



Your hospital for life.™

2012-14 Community Service Plan

ORGANIZATION

**Mount St. Mary's Hospital and Health Center
5300 Military Road
Lewiston, NY 14092
(716) 298-2146**

2012 COMMUNITY NEEDS ASSESSMENT OVERVIEW

1) NEEDS ASSESSMENT

A) AREA SERVED:

A) THE PRIMARY SERVICE AREA FOR MOUNT ST. MARY'S IS GENERALLY DESCRIBED AS WESTERN NIAGARA COUNTY AND THE TOWN OF GRAND ISLAND, NY. EIGHTY-FIVE PERCENT OF OUR PATIENTS COME FROM THIS AREA.

B) DEMOGRAPHICS:

DETAILED DEMOGRAPHICS OF THE COMMUNITY FROM US CENTER ARE INCLUDED IN THE REPORT.

C) EXISTING HEALTH CARE FACILITIES:

THERE ARE TWO COMMUNITY HOSPITALS IN OUR PRIMARY SERVICE AREA. **MOUNT ST. MARY'S HOSPITAL** AT 5300 MILITARY ROAD IN THE TOWN OF LEWISTON AND **NIAGARA FALLS MEMORIAL MEDICAL CENTER** ON 10TH STREET IN THE CITY OF NIAGARA FALLS.

D) SURVEY INFORMATION:

INFORMATION WAS OBTAINED MAINLY THROUGH A MAIL SURVEY TO COMMUNITY ORGANIZATIONS AND CHURCHES AND INDIVIDUAL INTERVIEWS WITH HOSPITAL VOLUNTEERS. IN ADDITION, MOUNT ST. MARY'S SURVEYED MEMBERS OF ITS COMMUNITY INTERNALLY (DEC 2011 AND JAN 2012) THROUGH ITS BOARD OF ASSOCIATES' VOLUNTEERS, ST. FRANCIS GUILD VOLUNTEERS, AND GENERAL HOSPITAL VOLUNTEERS.

E) HEALTH NEEDS OF COMMUNITY:

PER OUR SURVEY AND OBSERVATIONS, CHRONIC DISEASE (CARDIO/CANCER/DIABETES)
HEALTHY MOTHERS, HEALTHY BABIES, HEALTHY CHILDREN
PHYSICAL ACTIVITY AND NUTRITION (OBESITY)

F) LOW INCOME AND MINORITY NEEDS:

CHRONIC DISEASE (HIGH BLOOD PRESSURE/DIABETES)
HEALTHY MOTHERS AND BABIES
OBESITY

G) PROCESS OF IDENTIFYING NEEDS:

FOLLOWING THE TABULATION OF INFORMATION RECEIVED, THOSE INVOLVED IN DEVELOPING COMMUNITY EDUCATION AND INFORMATION PROGRAMS MET TO IDENTIFY PRIORITIES.

H) CONSULTING OF INDIVIDUALS:

MOUNT ST. MARY'S HAS MORE THAN 250 PEOPLE SERVING AS VOLUNTEERS, AS WELL AS INFORMATION FROM A VARIETY OF COMMUNITY LEADERS.

I) INFORMATION GAPS

OUR SURVEY REACHED OUT TO A WIDE-ARRAY OF COMMUNITY ORGANIZATIONS. WE ARE A SMALL COMMUNITY AND WE HAVE A MAJOR HEALTHCARE FACILITY IN THE CENSUS TRACT OF THE COMMUNITY THAT HAS THE LOWEST INCOME POPULATION AND IS THE MOST UNDERSERVED. WE WORK WITH THESE INDIVIDUALS AS OUR PATIENTS EVERY DAY.

2-3) NEEDS ASSESSMENT

PAST ASSESSMENTS BY MOUNT ST. MARY'S IN RECENT YEARS HAVE RELIED ON OUR CONTACTS IN THE COMMUNITY IN WHICH WE PARTNER ON A NUMBER OF INITIATIVES, AND OUR DIRECT INVOLVEMENT IN NUMEROUS AREAS OF THE COMMUNITY. FROM THE MAYOR'S TASK GROUP ON HEALTH IN NIAGARA FALLS TO THE NIAGARA COUNTY CANCER SERVICES PROGRAM TO OUR FAITH AND HEALTH COALITION AND NUMEROUS OTHERS, MOUNT ST. MARY'S WORKS WITH MANY IN THE COMMUNITY. WE HAVE USED OUR BASE OF INFORMATION AND THE INFORMATION GAINED THROUGH OUR MOST RECENT FORMAL ASSESSMENT TO DEVELOP THIS PLAN.

4) MOUNT ST. MARY CONDUCTED ITS MOST RECENT NEEDS ASSESSMENT INDEPENDENTLY

5) AWARENESS OF NEEDS ASSESSMENT

- A) POSTING ON HOSPITAL INTERNET WEBSITE: **YES**
- B) AVAILABLE ON REQUEST FROM HOSPITAL FACILITY: **YES**
- C) OTHER: AWARENESS ON MSMH **FACEBOOK PAGE**

6) HOW WERE NEEDS IDENTIFIED IN NEEDS ASSESSMENT ADDRESSED:

- A) IMPLEMENTATION STRATEGY: YES, THROUGH ONGOING PROGRAMMING
- B) EXECUTION OF STRATEGY: YES, THROUGH ONGOING PROGRAMMING
- C) PARTICIPATION IN COMMUNITY-WIDE COMMUNITY BENEFIT PLAN: UNAWARE OF EFFORT, BUT WOULD PARTICIPATE
- D) PARTICIPATION IN EXECUTION OF COMMUNITY-WIDE COMMUNITY BENEFIT PLAN: WOULD PARTICIPATE
- E) INCLUSION OF COMMUNITY BENEFIT SECTION IN OPERATIONAL PLANS: HOSPITAL'S INTEGRATED STRATEGIC OPERATIONAL AND FINANCIAL PLAN (ISOFP) INCLUDES ISSUES DIRECTLY ADDRESSING COMMUNITY BENEFIT.
- F) ADOPTION OF A BUDGET FOR PROVIDING SERVICES THAT ADDRESS THE NEEDS IDENTIFIED: INDIVIDUAL DEPARTMENTS HAVE BUDGETS CAPABLE OF SUPPORTING PROGRAMS AND THE MARKETING OF PROGRAM INITIATIVES INCLUDED IN THE PLAN.
- G) PRIORITIZATION OF NEEDS: INCLUDED IN THE ASSESSMENT
- H) PRIORITIZATION OF SERVICES TO MEET THE NEEDS: INCLUDED IN THE ASSESSMENT

7) DID THE HOSPITAL ADDRESS ALL OF THE NEEDS IDENTIFIED IN THE SURVEY:

NO. SOME OF THE IDENTIFIED NEEDS (GOOD SCHOOLS, ECONOMIC DEVELOPMENT, LOW CRIME), ARE ISSUES BETTER HANDLED BY OTHERS IN THE COMMUNITY. WE ARE ADDRESSING THE MAJOR ISSUES THAT WE CAN EFFECTIVELY AND EFFICIENTLY ADDRESS.

8) OTHER

FINANCIAL ASSISTANCE

MOUNT ST. MARY'S HAS FULLY REVIEWED ITS FINANCIAL ASSISTANCE POLICIES AND THROUGH POSTINGS, BROCHURES, INPATIENT MATERIALS, AND GENERAL AWARENESS HAS FULL-TIME FINANCIAL ASSISTANCE COUNSELORS AVAILABLE TO ASSIST PATIENTS IN NEED.

