

Wellness Offerings at Thompson Health

May 2012

TOTAL JOINT REPLACEMENT GROUP EDUCATION PROGRAM

Wednesday, May 2 • 3-4:15 p.m.
M.M. Ewing Continuing Care Center,
350 Parrish St., Canandaigua

NO
COST

This group educational session is for anyone planning for a total joint replacement. A forum will address questions such as how to prepare yourself for this type of elective surgery, including how to prepare your home and begin an exercise program. Coffee and tea are provided. For more information, call (585) 396-6050.

HEALING CLINICS AT THE BODYMIND CENTER

Wednesdays, May 2 and 16 • 3-6 p.m.
The BodyMind Center, 360 Parrish St.,
Canandaigua

Ease pain, relieve stress and boost your immune system with integrated and complementary medicine. The Center's expert practitioners will show you the remarkable healing benefits of Reiki, Zero Balancing and Craniosacral Therapy. Call (585) 396-6679 to schedule an appointment. \$20 for a 20-minute session.

TAKING OFF POUNDS SENSIBLY (TOPS) SUPPORT GROUP

Wednesdays, May 2 - 30 • 6-7 p.m.
Ferris Hills at West Lake, Canandaigua

TOPS is a national non-profit weight loss group. The first half-hour dedicated to weigh-ins and the second half to information, sharing and group discussion. TOPS member Nancy Perri facilitates the group. First meeting FREE; \$26 annual membership fee/\$1.50 weekly dues. Call (585) 353-6480 for more information.

MAN-TO-MAN PROSTATE CANCER SUPPORT GROUP

Meetings will resume in August. Call
(585) 396-6111 for more information.

NO
COST

EASTVIEW MALL WALKERS

Tuesdays, May 8 and 22 • 7-9:30 a.m.
7979 Pittsford-Victor Road (Route 96), Victor
Healthy Heart Experts are available to take blood pressures and answer questions between 8 and 9:30 a.m. in the food court. Mall opens to walkers at 7 a.m. Call (585) 396-6253 for more information.

NO
COST

FIRST TIME AROUND GROUP

Tuesday, May 8 • 10-11:30 a.m.
F.F. Thompson Hospital, 350 Parrish St.,
Canandaigua

NO
COST

This educational and social monthly support gathering is for first-time mothers and their babies. Carrie Hartman, RN, BSN, and Jan Thompson, RNC, certified lactation consultant, are available to answer questions about breastfeeding and parenting. The topic this month is vaccines. Meetings are open to all women regardless of where the baby was born. No RSVP is required. Call (585) 396-6497 for more information.

BEREAVEMENT SUPPORT GROUP

Tuesday, May 8 • 4:30-6 p.m.
Sands Cancer Center, 360 Parrish St., Canandaigua

NO
COST

This group is open to anyone who experienced a loss due to death. Sue Underhill, RN, advanced illness care coordinator for the VA, and Susan Bonanni, social worker and coordinator of the Sands Cancer Center, facilitate the group. Call (585) 396-6780 for more information.

OPERATION KIDS

Tuesdays, May 8 and 22 • 7-7:45 p.m.
F.F. Thompson Hospital, 350 Parrish St.,
Canandaigua

NO
COST

Fun and interactive, this program is for kids undergoing surgery and their families. It includes a tour of the Surgical Care Center, Operating Room and Post Anesthesia Care Unit, followed by a question/answer session. RSVP required. Call (585) 396-6231 to schedule a tour.

TRAUMATIC BRAIN INJURY SUPPORT GROUP

Wednesday, May 9 • 5-6 p.m.
M.M. Ewing Continuing Care Center,
350 Parrish St., Canandaigua

NO
COST

This group is open to individuals who have experienced a traumatic brain injury, their loved ones and anyone who is interested in learning more about life with traumatic brain injury. Allison Eaton, MSW, Community Integration Counselor for Happiness House, facilitates the group. Call (585) 507-7002 or e-mail aeaton@happinesshouse.org for more information.

