfeeding, basic skills to provide a good foundation and how to avoid potential stumbling blocks. Expectant mothers and their partners are encouraged to attend. Please call to register.

Charlton Memorial Hospital
363 Highland Avenue
Fall River, MA
Call Gina Kiser at 508-973-7308 for details.

St. Luke’s Hospital
101 Page Street, New Bedford, MA
Call Patty VanDenBerghe at 508-961-5445 for details.

DARTMOUTH

Infant and Child CPR for Families and Friends
This pediatric CPR course covers techniques for newborns to 8 year olds. The class is $40 per person or $60 for two people. Pre-registration is required.

Center for Women’s Health
300B Faunce Corner Road
Dartmouth, MA
Call Patty VanDenBerghe at 508-961-5445 for details.

Breastfeeding Support Group

A place for breastfeeding mothers to come for physical, mental and emotional support. The class is facilitated by a lactation consultant/councilor. There is no charge and registration is not required. Drop-ins and their female support people are welcome.

Center for Women’s Health
300B Faunce Corner Road
Dartmouth, MA
Call Patty VanDenBerghe at 508-961-5445 for details.

WEIGHT LOSS SEMINARS

BARIATRIC INFORMATIONAL SESSIONS

Southcoast® Center for Weight Loss will offer free informational sessions on the risks and benefits of weight loss surgery, also known as bariatric surgery, during the month of October.

The free informational sessions will be held at:

HYANNIS
Wednesday, October 5, at 7 p.m.
The Cape Codder Resort
1225 Iyannough Road
Hyannis, MA

WAREHAM
Tuesday, October 11, at 6:30 p.m.
Tobey Hospital
43 High Street
Wareham, MA
Operating room waiting area

FALL RIVER
Thursday, October 13, at 7 p.m.
Charlton Memorial Hospital
363 Highland Avenue

Fall River, MA

NEW BEDFORD
Wednesday, October 19, at 7 p.m.
St. Luke’s Hospital
101 Page Street
New Bedford, MA
White Home conference room

PLYMOUTH
Wednesday, October 19, at 6:30 p.m.
John Carver Inn
25 Summer Street
Plymouth, MA

TAUNTON
Wednesday, October 26, at 7 p.m.
Holiday Inn – Taunton
700 Myles Standish Blvd
Taunton, MA

FALL RIVER
Thursday, October 27, at 7 p.m.
Charlton Memorial Hospital
363 Highland Avenue
Fall River, MA

Millions of Americans fall into the category of clinically severe obesity – more than 100 pounds overweight with a body mass index greater than 40. Body mass index is a calculation of weight in relation to height.

Weight loss surgery has been endorsed by a consensus panel convened by the National Institutes of Health as the only effective means of inducing significant long-term weight loss for the vast majority of patients with morbid obesity.

The Southcoast Center for Weight Loss’s community-based program is designed to incorporate a thorough approach to

weight loss surgery utilizing a team comprised of dietitians, psychologists, nurses and surgeons to provide a safe and comprehensive surgical weight loss program.
For more information or to register for a free seminar call 508-273-4900. For more information on the Southcoast Center for Weight Loss visit **www.southcoast.org/weightloss/**.

WEIGHT MANAGAMENT INFORMATIONAL SESSIONS

Southcoast® Center for Weight Loss will offer a free weight management informational session during the month of October.

The informational session will review the different non-surgical weight loss options offered at the Southcoast Center for Weight Loss. The sessions will include information on Optifast, a weight loss program which combines lifestyle education, meal replacements, medical management and individual and group counseling. The sessions will also include information on a non-meal replacement option program called 3C's for Success (Commit, Challenge, Change).

NORTH DARTMOUTH
Wednesday, October 19 at 3 p.m.
Mashpee building
49 State Road
North Dartmouth, MA
First floor conference room

For more information or to register for an informational session, call 508-525-3114.

MEDICAL FITNESS/REHABILITATION PROGRAMS

Southcoast® Health offers medical fitness and rehabilitation programs

Southcoast® Health will offer the following medical fitness and rehabilitation programs during the month of October.

FALL RIVER, NEW BEDFORD & WAREHAM

Medical Fitness Program
This individualized exercise program is designed for those with cardiovascular disease, congestive heart failure, cancer, diabetes, peripheral vascular disease, high blood pressure, overweight and chronic orthopedic conditions. The program is offered for $60 per month at three classes a week or for $40 per month with two classes a week. A doctor’s prescription is required to participate.

Cardiac Rehabilitation
An ongoing, structured exercise and education outpatient program for individuals recovering from heart attack, heart surgery, heart disease or are high risk for the same. A physician referral is required. The cost of this program is covered by most insurances.

Pulmonary Rehabilitation
This is a structured exercise and education program with oxygen saturation monitoring during exercise. It is designed for individuals with pulmonary diseases including asthma, bronchitis, emphysema and COPD. The cost of the program is covered by most insurances. The program meets year-round. A physician referral is required.

These classes are being offered at Durfee Union in Fall River, St. Luke’s Hospital in New Bedford and Tobey Hospital in Wareham. Call 508-961-5435 for details.