BACKGROUND

Mount St. Mary's Hospital and Health Center is comprised of a 179-bed community hospital, a 250-bed nursing care residence, and a fully-licensed Child Care Center on its campus in Lewiston, NY. It also operates a Neighborhood Health Center clinic in the City of Niagara Falls and an off-site Outpatient Rehabilitation Center. In addition, medical specialties in urology, ENT, and Primary Care are offered at off-campus facilities and Mount St. Mary's serves as the Medical Provider for the PACE Program in Niagara Falls.

Staff includes more than 200 physicians, 300+ RN's and LPN's, 30 allied health professionals and numerous employees in supporting roles. In all, Mount St. Mary's Hospital and Health Center employs more than 1,300 people and has about 250 volunteers.

Mount St. Mary's Hospital was formed in 1907 by the Sisters of St. Francis who came north from Buffalo to care for the sick and the poor. In 1997 the Sisters of St. Francis turned over sponsorship to the Daughters of Charity to continue in their tradition of excellence and service. In 2000 the Daughters of Charity merged with the Sisters of St. Joseph to create Ascension Health. Ascension Health is the largest not-for-profit healthcare system in the nation.

MISSION

Mount St. Mary's Hospital and Health Center, sponsored by Ascension Health, shares in the loving ministry of Jesus as Healer.

We are committed to sustain and improve the health and spirit of individuals and communities with special attention to the needs of those who are poor and vulnerable.

Through our actions and words, we strive to create a just and compassionate health care environment by providing quality care in a personal manner with total regard for individual human dignity.

COUNTY HEALTH RANKINGS

(ATTACHMENT 1)

Niagara County ranks 59th (out of 62 counties) in New York State in "Health Outcomes."

Overall Population = 214,000 (approximately 110,000 are in MSM Primary Service Area)

- 16% are over the age of 65
- 22% are below the age of 18
- 7% are African American and 2% are Hispanic
- Median Household Income is \$45,545 which is 20% below the state average
- 12% of population is illiterate

Highlights of the Rankings for the entire County show:

- 15% are considered in poor or fair health
- 26% smoke
- 27% consider themselves obese
- 17% consider their drinking alcohol as excessive
- 9% are diabetic
- 16% are uninsured
- 83% have been screened for diabetes
- 69% have been screened for mammograms
- 18% believe there is inadequate social support
- 34% live in single-parent households

SERVICE AREA

The Primary Service Area (PSA) for Mount St. Mary's is generally described as Western Niagara County and Grand Island in Erie County. This is comprised of the City of Niagara Falls, the townships of Grand Island, Wheatfield, Niagara, Lewiston, Youngstown and Wilson, and the villages of Lewiston, Youngstown and Wilson. There is one other community hospital in this PSA – Niagara Falls Memorial.

The Secondary Service Area (SSA) stretches mainly to the east and includes the remainder of Niagara County, most notably the cities of Lockport and North Tonawanda. There are three community hospitals in the SSA – Eastern Niagara Health System (Lockport Memorial and Newfane Intercommunity) and DeGraff Memorial.

Market Characteristics – Demographic/Socioeconomic Trends					
<p>Population Growth – Population in our Primary and Secondary service areas remains stagnant. Negligible growth in past 30 years.</p> <p>For the City of Niagara Falls (where 50% of our patients come from) the population dropped from over 55,000 in the 2000 census to just 50,200 in the 2010 census.</p>	Latest available data covers 2009-2014				
	Age Cohort	2009 (Current Year)	2014 (Forecast Year)	Difference	% Change
	0-17	24,898	22,820	(2,078)	(8.3%)
	18-34	26,629	27,483	854	3.2%
	35-64	47,754	45,831	(1,923)	(4.0%)
	65+	19,478	20,960	1,482	7.6%
Source: Demographic Forecaster, Thompson Reuters					
<p>Market Diversity – Diversity remains divided prominently between Caucasian and African-America. The growth in the Hispanic population has been limited to the rural areas for migrant workers. Not significant growth as seen in other parts of the country.</p>	Latest available data covers 2009-2014. As a census sub-set, forecasts are <u>not available</u> for our Primary and Secondary Service areas. Forecasts are <u>available</u> for Buffalo/Niagara Falls MSA, but <u>not relevant for our market</u> .				
	Race	2009 (Current Year)	2014 (Forecast Year)	Difference	% Change
	Caucasian	100,289	N/A		
	African-American	11,694	N/A		
	Hispanic	2,110	N/A		
	Asian	1,208	N/A		
	Other	3,458	N/A		
Source: Demographic Forecaster, Thompson Reuters					

Market Characteristics – Demographic/Socioeconomic Trends

Poor and Vulnerable Populations

As jobless rate remains high, area’s income growth remains low.

Median Household Income varies widely from community:

Town of Lewiston: \$59,719
(location of hospital)

Town of Niagara: \$42,029

Town of Porter: \$59,338

City of Niagara Falls: \$31,336
(location of health center)

Niagara County: \$45,749

U.S: \$51,425

Uninsured Individuals are for Niagara County

	(Current Year) % of Total Population
Uninsured Individuals	Ages 0-19 = 7.2% Ages 0-65 = 15.6%

Household Income	(Current Year) % of Total Households
\$0-14,999	Niagara Falls = 22.3%

Source: US Census – American Factfinder & Thompson Reuters

Unemployment/Job Growth –

Recent newspaper headline says it all: “Niagara Falls has NYS’ Worst Jobless Rate.” While Mount St. Mary’s is located in a more affluent suburban area, 50% of our patients come from the City.

Anticipated job growth will be in the tourism sector.

Mount St. Mary’s Market Includes PSA/SSA

Unemployment Rate	2008	2009	2010	% Change (Year 1 – Year 3)
Health Ministry Market	6.6%	9.3%	8.4%	+ 27.2%
Health Ministry Region	5.8%	8.4%	7.4%	+ 27.5%

Region Includes the Buffalo-Niagara Falls Metropolitan Statistical Area

Unemployment rates ignore the large number of workers who have given up looking for work due to the exodus of many businesses from the area to other parts of the country or overseas.

Market Characteristics – Other

Community Health Status – Niagara County residents endure high mortality rates for cardiac diseases when compared to New York State averages. The latest statistics available are from 2008:

Death Rates per 100,000 Population for Diseases of the Heart			
	2007	2008	% change
Niagara County – non adjusted	355.1	361.8	1.9%
NYS - non adjusted	255.5	252.1	(1.3%)
Niagara county - age-sex adjusted	260.4	265.9	2.1%
NYS- age-sex adjusted	219.6	213.5	(2.8%)

Death rates for Diseases of the Heart have actually increased slightly over the two year period in Niagara County while the rates for New York State have dropped slightly.

- Niagara County has the highest mortality rate of all of the counties with populations of 150,000 to 300,000 and those smaller counties with catheterization labs.
- Niagara County did enjoy decreases in cardiac disease death rates over the eight year period. We believe this is a positive outcome of the efforts of Mount St. Mary’s Hospital and Health Center’s Heart Healthy Community initiatives discussed in detail in the CON application.

Cardiac mortality rates have improved in all of the above counties from 2000 to 2008. However, the improvement rate, i.e. the percentage reduction in age/sex adjusted mortality, decreased at a slower rate than for counties with labs (except for Rensselaer County where the program went on line in 2006). All counties had greater death rate reductions than Niagara County on a non age/sex adjusted basis.

According to the latest available **Community Health Assessment (2011-2013)** as prepared by the Niagara County Dept of Health:

- Obesity: 62.4% of residents are overweight or obese
- High Blood Pressure: 36.4% of adults have high blood pressure
- Cholesterol: 76.9% have had their blood cholesterol checked in past year
- Well Doc Visits: 76.9% of adults visited a doctors for routine check in past yr
- Smoking: 26.6% of adults are smokers
- Flu Shots: 37.0% of adults received a flu shot
- Mammograms: 84.2% of women have had a mammogram in past 2 years
- Prostate Test: 69.8% of men have had a prostate specific test in last 2 years

Cardiovascular Disease

Niagara County continues to have a high incidence and prevalence of cardiovascular disease and diseases of the heart. Per 100,000 residents, County residents have a death rate of 334.9%. According to Prevention Quality Indicators, hospital admission rates for our PSA for circulatory disease are significantly higher than the state average.

