

September 2010 Thompsonhealth

Wellness Offerings at Thompson Health

Visit www.ThompsonHealth.com for all of our wellness offerings and the wellness calendar. To view the calendar, click on the **Health Information and Education** link on our Web site.

350 Parrish Street • Canandaigua, NY 14424

585-396-6111

www.ThompsonHealth.com

HEALING CLINICS AT THE BODYMIND CENTER

Wednesdays, September 1 and 15 • 3-6 p.m.

The BodyMind Center, 360 Parrish St., Canandaigua

Come and learn self-help techniques for healing and improving your quality of life. The Center's expert practitioners will show you the remarkable health benefits of Reiki, Craniosacral Therapy, Myofascial Release, Zero Balancing, Healing Touch or Aromatherapy. Call 585-396-6679 to schedule your appointment.

Cost: \$30 for a 30-minute session

TAKING OFF POUNDS SENSIBLY (TOPS) SUPPORT GROUP

Wednesdays, September 1 through 29 • 6-7 p.m.

Location to be announced – please call for information

TOPS is a national non-profit weight loss group. Meetings are one hour long with the first half-hour dedicated to weigh-ins and the second half dedicated to information sharing and group discussion. TOPS member Nancy Perri facilitates the group. Call Nancy at 585-289-9491 for more information.

Cost: First meeting is FREE, \$26 annual membership fee with \$1.50 weekly dues

GENTLEMEN'S GROUP

Thursday, September 2 • 3:30-4:30 p.m.

Clark Meadows at Ferris Hills, Canandaigua

The Gentlemen's Group brings together senior men with similar interests for conversation, recreation and information gathering. Paul Driscoll, Clark Meadows volunteer, facilitates the group. Call Victoria Meyvis, Lifestyle Coordinator for Clark Meadows, at 585-393-1320 ext. 2046 for more information. *Cost: No Charge*

10TH ANNUAL PORTRAITS OF STRENGTH AND COURAGE

Thursday, September 2 • 6-8 p.m.

Community Room, Ferris Hills at West Lake, Canandaigua

This event, held by the Man-to-Man Prostate Cancer Support Group, recognizes local men who have bravely faced prostate cancer and helped others to deal with the diagnosis. This year's honorees are Joseph Fitzgerald, Don Lo and James Labbuzeta. All are welcome to attend. The Man-to-Man group, in partnership with the American Cancer Society, provides patient education and support. Brad Stanton, prostate cancer survivor, facilitates the group and will also be honored at this event. All prostate cancer patients, their family members and anyone interested in learning more about prostate cancer are welcome at this event and at regular monthly meetings. Call 585-394-6303 for more information. *Cost: No Charge*

STROKE SUPPORT GROUP

Friday, September 3 • 2-3:30 p.m.

M.M. Ewing Continuing Care Center, 350 Parrish St., Canandaigua

This group offers information related to strokes and stroke prevention and provides stroke survivors and family members an opportunity to gather and share concerns and achievements, as well as build relationships with each other. This month, Barbara Howard of the Ontario County Office for the Aging will speak about the services it provides. Members of Thompson Health's stroke team will also be available. Physical Therapists Cheri Sidoti and Barb Lafer facilitate the group. Call 585-396-6050 for more information. *Cost: No Charge*

TRAUMATIC BRAIN INJURY SUPPORT GROUP

Wednesdays, September 8 and 22 • 5-6 p.m.

M.M. Ewing Continuing Care Center, 350 Parrish St., Canandaigua

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 Bridges for Brain Injury, facilitates the group. Call 585-507-7002 or e-mail aeaton@bridgesforbraininjury.org for more information. *Cost: No Charge*

GENTLE YOGA

Wednesdays, September 8 through October 27 • Noon-1:15 p.m.

F.F. Thompson Hospital, 350 Parrish St., Canandaigua

Join instructor Rick Lynch of the Finger Lakes Yoga Center for this class. The gentle mind/body workout will improve your posture as well as increase your strength and flexibility. Pre-registration required. Call 585-396-6111 to register.

Cost: \$80 for eight-week session

MENDED HEARTS EDUCATION AND SUPPORT GROUP

Thursday, September 9 • 7-9 p.m.

M.M. Ewing Continuing Care Center, 350 Parrish St., Canandaigua

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. This month's speaker will be Jennifer Klein, Physical Therapist and Spiritual Care volunteer, who will present "Using Meditation and Guided Imagery in Managing Cardiac Health." The group is facilitated by Jim Fralick, a heart attack survivor. Call 585-396-6253 for more information. *Cost: No Charge*

FIRST TIME AROUND GROUP

Tuesday, September 14 • 10-11:30 a.m.

F.F. Thompson Hospital, 350 Parrish St., Canandaigua

This 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. This month's topic will be infant choking. Meetings are social, educational and open to all women regardless of where the baby was born. No RSVP is required. Call 585-396-6497 for more information. *Cost: No Charge*

BEREAVEMENT SUPPORT GROUP

Tuesday, September 14 • 4:30-6 p.m.