SLEEP SOLUTIONS SUPPORT GROUP

Wednesday, May 9 • 5:30-6:30 p.m.
Thompson Health Sleep Disorders Center,
229 Parrish St., Canandaigua

NO
COST

This group, hosted by Thompson's Sleep Lab, provides education, support and tools to help individuals manage their sleep apnea. Individuals can share their experiences and ask questions in a safe, confidential environment. Meetings are held at the Thompson Health Sleep Disorders Center, located in the Lakeside Professional Park across from the M.M. Ewing Continuing Care Center. Family members are welcome to attend. For more information, call (585) 396-6483.

MENDED HEARTS EDUCATION AND SUPPORT GROUP

Thursday, May 10 • 7-9 p.m.
M.M. Ewing Continuing Care Center,
350 Parrish St., Canandaigua

NO
COST

This group, sponsored by the Cardiac Rehabilitation Department at F.F. Thompson Hospital and the American Heart Association, offers education and support for those living with heart disease. Join us this month to learn about stroke prevention and treatment. The group is facilitated by Jim Fralick, a heart attack survivor. Call (585) 396-6253 for more information.

BETTER BREATHERS CLUB

Friday, May 11 • 3-4:30 p.m.
M.M. Ewing Continuing Care Center,
350 Parrish St., Canandaigua

NO
COST

Thompson Better Breathers, sponsored by the Respiratory Therapy Department at F.F. Thompson Hospital, helps individuals with lung disease or breathing difficulties improve their quality of life through discussions, education and behavioral modifications. This month, hear from Respiratory Therapist Stacey Lauretti and "Lung Flute" Representative Sharon Raymond about dealing with mucous. Call (585) 396-6177 for more information.

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ThompsonHealth.com

350 Parrish Street, Canandaigua | 585.396.6111

Thompsonhealth

Advanced technology. Exceptional care.

DIABETES SUPPORT GROUP

Wednesday, May 16 • 5-6 p.m.
M.M. Ewing Continuing Care Center,
350 Parrish St., Canandaigua

This group, for people with Type 2 diabetes and their families, provides education, sharing and support. Jane Hallstead, RN, MSN, CDE, facilitates the group. This month's topic is "Medicare and Health Insurance," presented by Wegmans Pharmacist Mel Kost. RSVPs are appreciated. Call (585) 396-6233 to register.

NO
COST

BREAST CANCER SUPPORT GROUP

Wednesday, May 16 • 7-8:30 p.m.
M.M. Ewing Continuing Care Center,
350 Parrish St., Canandaigua

In partnership with the American Cancer Society, this group provides support, education and awareness to women with breast cancer. Come meet other women who are also facing a breast cancer diagnosis. Your support person is welcome. Jennifer Klein, a physical therapist and spiritual caregiver, facilitates the group. Call (585) 396-6111 for more information.

NO
COST

RESOLVE THROUGH SHARING PARENT SUPPORT GROUP

Tuesday, May 22 • 7:30-8:30 p.m.
M.M. Ewing Continuing Care Center,
350 Parrish St., Canandaigua

For parents who have experienced the loss of a baby during pregnancy, at birth or shortly after birth. It is facilitated by Cris Crawford, RN, RTS, bereavement coordinator for Thompson Health's Birthing Center. RSVP is required. Call (585) 396-6260 to register.

NO
COST

READY TO QUIT SMOKING?

Thompson Health offers one-on-one coaching to help you quit smoking. Sessions provide education on how to quit smoking and stay quit by breaking the addiction to nicotine, learning coping behaviors to break smoking-related habits and changing beliefs to end psychological dependency. Several coaches are available to assist you. Call (585) 396-6111 to schedule your sessions. \$35 for 7 sessions.

CANCER SERVICES PROGRAM

Thompson Health partners with the Ontario/Yates Cancer Services Program to provide free annual mammograms, clinical breast exams and pap tests for women who are age 40 and over, uninsured or

underinsured and who meet income eligibility requirements. In addition, colorectal cancer screenings are available for eligible women and men over 50. Call 1-800-299-2995 for more information.