Diabetes

22.4% of adults in Niagara County over age 64 have been diagnosed with diabetes. State average is 19.9%. From 2007-2009, diabetes patients admitted as inpatient through MSM ER has decreased from 69% to 41%; NYS Average for same period is 64% to 50% respectively.

Cancers

According to the Vital Statistics/NYS Cancer Registry (2002-2006) the rate per males is 646.5% and 477.5% for females per 100,000 for all invasive malignant tumors. Overall mortality rate is 235.8%. Female Breast Cancer rates are 131.3%.

Asthma

24.6% of adults have been diagnosed with asthma.

Hypertension

AGE BUCKET	COUNTY PREVALENCE	STATE PREVALENCE
45 - 54	33.9%	30.3%
55 - 64	52.3%	41.6%
≥ - 65	60.6%	58.5%

Cardiovascular Disease

AGE BUCKET	COUNTY PREVALENCE	STATE PREVALENCE
55 - 64	17.4%	10.6%
≥ - 65	27.3%	23.0%

Diabetes

AGE BUCKET	COUNTY PREVALENCE	STATE PREVALENCE
55 - 64	16.0%	15.5%
≥ - 65	22.4%	17.9%

Community Survey

Mount St. Mary's conducted a survey of various community stakeholders to identify health issues in the community.

(See Attached 2 - Survey)

(See Attached 3 – In-house Survey)

(See Attached 4 & 5 – Mailing List)

Community Outreach

Based on past input received from the community, Mount St. Mary's provides an extensive series of educational and informational programming and services.

(See Attached 6 – Good Health Calendar July 2011–June 2012)

(See Attached 6 – Press Information on Programming July 2011–June 2012)

Community Programs – 2011-12

In response to community need and in collaboration with others, Mount St. Mary's has taken the lead in providing the following:

- **HERO Program** - HERO school administrators who, at our request, have identified specific health issues in their schools and parishes.
- **Partnering With Parents Community Health Program** has been developed for the public and covers such areas as: bullying and cyber-bullying; nutrition and healthy eating for busy families and in March, will present: grief and loss in children.
- The **"Pathways to Careers Program"** is a collaborative effort amongst Mount St. Mary's Hospital and Health Center, Niagara Catholic High School and Niagara University, which provides student internships in the health professions on-site in the Hospital environment
- **Moms Net™ for Moms Collaborative** which underwent an assessment by member agencies in June 2011 to develop a new strategic plan for the program in the County. The program identifies parenting education as a key concern and a structure has since been established to provide a comprehensive program for educating new parents in preparing for the baby and caring for it after birth. This program has been blended with the identified gap in services for support for women with mild to moderate postpartum depression. We continue to be involved.
- The **Faith and Health Coalition** was initiated by Mount St. Mary's Hospital and Health Center in response to a request from area inner-City Churches to provide education to their constituents and urban neighborhoods.
- Similarly, our **CHEERS program** was born in 2010 through input from our network pediatricians and family physicians who identified a gap in services for childhood nutrition programs in the County. A collaborative of health providers was formed to discuss and structure a program in healthy eating and exercise for children and was supported through efforts of the Niagara County Health Department. Program funding is necessary for it to be continued.
- **Diabetes Advisory Committee** has Community representation at all meetings as well as Hospitals, health providers and social agencies. Program efficiencies are discussed at each meeting and gaps in care and services are identified.
- **Diabetes Coalition**, led by MSMH, has developed a collaborative of agencies to address specific needs of diabetes patients in the County through collective effort. The Coalition is supported by the County Health Department and all County Hospitals and assesses needs whether educational or clinical throughout the County.
- **PACE Program**: Mount St. Mary's serves as the Medical Provider for the Niagara PACE Program (Program of All-Inclusive Care for the Elderly)

2012-2014 OVERVIEW

PREVENTION AGENDA PRIORITIES

Chronic Disease (Cardio/Cancer/Diabetes)
Healthy Mothers, Healthy Babies, Healthy Children
Physical Activity and Nutrition (Obesity)

PREVENTION AGENDA GOALS

Our overall goal is to work with and bring together all of those interested in improving the delivery of healthcare in the community. By working on Mom's Net, Childhood Obesity, and Chronic Diseases (Cardiology and Diabetes) in the specific objectives outlined, we continue to expand the collaborative to bring more individuals and organizations to the table to meet our overall goals.

COLLABORATIVE PARTNERS

Mount St. Mary's will continue to support several health collaborative groups which include community partners, the Niagara County Health Department, academia, and local schools. These partners will be engaged throughout the year in an evaluation process to determine new areas of need or refine current service offerings.

TRACKING PRIORITIES

We rely on input from the community via community meetings and stakeholder meetings, information gathered through our admission process, input directly from our physicians (both employed and independent) and reports compiled by local, state and national organizations.

As we continue to address the goals for specific outreach programs, our overall objective is to solicit the assistance of all within the Community to develop additional programs which meet targeted health needs. We will continue to expand our outreach in the Community to engage additional organizations and experts in an effort to meet our goals.

2012-13 PLAN OF ACTION

A. Continue major programs such as:

- a. Partnering With Parents
- b. CHEERS Program
- c. Moms Net for Moms™
- d. HERO Program
- e. HERO – Pathways to Careers
- f. Faith and Health Coalition
- g. Pathways to Careers
- h. PACE

B. Continue to build on such initiatives as Community Health Screenings

- a. Free Lipid Panel Screening
- b. Free PSA Screening
- c. Free Digital Mammography Screening
- d. Free HgbA₁C Screening

C. Continue Mount St. Mary's Parish Nurse

D. Continue Diabetes Education Programs

E. Continue Stroke Awareness Programs

F. Continue Heart Disease Education Program

G. Continue Community Health Education Programs

A. MAJOR PROGRAMS

a. PARTNERING WITH PARENTS

In May, 2011, as part of the HERO (Health Education Raises Opportunities Program) annual evaluation, school administrators convened to discuss expanding the educational elements of the HERO school program into a broader Community health framework. They subsequently identified several topics which they considered most urgent for parents to be aware of and which could be provided in a series of programs. "Partnering With Parents" was established under the sponsorship of Mount St. Mary's Hospital and Health Center as part of an annual Community education outreach series, designed specifically for parents.

In the 2011-2012 school year, four programs for parents will be provided: "Bullying and Cyberbullying," "Nutrition and Healthy Eating for Busy Families," "Grief, Loss and Children" and "Managing the Stress of Parenting." Program topics for the 2012 – 2013 school year will be determined at the annual, end-of-year evaluation by school administrators in May, 2012. Dr. Shawn Ferguson of Rainbow Pediatrics is the clinical moderator for the HERO and Partnering with Parents Programs.

b. CHEERS Program (Choosing Healthy Eating and Exercise RoutineS for a healthier life)

Childhood obesity is a health problem reaching epidemic proportions throughout the United States. Obesity in the young brings along with it, the stigma of being "different." Children who are obese are often challenged with poor self-esteem and the emotional trauma of taunting, bullying and other negative behaviors from other children.