Sands Cancer Center, 360 Parrish St., Canandaigua

This group is open to anyone who has experienced a loss due to death. Meetings are open for sharing and discussion. This month, Dr. Mary Maida of the University of Rochester School of Medicine will be speaking to the group about the various ways grief affects our personal health and well-being. Sue Underhill, RN, Advanced Illness Care Coordinator for the VA, and Susan Bonanni, Social Worker and Coordinator for the Sands Cancer Center, facilitate the group. Call 585-396-6780 for more information. *Cost: No Charge*

EASTVIEW MALL WALKERS

Tuesdays, September 14 and 28

Healthy Heart Experts are available to take blood pressures and answer questions between 8-9:30 a.m. in the food court. Mall opens to walkers at 7 a.m. Call 585-396-6253 for more information. *Cost: No Charge*

OPERATION KIDS

Tuesdays, September 14 and 28 • 7-7:45 p.m.

F.F. Thompson Hospital, 350 Parrish St., Canandaigua

This program is geared toward families of children who will be undergoing surgery. It will include a tour of the Surgical Care Center, Operating Room and Post Anesthesia Care Unit, followed by a question/answer session. RSVP required. Call 585-396-6111 to schedule a tour. *Cost: No Charge*

DIABETES SUPPORT GROUP

Wednesday, September 15 • 5-6 p.m.

M.M. Ewing Continuing Care Center, 350 Parrish St., Canandaigua

This group is for people with Type 2 diabetes and their families. The goal of the group is to provide those living with diabetes opportunities for learning, sharing and support. This month's topic will be "Conversation Map: Continuing your Journey with Diabetes." Jane Hallstead, RN, MSN, facilitates the group. RSVPs are appreciated but not required. Call 585-396-6233 to register. *Cost: No Charge*

MORE ON BACK

BREAST CANCER SUPPORT GROUP

Wednesday, September 15 • 7-8:30 p.m.

Sands Cancer Center, 360 Parrish St., Canandaigua

This group, in partnership with the American Cancer Society, 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, Physical Therapist and Spiritual Caregiver, facilitates the group. Call 585-396-6111 for more information. *Cost: No Charge*

BETTER BREATHERS/CARDIAC REHABILITATION PICNIC

Sunday, September 26 • Noon-3 p.m.

Crouch Hall at Onanda Park, West Lake Road, Canandaigua

Thompson Better Breathers, sponsored by the Respiratory Therapy Department at F.F. Thompson Hospital, is designed to help individuals with lung disease or breathing difficulties improve their quality of life through discussions, education and behavioral modifications. Instead of holding a regular meeting this month, the group is joining with cardiac rehabilitation patients for a picnic, and the public is invited, with RSVPs required no later than September 8 by calling 585-396-6253. Chicken, beverages and table settings will be provided. Attendees are asked to bring a "heart healthy" dish to pass. *Cost: No Charge*

RESOLVE THROUGH SHARING PARENT SUPPORT GROUP

Tuesday, September 28 • 7:30-8:30 p.m.

M.M. Ewing Continuing Care Center, 350 Parrish St., Canandaigua

This support group is for parents who have experienced the loss of a baby during pregnancy, at birth or shortly after birth. The group is facilitated by Cris Crawford, RN, RTS Bereavement Coordinator for Thompson Health's Birthing Center. RSVP required. Call 585-396-6260 to register. *Cost: No Charge*

HEALING PATHWAYS

Tuesdays, September 28 through November 23 6:30-9 p.m.

Community Room, Ferris Hills at West Lake, Canandaigua

This program is for people with ongoing or long term illnesses or other sources of chronic stress. The series will promote wholeness of mind, body and spirit through reshaping the participant's thoughts, emotions, and stress responses. RSVP required. Call Richard McCaughey at 585-396-5867 or Jennifer Klein at 585-394-3302 for information. Call 585-396-6111 to register. *Cost: \$50 for the series*

SMOKING CESSATION COUNSELING

Thompson Health offers one-on-one smoking cessation counseling. Counseling sessions will provide education on how to quit smoking and stay quit through addressing the three main components of quitting: breaking the addiction to nicotine, coping behaviors to break smoking-related habits and changing beliefs to end psychological dependency. Thompson has several smoking cessation counselors available to assist you in your quitting process. Call 585-396-6111 to schedule your sessions. *Cost: \$35 for 7 sessions*

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.

HEALTHY WOMAN PARTNERSHIP

Thompson Health works with the Ontario/Yates Healthy Woman Partnership, which provides free annual mammograms, clinical breast exams and pap tests for women who are uninsured or underinsured and who meet income eligibility requirements. The mammograms are available to women age 40 and older. Pap tests and clinical breast exams are available to women age 18 and older. Call 1-800-299-2995 for more information.