PERINATAL EDUCATION CLASSES

Thompson Health's Family Health and Wellness Department provides extensive perinatal educational offerings for expectant mothers, first-time mothers and their family members, such as childbirth classes, infant CPR, breastfeeding classes and more. Call (585) 396-6497 for more information on these and other classes.

NEED HEALTH INSURANCE? WE CAN HELP!

Thompson Health's Facilitated Enrollment program can help determine if you or your family members are eligible for free or low-cost health insurance. Facilitated Enrollers, located across from F.F. Thompson Hospital at 3170 West St., are available weekdays from 7 a.m. to 5 p.m. by appointment. To speak with a Facilitated Enroller or schedule an appointment, call (585) 396-6463 or toll-free at 1-888-758-7658.

Save the Date

Senior Fitness Day

Saturday, June 2
Constellation Center for Health and
Healing at F.F. Thompson Hospital,
350 Parrish Street, Canandaigua

Margery Pawluk Golf Tournament

Friday, June 1
Reservoir Creek Golf Course
8613 Route 21, Naples

Sands Cancer Center Golf Classic

Monday, June 4
Bristol Harbour Golf Club
5410 Seneca Point Road, Canandaigua

Yarger Memorial Golf Scramble

Saturday, June 9
Victor Hills Golf Course,
1450 Brace Road, Victor

16th Annual Rose Walk

Saturday, June 16
Sonnenberg Gardens & Mansion,
151 Charlotte Street, Canandaigua

Visit ThompsonHealth.com for more information about upcoming events.

COMMUNITY EVENTS

GENTLE YOGA

Wednesdays, May 2 – June 20, noon-1:15 p.m.
Location: TBD

Join instructor Rick Lynch of the Finger Lakes Yoga Center for a gentle mind-body workout. Gentle Yoga will improve your posture, increase your strength and develop your flexibility. Pre-registration required; call (585) 396-6111. \$80 for 8 classes.

THOMPSON HEALTH BLOOD DRIVE

Friday, May 4, 11 a.m. - 5 p.m.
Ground Floor, F.F. Thompson Hospital,
350 Parrish St., Canandaigua

Schedule an appointment by calling (585) 396-6112. Walk-ins also welcome.

NO
COST

FERRIS HILLS OPEN HOUSE

Saturday, May 5, 10 a.m. - 3 p.m.
1 Ferris Hills, Canandaigua

Tour the grounds of our independent living community and enjoy music, raffle prizes and food. From 11 a.m. - 2 p.m., take part in the judging of our Cinco de Mayo-themed "Top Chef"

NO
COST

competition. If you are unable to join us but would like to arrange a private tour for Ferris Hills with a complimentary lunch, call (585) 393-0410.

THOMPSON GUILD'S ANNUAL PLANT SALE

Friday, May 11, 7 a.m. - 3 p.m.
Ground Floor, F. F. Thompson Hospital,
350 Parrish St., Canandaigua

Stop by the Thompson Conference Center for plants, hanging baskets, vegetables and herbs from Miller Nurseries. Proceeds benefit Thompson Health.

THOMPSON GUILD'S ANNUAL DINNER & SCHOLARSHIP AWARDS

Monday, May 21, 5:30 p.m.
Canandaigua Country Club, 1 Fallbrook Park,
Canandaigua

Join the Guild for a spring-themed dinner with guest speaker Linda Farchione, President/CEO of Thompson Health. Cocktails will be served at 5:30 p.m. and dinner at 6:30 p.m. RSVP to Taryn Windheim at (585) 451-1173 by May 14. \$20 per person.

Have you tried to quit smoking in the past, but couldn't stick with it?

The BodyMind Center is here to help you quit smoking with the assistance of acupuncture. Try six 30-minute sessions for \$199.00.

Call (585) 396-6679 to sign up or learn more.