In addition, these children are at risk for other health problems as they grow, which may affect them in later life. Key to the success of any weight management program for children is parental support and encouragement. In many families, obesity is generational and therefore even more difficult to address. As children grow into adolescence and adulthood, behaviors learned in childhood take their toll, developing into more serious illness or even chronic disease. In an effort to address childhood obesity with a comprehensive, clinically sound, age-appropriate and results-oriented focus, the Hospital has developed a program with 6 learning sessions for children, their parents and schools.

The Program (CHEERS: Choosing Healthy Eating and Exercise RoutineS for a healthier life) is limited to 25 children and their parents, and features a unique combination of portable and flexible elements designed with busy families in mind. The Program teaches children a simple healthy eating plan, which they can easily internalize and use throughout their lives. By engaging parents in the Program sessions and homework assignments, their participation in the selection of foods, exercise and other aspects of the curriculum can be encouraged and supported.

c. **MOM'S NET FOR MOMS - A NIAGARA COUNTY COLLABORATIVE INITIATIVE**

Moms Net™, the trade-marked byproduct of a major collaborative effort amongst Niagara County hospitals, academic institutions, health care providers and not-for-profit agencies over the past three years was created to address an identified education deficit amongst many at-risk, women in poverty and their families with regard to pregnancy and child care. Included in the Moms Net™ original service offering constellation was a strong emphasis on screening for postpartum depression and the creation of a wrap-around educational and social structure to provide support services to women in the County.

Over the years the program has evolved, other health and service issues have arisen in the execution of the Moms Net™ "mantle" which have propelled the need to focus on expansion of the program to include a broader spectrum of inter-related educational offerings. At this time, programs which address various aspects of maternal/child education and parenting are offered throughout the County, but no single architecture exists to integrate these programs, services and resources into a comprehensive structure. The Moms Net™ for Moms (Moms Network for Merging Options for Maternal child education Services) concept has been created as a seamless, accessible and effective framework in which to identify the at-risk pregnant population. Included in the structure will be opportunities to assess and individualize maternal/child education according to need, while at the same time, decrease fragmentation in care and service. Through integrated, comprehensive intervention at several levels and from several access points, at-risk mothers will receive prenatal and post-delivery educational support specifically designed to meet their individual needs and on an ongoing basis throughout the first year of their infant's life.

Moms Net™ for Moms is a structure of health education programs and services for at-risk pregnant and newly delivered women at the poverty level. As such, Moms Net™ for Moms is structured to address the needs of the poor, the underserved and the uninsured. The Program focuses on creating a seamless integration of educational services targeting economic, social, intellectual and access issues which pose barriers to educating women and families in making better health consumer choices. The primary objective of Moms Net™ for Moms is to reduce fragmentation of services through a comprehensive, collaborative approach to health education.

This approach will be comprised of a menu of educational offerings and social support systems which can be selected and applied to meet individual patient need.

d. HERO (HEALTH EDUCATION RAISES OPPORTUNITIES)

The Health Education Raises Opportunities (HERO) Program, initiated by Mount St. Mary's Hospital and Health Center in February, 2009, focuses on improving health literacy for local school children. It is currently offered in different menu formats for students in Grades 3 – 8 in eight local schools. The Program brings experts in the health and behavioral sciences fields into classrooms to teach children about important and current health topics. Each Menu Topic offered provides age-appropriate information on a specific health issue, teaches children how to identify important signs and symptoms of a disease process, or offers a simple plan for children to internalize to improve their personal health or that of their family. HERO's ultimate goal is to help students and their families to become better consumers of health care. HERO's high school program: "Pathways to Careers" is offered to juniors and seniors who have an interest in health science careers and occupations. Student Interns working under the direction of Hospital Departmental Leaders as their instructors, obtain college credit through Niagara University for their on-site work in occupational research, hands-on contributions to the Hospital's operations and volunteer efforts. The Program also serves as a long-range recruitment tool, designed to provide ongoing mentoring to the Interns after their completion of the program and post-graduation from high school.

Topics covered in the HERO menu include:

- **Spirituality & Healthy Families**
- **Managing Angry Feelings**
- **Healthy Breakfast Choices**
- **Understanding Diabetes and its Prevention**
- **Fitness for Everyday Life**
- **Signs and Symptoms of Stroke**
- **Smoking Cessation**
- **Grief & Loss for Children**
- **Recognizing the Signs and Symptoms of a Heart Attack**
- **Bullying, Cyber Bullying and Precautions to Use in Text Messaging (Grades 6 – 8)**
- **Medical Mysteries (Grades 6 – 8 only)**

e. HERO - Pathways to Careers Program (Grades 9-12)

The "Pathways to Careers Program" is a Collaborative effort amongst Mount St. Mary's Hospital and Health Center, Niagara Catholic High School and Niagara University, which provides student internships in the health professions on-site in the Hospital environment. The Program features an Occupational Fair and is structured as an actual college course. Students are awarded three college credits through Niagara University for successful completion of the course work. The Program is focused on providing students with a unique opportunity to learn about a health profession of their choice through age-appropriate, hands-on activities. The Program was also developed to encourage students to select educational programs serving the health occupations in Western New York academic settings with the ultimate goal of keeping students local for their higher education and subsequent employment upon graduation from college.

HERO's Collaborative Partners include the following:

- The Mental Health Association in Niagara County, Inc.
- The Niagara County Health Department
- Niagara University Departments of Nursing and Biology
- Catholic Charities of Western New York
- The Buffalo Diocesan Catholic Schools
- Fidelis Care New York
- Catholic Academy of Niagara Falls
- DeSales Catholic School, Lockport, NY
- St. Peter's Roman Catholic School, Lewiston, NY
- St. Peter's Evangelical Lutheran School, Lockport, NY
- St. Peter's Lutheran School, Sanborn, NY
- The Niagara Charter School
- St. Dominic Savio Middle School (closed in 2012)
- Niagara Catholic High School
- St. Mary's Hospital and Health Center, Departments of:
 - Education and Staff Development
 - Mission Integration
 - Parish Nursing
 - Employee Health Services
 - Rehabilitation and Sports Medicine
 - Community Relations

f. FAITH AND HEALTH COALITION

In September, 2011, the Faith and Health Coalition was initiated by Mount St. Mary's Hospital and Health Center in response to a request from area inner-City Churches to provide education to their constituents and urban neighborhoods. Pastors, administrators and health providers from six local City Churches met with Hospital administrators and educators to discuss ideas for creating a proactive work group aimed at developing effective Community educational programs. Among the participants, were associates invited from the Hospital's workforce, who were also members of the participating Churches. These Associates had expressed an interest in supporting the Hospital's efforts in identifying health education needs and providing Hospital-sponsored services within their respective congregations

The objectives of the Faith and Health Coalition are as follows:

- *To conduct an assessment of specific neighborhood health needs in light of Church ministries and Church health resources.*
- *To support a unified platform of Churches and Church groups to provide health education programs and events which are culturally focused and pertinent to specific Community health needs.*
- *To promote health and wellness behaviors which will make a difference for Church members, within the framework of ministerial offerings and spiritual convictions.*
- *To provide active support for Church health initiatives, which will benefit not only the Ministries themselves, but the Community-at-large as well.*

PLAN OF ACTION - IMPACT

Impact is anecdotal. We do not have ready access to records to compare from year to year. We do know, however, that more and more individuals are reaching out to become involved in our educational programs.

As previously mentioned, the expansion of the HERO schools, Moms Net™ and CHEERS collaborative task forces and the addition of the Partnering With Parents Program have been the direct result of evaluation and assessment of needs within schools and the Community-at-large. In addition, the Hospital's establishment of the Faith and Health Coalition, conceptualized as a health education advisory board for Community outreach and education needs in the inner city, has been structured to provide continuous feedback on populations at risk.

In addition, the Hospital's Department of Education has completed surveys for diabetes and pre-diabetes class participants as part of its clinical quality program over the past three years. These reports have demonstrated improvements in the health, quality of life and evidence-based results as reported by individuals participating in these programs.