COMMUNITY EVENTS

9TH ANNUAL CROSSWINDS 5K

Saturday, September 4 • 7-8:45 a.m. registration, 9 a.m. race start

Crosswinds Wesleyan Church, 3360 Middle Cheshire Rd., Canandaigua

This certified course, with computerized race results by PCR Timing Service, will start and finish at Crosswinds. Awards will be given to the top three finishers in each age category. T-shirts guaranteed to runners pre-registered by August 19. All proceeds benefit the Sands Cancer Center. For more information, call 585-229-2475, or e-mail crosswinds5k@gmail.com. *Cost: Pre-registration-\$15 (\$13 GRTC members), day of-\$20 (\$15 GRTC members)*

ALZHEIMER'S ASSOCIATION MEMORY WALK®

Saturday, September 11 • 9 a.m. registration, 10 a.m. walk

M.M. Ewing Continuing Care Center, 350 Parrish St., Canandaigua

The Alzheimer's Association Memory Walk® is the nation's largest event to raise awareness and funds to fight Alzheimer's disease. The money raised goes toward research to treat and prevent Alzheimer's, and programs to improve the lives of millions of Americans. Donations are encouraged but not required. Individuals who raise at least \$100 in donations receive a commemorative T-shirt. The teams and individuals raising the most receive awards after the walk, and door prizes are awarded after the walk, as well. Entertainment and refreshments are provided. To register, visit www.alz.org and click on "Memory Walk" to find the page for the Canandaigua event. You may also register by calling Dayna Carroll of the Alzheimer's Association at 585-760-5406 or Lois Schenk from the Continuing Care Center at 585-396-6049. *Cost: No Charge*

10TH ANNUAL C52 JUSTIN ROTHE MEMORIAL RIDE

Saturday, September 18 • 7:30 a.m. registration, 8:30 a.m. start

F. F. Thompson Hospital, 350 Parrish St., Canandaigua

This 52-mile bike ride around Canandaigua Lake is an event held in memory of Canandaigua resident Justin Rothe. There will be a post-ride party from 1-4:30 p.m. Proceeds support Asthma Education and the purchase of pulmonary function testing equipment at Thompson Health. To register, visit www.ThompsonHealth.com or call 585-554-4046. *Cost: \$40 per ride*

SAVE THE DATE

"TO YOUR HEALTH!" WOMEN'S HEALTH EVENT

Friday, October 1 • 8:30 a.m.-4 p.m.

Canandaigua Inn on the Lake, 770 S. Main St., Canandaigua

This event is about exploring the health issues that are unique to women and exploring steps you can take to be proactive. The day will include educational presentations and interactive exhibits, as well as lunch, camaraderie and laughter. The featured speakers will be Diana Jordan, a stand-up comedienne and healthcare humorist described by Oprah Winfrey as "one of the funniest people on the planet" and Ginger Zimmerman, a heart transplant recipient who is an artist and motivational speaker. Lunch will be provided. To register, visit www.ThompsonHealth.com or call 585-396-6155. *Cost: \$25 per person before September 3 and \$35 per person after that date*

FERRIS HILLS OPEN HOUSE

Saturday and Sunday, October 2 and 3 • 10 a.m.-3 p.m.

Ferris Hills at West Lake, Canandaigua

We invite you to discover Ferris Hills and find out why so many seniors from our region have made this vibrant, independent living community their home. During the open house, Pierce-Arrows will grace the lawn of Ferris Hills. These luxury automobiles, manufactured in Buffalo between 1901 and 1938, were the transportation of choice for presidents, business tycoons and royalty. We will also have an antiques appraiser on hand, so be sure to bring along your favorite item for him to look at. As always, our open house will also feature incredible food, music, and tours of not only Ferris Hills but its adjacent enriched living community, Clark Meadows. If you're busy that weekend, please consider arranging a private tour and complimentary lunch by calling 585-393-0410 today. For more information about Ferris Hills visit www.FerrisHills.com.

15TH ANNUAL SILHOUETTES OF HOPE AND COURAGE

Thursday, October 7 • Time to be announced

M.M. Ewing Continuing Care Center, 350 Parrish St., Canandaigua

This event features the unveiling of the "2010 Silhouettes of Hope and Courage," honoring women in the community who have bravely faced breast cancer and survived. Come hear their stories and learn more about breast health and cancer prevention. Call 585-396-6111 for more information. *Cost: No Charge*

OH, MY HEALTHY BACK

Tuesday, October 12 • 6-8 p.m.

F.F. Thompson Hospital, 350 Parrish St., Canandaigua

This class will teach individuals with lower back pain about their spine and management of pain. Physical Therapists and Certified Mechanical Diagnostic Therapists from Thompson's Rehabilitation Services Department will discuss spinal anatomy and conditions, theories about lower back pain and basic management techniques. An RSVP is required. Call 585-396-6111 to register. *Cost: No Charge*