OTHER ISSUES

In addition to the above, Mount St. Mary's is working with DePaul USA, an organization that working with the agencies in Niagara Falls to determine the greatest need in Niagara Falls. Many, many agencies are represented. So far, their determination is that "homelessness" is the most serious issue. They meet regularly.

DISSEMINATION TO PUBLIC

Online/Website

Newsletter

Availability in hard copy in facility

FINANCIAL AID ASSISTANCE

We have 2 full-time financial aid counselors and more than 1,200 individuals/families that qualify. We have our counselors stationed in a visible location in our ER and our policy is posted on our website, along with our brochure. In addition, our Neighborhood Health Center clinic has a full-time social worker who works with individuals on financial assistance, insurance enrollment and socioeconomic challenges. Our Parish Nurse is on-site at the local soup kitchen 3 days a week working with the clients and directing them to facilities where they can receive the healthcare and the financial assistance they need.

SUBMITTED BY:

Community Service Plan Committee

c/o Fred Caso

Vice President – Community Relations

fred.caso@msmh.org

716-298-2146

NIAGARA COUNTY HEALTH RANKINGS

ATTACHMENT 1

	Niagara County	Error Margin	National Benchmark*	New York	Trend	Rank (of 62)
Health Outcomes						59
Mortality						60
Premature death	7,294	6,888-7,700	5,466	5,812		
Morbidity						54
Poor or fair health	15%	12-18%	10%	16%		
Poor physical health days	4.3	3.6-5.1	2.6	3.5		
Poor mental health days	4.1	3.3-4.9	2.3	3.4		
Low birthweight	7.8%	7.4-8.3%	6.0%	8.1%		
Health Factors						49
Health Behaviors						52
Adult smoking	27%	23-32%	14%	18%		
Adult obesity	29%	25-33%	25%	25%		
Physical inactivity	29%	25-34%	21%	25%		
Excessive drinking	18%	14-22%	8%	17%		
Motor vehicle crash death rate	11	9-13	12	8		
Sexually transmitted infections	363		84	472		
Teen birth rate	28	27-30	22	27		
Clinical Care						43
Uninsured	10%	9-11%	11%	13%		
Primary care physicians	1,373:1		631:1	689:1		

	Niagara County	Error Margin	National Benchmark*	New York	Trend	Rank (of 62)
Preventable hospital stays	89	85-94	49	69		
Diabetic screening	83%	79-88%	89%	83%		
Mammography screening	68%	63-73%	74%	66%		
Social & Economic Factors						35
High school graduation	83%			65%		
Some college	62%	60-64%	68%	64%		
Unemployment	9.1%		5.4%	8.6%		
Children in poverty	20%	16-24%	13%	22%		
Inadequate social support	17%	13-21%	14%	24%		
Children in single-parent households	35%	32-38%	20%	34%		
Violent crime rate	366		73	399		
Physical Environment						54
Air pollution-particulate matter days	3		0	4		
Air pollution-ozone days	3		0	5		
Access to recreational facilities	12		16	11		
Limited access to healthy foods	13%		0%	4%		
Fast food restaurants	46%		25%	45%		

* 90th percentile, i.e., only 10% are better

Note: Blank values reflect unreliable or missing data

2012



COMMUNITY HEALTH SURVEY

As a leader in the community we are seeking your personal input and opinion about health problems that exist in the Western Niagara County area.

Mount St. Mary's will compile the results and utilize them as we work with others in developing, implementing, and/or continuing any necessary programs or services to address the overall health needs of the community.

Your opinion is important. PLEASE RETURN BY MARCH 30

If you have any questions, please contact Fred Caso at Mount St. Mary's at:

Phone: 298-2146

Email: fred.caso@msmh.org

**Mail: Attn: Fred Caso
Vice President – Community Relations
Mount St. Mary's Hospital and Health Center
5300 Military Road, Room 735
Lewiston, NY 14092**



Community Health Survey Questionnaire

Please take a few minutes to complete this that is designed to gather input and opinions about community health problems in Western Niagara County.

Mount St. Mary's Hospital will be utilizing the results in developing its 2012 Community Service Plan. All responses will be kept in confidence and only released as a compilation of all responses. No individuals or organizations will be specifically identified.

1. In the following list, what do you think are the three most important factors for a Healthy Community? (*Factors which most improve the quality of life in Niagara.*)

Check only three:

16	Good Place to Raise Children	6	Excellent Race Relations	16	Low Crime/Safe Neighborhoods
0	Low Infant Deaths	0	Low Level of Child Abuse	28	Good Jobs and Health Economy
19	Strong Family Life	22	Good Schools	10	Healthy Behaviors and Lifestyles
3	Parks and Recreation	1	Low Adult Death and Disease Rates		
11	Clean Environment	13	Religious or Spiritual Values		

2. In the following list, what do you think are the three most important health problems in our Niagara community? (*Those problems which have the greatest impact on overall community health.*)

Check only three:

25	Aging Problems	34	Heart Disease and Stroke	0	Rape/Sexual Assault
31	Cancers	2	Homicide	1	Diseases (STDs)
9	Child Abuse/Neglect	0	Infant Death	8	Teenage Pregnancy
1	Dental Problems	24	Diabetes	10	High Blood Pressure
3	Domestic Violence	1	Infectious Disease	2	Mental Health
11	Obesity				

3. In the following list, what do you think are the three most important risky behaviors in our community? (Behaviors which have the greatest impact on overall community health.)

Check only three:

- | | | |
|-------------------------|---------------------------|---------------------------------------|
| 29 Alcohol Abuse | 4 Racism | 29 Being Overweight |
| 19 Tobacco Use | 14 Dropping Out of School | 3 Not Using Birth Control |
| 33 Drug Abuse | 22 Poor Eating Habits | 1 Car Safety (Seat Belts/Child Seats) |

4. How would you rate our community as a “Healthy Community?”

- 3 Very Unhealthy 17 Unhealthy **27 Somewhat Healthy** 1 Healthy 0 Very Healthy

WHY? _____

- We are an “old” community
- High rate of unemployment
- Our rate of poverty is high
- Obesity is rampant
- School dropout rate is high
- Lack of affordable dental coverage

5. How would you rate the following in your community:

- | | | | |
|------------------------------|--------------|----------------|-------------|
| Access to Primary Care | 11 Very Good | 31 Good | 8 Not Good |
| Access to Specialty Services | 6 Very Good | 38 Good | 6 Not Good |
| Education on Health Issues | 9 Very Good | 28 Good | 15 Not Good |

Please answer the following to help us see how different people feel about local health issues.

- Sex: 22 Male 22 Female Zip code where you live: **Western Niagara County**
Age: 0 25 or less 6 26 – 39 14 40 – 54 **21** 55 – 64 7 65 or over

Ethnic group you most identify with:

- | | | |
|--------------------------|-----------------------------|--------------------------------------|
| 9 African American/Black | 4 Asian / Pacific Islander | 2 Hispanic/Latino |
| 3 Native American | 34 White / Caucasian | <input type="checkbox"/> Other _____ |

Household income

- 5 Less than \$20,000 12 \$20,000 to \$49,999 **34** Over \$50,000

How do you pay for your health care? (check all that apply)

- | | | |
|---------------------------|----------------------------|--------------------------------------|
| 3 Pay cash (no insurance) | 24 Health insurance | 2 Medicaid |
| 6 Medicare | 2 Veterans’ Administration | <input type="checkbox"/> Other _____ |



COMMUNITY HEALTH SURVEY

As a volunteer at Mount St. Mary's Hospital, we are seeking your personal input and opinion about health problems that exist in the Western Niagara County area.

Mount St. Mary's will compile the results and utilize them as we work with others in developing, implementing, and/or continuing any necessary programs or services to address the overall health needs of the community.

Your opinion is important. **PLEASE RETURN BY MARCH 30**

If you have any questions, please contact Fred Caso at Mount St. Mary's at:

Phone: 298-2146

Email: fred.caso@msmh.org

**Mail: Attn: Fred Caso
Vice President – Community Relations
Mount St. Mary's Hospital and Health Center
5300 Military Road, Room 735
Lewiston, NY 14092**



MSM Volunteers Community Health Survey Questionnaire

Please take a few minutes to complete this that is designed to gather input and opinions about community health problems in Western Niagara County.

Mount St. Mary's Hospital will be utilizing the results in developing its 2012 Community Service Plan. All responses will be kept in confidence and only released as a compilation of all responses. No individuals or organizations will be specifically identified.

1. In the following list, what do you think are the three most important factors for a Healthy Community? (*Factors which most improve the quality of life in Niagara.*)

Check only three:

- | | | |
|--|-------------------------------------|--|
| 13 Good Place to Raise Children | 1 Excellent Race Relations | 13 Low Crime/Safe Neighborhoods |
| 0 Low Infant Deaths | 0 Low Level of Child Abuse | 30 Good Jobs and Health Economy |
| 12 Strong Family Life | 15 Good Schools | 3 Healthy Behaviors and Lifestyles |
| 0 Parks and Recreation | 0 Low Adult Death and Disease Rates | |
| 4 Clean Environment | 4 Religious or Spiritual Values | |

2. In the following list, what do you think are the three most important health problems in our Niagara community? (*Those problems which have the greatest impact on overall community health.*)

Check only three:

- | | | |
|-------------------------|------------------------------------|-----------------------|
| 5 Aging Problems | 20 Heart Disease and Stroke | 0 Rape/Sexual Assault |
| 22 Cancers | 2 Homicide | 1 Diseases (STDs) |
| 2 Child Abuse/Neglect | 0 Infant Death | 2 Teenage Pregnancy |
| 1 Dental Problems | 31 Diabetes | 5 High Blood Pressure |
| 1 Domestic Violence | 0 Infectious Disease | 0 Mental Health |
| 5 Obesity | | |

3. In the following list, what do you think are the three most important risky behaviors in our community? (*Behaviors which have the greatest impact on overall community health.*)

Check only three:

22 Alcohol Abuse

0 Racism

18 Being Overweight

9 Tobacco Use

7 Dropping Out of School

0 Not Using Birth Control

27 Drug Abuse

12 Poor Eating Habits

0 Car Safety (Seat Belts/Child Seats)

4. How would you rate our community as a “Healthy Community?”

1 Very Unhealthy 10 Unhealthy **17 Somewhat Healthy** 1 Healthy 2 Very Healthy

5. How would you rate the following in your community:

Access to Primary Care 5 Very Good **21** Good 5 Not Good

Access to Specialty Services 3 Very Good **28** Good 1 Not Good

Education on Health Issues 12 Very Good **13** Good 7 Not Good

Please answer the following to help us see how different people feel about local health issues.

Sex: 18 Male 13 Female Zip code where you live: **Western Niagara County**

Age: 0 25 or less 3 26 – 39 3 40 – 54 **13** 55 – 64 12 65 or over

Ethnic group you most identify with:

2 African American/Black 0 Asian / Pacific Islander 0 Hispanic/Latino

1 Native American **28** White / Caucasian Other _____

Household income

1 Less than \$20,000 5 \$20,000 to \$49,999 **25** Over \$50,000

How do you pay for your health care? (check all that apply)

0 Pay cash (no insurance) **16** Health insurance 1 Medicaid

14 Medicare 0 Veterans' Administration Other _____

SURVEY PARTICIPANTS INCLUDED MEMBERS OF THE BOARD OF ASSOCIATES, ST FRANCIS GUILD, AND GENERAL HOSPITAL VOLUNTEERS

COMMUNITY ORGANIZATIONS

Stephanie Cowart
Executive Director
Executive Offices
744 Tenth Street
Niagara Falls, NY 14301

Annie Chapman
Doris W. Jones Family
Resource Building
 3001 Ninth Street
 Niagara Falls, NY 14305

Daniel Stapleton
 Public Health Director
 Niagara County Health
 Department
 Mount View Campus – Shaw
 Building
 5467 Upper Mountain Road,
 Suite 100
 Lockport, NY 14094

Jill Shuey
 Executive Director
 Niagara University ReNU
 Program
 1117 Michigan Avenue
 PO Box 185
 Niagara Falls, NY 14305

John Kinner
 Executive Director
 Health Association of Niagara
 County
 1302 Main Street
 Niagara Falls, NY 14301

Carol Houwaart-Diez
 President
 United Way of Greater Niagara
 3000 Military Road
 Niagara Falls, NY 14304

Director
 Niagara Family YMCA
 1317 Portage Road
 Niagara Falls, NY 14301

Kenneth Sass
 Executive Director
 Family & Children's Services of
 Niagara
 1522 Main Street
 Niagara Falls, NY 14301
 YWCA of Niagara
 32 Cottage Street
 Lockport, NY 14094

Jeanette Collesano
 Director
 Town of Lewiston Senior Center
 4361 Lower River Road
 Lewiston, NY 14092

Director
 John Duke Senior Center
 1201 Hyde Paerk Blvd
 Niagara Falls, NY 14301

Director
 Calvin K. Richards Senior
 Center
 7000 Lockport Road
 Niagara Falls, NY 14304

Director
 Town of Wheatfield Senior
 Center
 c/o Town Hall
 2800 Church Road
 Wheatfield, NY 14120-1099

Director
 Niagara County Office of Aging
 111 Main Street, Suite 101
 Lockport, NY 14094

Art Eberhart
 Niagara Police Athletic League
 c/o Niagara Falls High School
 4455 Porter Road
 Niagara Falls, NY 14305

Rev. Harvey Kelly
 New Hope Baptist Church
 1122 Buffalo Avenue
 Niagara Falls, NY 14303

Rev. Timothy Brown
 Mt. Zion Baptist Church
 1334 Calumet Avenue
 Niagara Falls, NY 14305

Rev. Jesse Scott
 Word of Life Ministries
 1941 Hyde Park Blvd.
 Niagara Falls, NY 14305

Rev. Robert Reynolds
 St. John's AME Church
 917 Garden Avenue
 Niagara Falls, NY 14305

HERO Program:

St. Peter Roman Catholic School
 Denis Coakley, Principal
 140 N. 6th Street
 Lewiston, NY 14092

Niagara Catholic High School
 Robert DiFrancesco, Principal
 520 – 66th Street
 Niagara Falls, NY 14304-3299

Catholic Academy of Niagara Falls
 Mrs. Jeannine Fortunato, Principal
 1055 N. Military Road
 Niagara Falls, NY 14304

St. Dominic Savio Middle School
 Mrs. Rose Mary Buscaglia
 504 – 66th Street
 Niagara Falls, NY 14304

DeSales Catholic School
 Dr. Scott Fike, Principal
 6914 Chestnut Ridge Road
 Lockport, NY 14094

St. Peter Evangelical Lutheran School
 Kathleen Nagel, Principal
 4169 Church Road
 Lockport, NY 14094

St. Peter's Lutheran School
 JoAnne Scibetta, Principal
 6168 Walmore Road
 Sanborn, NY 14132

Niagara Charter School
 Cherie Keetch
 2077 Lockport Road
 Niagara Falls, NY 14304

St. Matthew Lutheran School
 Kathy Fretthold, Principal
 875 Eggert Drive
 North Tonawanda, NY 14120

AREA CHURCHES SURVEYED

ATTACHMENT 5

<u>Abundant Life Baptist Church</u>	<u>5017 Baer Road</u>	<u>Sanborn</u>	<u>NY</u>	<u>14132</u>
<u>Bacon Memorial United Presbyterian</u>	<u>166 59th Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>Baptist Church of Ransomville</u>	<u>Youngstown Lockport Road</u>	<u>Ransomville</u>	<u>NY</u>	<u>14131</u>
<u>Bethany Missionary Baptist Church</u>	<u>1332 Calumet Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Bethlehem Revival Temple</u>	<u>2010 Virginia Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Bible Presbyterian Church of Grand Island</u>	<u>1650 Love Road</u>	<u>Grand Island</u>	<u>NY</u>	<u>14072</u>
<u>Calvary Baptist Church</u>	<u>624 Hyde Park Blvd.</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14301</u>
<u>Christian Missionary Alliance Church</u>	<u>1609 22nd Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Church of the Nazarene</u>	<u>91st Street & Read Ave.</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>Colonial Heights Free Methodist</u>	<u>1310 Saunders Settlement Road</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Colonial Village Presbyterian Church</u>	<u>4813 Kline Road</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>Damascus Baptist Church</u>	<u>210 24th Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>Divine Mercy</u>	<u>2437 Niagara Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>Emmanuel Baptist Church</u>	<u>3118 Hyde Park Blvd.</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>First Assembly of God</u>	<u>9750 Niagara Falls Blvd.</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>First Baptist Church</u>	<u>Main & Fourth Streets</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14301</u>
<u>First Congregational Church</u>	<u>822 Cleveland Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>First Presbyterian Church</u>	<u>311 First Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>First Presbyterian Church</u>	<u>505 Cayuga St., PO Box 346</u>	<u>Lewiston</u>	<u>NY</u>	<u>14092</u>
<u>First United Methodist Church</u>	<u>8210 Buffalo Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>Free Methodist Church</u>	<u>PO Box 450</u>	<u>Ransomville</u>	<u>NY</u>	<u>14131</u>
<u>Full Gospel Deliverance Center</u>	<u>1215 South Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Grace Calvary Church</u>	<u>1501 Weston Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Holy Ghost Lutheran</u>	<u>6630 Luther Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>Immaculate Conception Church</u>	<u>4671 Townline Road</u>	<u>Ransomville</u>	<u>NY</u>	<u>14131</u>
<u>Island United Presbyterian Church</u>	<u>1822 Huth Road</u>	<u>Grand Island</u>	<u>NY</u>	<u>14072</u>
<u>LaSalle Baptist Church</u>	<u>8819 Munson Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>LaSalle Church of Christ</u>	<u>1121 Military Road</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>Lewiston Assembly of God</u>	<u>4754 Creek Road, PO Box 83</u>	<u>Lewiston</u>	<u>NY</u>	<u>14092</u>
<u>Lewiston Baptist Church</u>	<u>P.O Box 1134</u>	<u>Lewiston</u>	<u>NY</u>	<u>14092</u>
<u>Messiah Lutheran Church</u>	<u>915 Oneida Street</u>	<u>Lewiston</u>	<u>NY</u>	<u>14092</u>
<u>Mt. Erie Baptist Church</u>	<u>1152 Fairfield Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Mt. Sinai Baptist Church</u>	<u>1750 Tennessee Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Mt. Zion Baptist Church</u>	<u>1334 Calumet Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>New Hope Baptist Church</u>	<u>1122 Buffalo Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>New Hope Baptist Church</u>	<u>937 Lafayette Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Niagara Community Church</u>	<u>10500 Cayuga Drive</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>Niagara Falls Church of Christ</u>	<u>359 14th Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>Niagara Frontier Bible Church</u>	<u>5287 Bronson Drive</u>	<u>Lewiston</u>	<u>NY</u>	<u>14092</u>
<u>Niagara United Presbyterian</u>	<u>Military and Lockport Road</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>Niagara University - Rev. Casella, CM</u>	<u>Meade Heall</u>	<u>Niagara University</u>	<u>NY</u>	<u>14109</u>
<u>Our Lady of Fatima Shrine</u>	<u>1023 Swann Road</u>	<u>Youngstown</u>	<u>NY</u>	<u>14174</u>
<u>Our Lady of Mt. Carmel</u>	<u>2499 Independence Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14301</u>
<u>Our Lady of the Rosary RC Church</u>	<u>PO Box 87</u>	<u>Newfane</u>	<u>NY</u>	<u>14172</u>
<u>Pioneer Memorial 7th Day Adventist Church</u>	<u>404 Cedar Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14301</u>
<u>Presbyterian Church of Youngstown</u>	<u>100 Church Street</u>	<u>Youngstown</u>	<u>NY</u>	<u>14174</u>
<u>Riverside United Presbyterian Church</u>	<u>815 84th Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>St. Andrew's Lutheran Church</u>	<u>3229 Upper Mt. Road</u>	<u>Sanborn</u>	<u>NY</u>	<u>14132</u>
<u>St. Bernard's Church</u>	<u>218 Hinman Street</u>	<u>Youngstown</u>	<u>NY</u>	<u>14174</u>
<u>St. Hagop Armenian Apostolic Church</u>	<u>322 9th Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>St. James Lutheran Church</u>	<u>2437 Niagara Road</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14304</u>
<u>St. James United Methodist Church</u>	<u>4661 Porter Road</u>		<u>NY</u>	<u>14305</u>
<u>St. John AME Church</u>	<u>917 Garden Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14305</u>
<u>St. John deLaSalle Church</u>	<u>8496 Buffalo Avenue</u>	<u>Niagara</u>	<u>NY</u>	<u>14304</u>

<u>St. John's Episcopal Church</u>	<u>110 Chestnut Street</u>	<u>Falls</u> <u>Youngstown</u>	<u>NY</u>	<u>14174</u>
<u>St. John's Lutheran Church</u>	<u>Ward Rd. & Niag. Falls Blvd.</u>	<u>North</u> <u>Tonawanda</u>	<u>NY</u>	<u>14120</u>
<u>St. John's Lutheran Church</u>	<u>420 Lockport Street, PO Box 365</u>	<u>Youngstown</u> <u>Niagara</u>	<u>NY</u>	<u>14174</u>
<u>St. Joseph's Church</u>	<u>1413 Pine Avenue</u>	<u>Falls</u>	<u>NY</u>	<u>14301</u>
<u>St. Leo's Roman Catholic Church</u>	<u>2748 Military Road</u>	<u>Niagara Falls</u>	<u>1NY</u>	<u>14304</u>
<u>St. Mark's Lutheran Church</u>	<u>1135 Oliver Street</u>	<u>North Tonawanda</u>	<u>NY</u>	<u>14120</u>
<u>St. Martin in the Fields</u>	<u>2587 Baseline Road</u>	<u>Grand Island</u>	<u>NY</u>	<u>14072</u>
<u>St. Mary of the Cataract</u>	<u>259 4th Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>St. Mary's Byzantine Church</u>	<u>2715 Ferry Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14301</u>
<u>St. Mary's Ukrainian Church</u>	<u>2715 Ferry Avenue</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14301</u>
<u>St. Michael The Archangel</u>	<u>250 27th Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>St. Paul's Episcopal Church</u>	<u>400 Ridge Road</u>	<u>Lewiston</u>	<u>NY</u>	<u>14092</u>
<u>St. Paul's United Church of Christ</u>	<u>7416 Campbell Blvd.</u>	<u>North Tonawanda</u>	<u>NY</u>	<u>14120</u>
<u>St. Paul's United Church of Christ</u>	<u>3921 Mapleton Road</u>	<u>North Tonawanda</u>	<u>NY</u>	<u>14120</u>
<u>St. Peter's Episcopal Church</u>	<u>Rainbow Blvd. And 2nd Street</u>	<u>Niagara Falls</u>	<u>NY</u>	<u>14303</u>
<u>St. Peter's Roman Catholic Church</u>	<u>600 Center Avenue</u>	<u>Lewiston</u>	<u>NY</u>	<u>14092</u>
<u>St. Peter's United Church of Christ</u>	<u>1208 Oliver Street</u>	<u>North Tonawanda</u>	<u>NY</u>	<u>14120</u>
<u>St. Peter's United Church of Christ</u>	<u>98 East Avenue</u>	<u>Lockport</u>	<u>NY</u>	<u>14094</u>
<u>St. Raphael</u>	<u>3840 Macklem Avenue</u>	<u>Niagara Falls</u>		<u>NY</u>
<u>St. Stephen's Church</u>	<u>2100 Baseline Road</u>	<u>Grand Island</u>		<u>NY</u>
<u>St. Timothy's Lutheran Church</u>	<u>1453 Staley Road</u>	<u>Grand Island</u>		<u>NY</u>
<u>St. Vincent dePaul</u>	<u>1055 North Military Road</u>	<u>Niagara Falls</u>		<u>NY</u>
<u>The Salvation Army Citadel Corps</u>	<u>7018 Buffalo Avenue</u>	<u>Niagara Falls</u>		<u>NY</u>
<u>Trinity Baptist Church</u>	<u>1366 South Avenue</u>	<u>Niagara Falls</u>		<u>NY</u>
<u>Trinity United Methodist Church</u>	<u>2100 Whitehaven Road</u>	<u>Grand Island</u>		<u>NY</u>
<u>True Deliverance Temple</u>	<u>1318 Niagara Street</u>	<u>Niagara Falls</u>		<u>NY</u>
<u>Victory Bible Baptist Church</u>	<u>1110 19th Street</u>	<u>Niagara Falls</u>		<u>NY</u>
<u>Walnut Avenue Christina Church</u>	<u>601 28th Street</u>	<u>Niagara Falls</u>		<u>NY</u>
<u>Zion Lutheran Church</u>	<u>1010 Michigan Avenue</u>	<u>Niagara Falls</u>		<u>NY</u>

**Good Health Calendars and
Press Information for
Community Awareness**

July 2011 – June 2012



Your hospital for life.™



This is our series of Health Education Programs and Activities for July 2011
Mount St. Mary's Hospital and Health Center, located at 5300 Military Road in the Town of Lewiston, offers a wide-variety of health education programs and activities. All programs are open to the public and, unless designated, are located in the main hospital building.

July 2011

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| <p>7</p> <p>9</p> <p>12</p> <p>13</p> <p>13</p> <p>19</p> <p>21</p> | <p>Caregivers/Hospice Support Group meets the 1st Thursday of the month at 6 pm at Our Lady of Peace in the Family Conf. Room. For information call Debbie at 439-4417.</p> <p>Fibromyalgia Support Group meets the 2nd Saturday of the month at 1 pm in Room 249. Call Lisa at 298-5481</p> <p>Alzheimer's Support Group meets at 2 pm at Our Lady of Peace in the Family Room. Contact Phyllis Ham for information at 298-3735.</p> <p>Postpartum Breastfeeding Class for Moms & Babies held on at 1 pm in Room 249. For information and registration call 298-2618 or 298-2385.</p> <p>Parent's Grief Support Group at 6:30 pm in Room 723B. Call Anne at 282-3368.</p> <p>Diabetes Support Group meets the 3rd Tuesday of each month at 6:30 pm in Room 723A. Call Marie at 745-7149.</p> <p>US TOO! Niagara Region Prostate Cancer Support Group at 7 pm in Room 723A. For information and registration contact Bob at 745-7749.</p> | <p>25</p> <p>26</p> <p>27</p> <p>28</p> | <p>"Grandparents In Waiting" presented by Mary Ruth Baumler, RN. This special class is designed especially for grandparents to discuss the changes in maternal and child care, the changing role of grandparents, diaper care, day care and child safety at 7:00 pm in Room 249. To register call 298-2145.</p> <p>Breast Cancer Support Group at 7:30 pm in Room 723A. Contact Kathy at 754-4719 or Joyce 434-5081.</p> <p>Fertility Care Introductory Sessions "Natural Family Planning" to learn how contemporary methods of Natural Family Planning work. This program is held monthly on Wednesdays at 7:30 pm in Room 249. Pre-registration required at 298-2385.</p> <p>Siblings Class "Let's Celebrate Big Brother/Big Sister" at 6:30 pm in Room 249. This special program is designed for children 3 – 8 years of age to help them prepare for the arrival of your new baby. Pre-registration required by calling 298-2145.</p> |
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Mount St. Mary's Hospital and Health Center
5300 Military Road, Lewiston, New York • www.msmh.org



News Release

June 20, 2011

For More Information

Fred Caso (716) 298-2146

fred.caso@msmh.org www.msmh.org

Mount St. Mary's Hospital to Present Series of Health Education Programs in July 2011

Mount St. Mary's Hospital will present a series of programs in July as part of its health education program and event series.

On **Monday, July 25**, “**Grandparents in Waiting**” will be presented by Mary Ruth Baumler, RN, at 7 p.m. in Room 249. The program is designed for grandparents to discuss changes in maternal and child care, the changing role of grandparents, diaper care, day care and child safety. Register at 298-2145.

On **Thursday, July 28**, “**Let’s Celebrate Big Brothers/Big Sister**” will be held at 6:30 p.m. in Room 249. Pre-registration required at 298-2385.

Several support groups will also meet at Mount St. Mary’s during the month including the “Caregivers/Hospice Support Group (July 7), Fibromyalgia Support Group (July 9), Alzheimer’s Support Group (July 12), Parent’s Grief Support Group (July 13), Diabetes Support Group (July 19), Us Too Prostate Cancer Support Group (July 21), and the Breast Cancer Support Group (July 26).

For information on all programs at Mount St. Mary’s call 298-2145 or visit www.msmh.org.



Your hospital for life.™



This is our series of Health Education Programs and Activities for August 2011 Mount St. Mary's Hospital and Health Center, located at 5300 Military Road in the Town of Lewiston, offers a wide-variety of health education programs and activities. All programs are open to the public and, unless designated, are located in the main hospital building.

August 2011

- 4 **Caregivers/Hospice Support Group** meets at 6:00 pm at Our Lady of Peace Nursing Facility in the Family Conf. Room. For information call Debbie at 439-4417.
- 5 **Community Blood Drive** sponsored by UNYTS from 11 am – 4 pm in Room 249. "Take me out to the Ball Game" All presenting donors will be entered into 10 drawings for a 4-pack of Bison's Flex Pass tickets and a limited edition Bison's hat, coupon for a Wendy's Frosty and enjoy a Sahlen's hot dog. For an appointment time call Karen at 298-2144. Positive Identification required. Walk ins welcome!
- 6 **Fibromyalgia Support Group** at 1:00 pm in Room 249. For more information call Lisa at 298-5481
- 9 **Alzheimer's Support Group** at 2 pm at Our Lady of Peace in the Family Room. Contact Phyllis Ham for information at 298-3735.
- 10 **Postpartum Breastfeeding Class for Moms & Babies** at 1 pm in Room 249. For information and registration call 298-2618 or 298-2385.
- 10 **Parent's Grief Support Group** at 6:30 pm in Room 723B. For Information call Anne at 282-3368.
- 16 **Diabetes Support Group** at 6:30 pm in Room 723A. Call Marie at 745-7149.
- 17 **Fertility Care Introductory Sessions "Natural Family Planning"** Learn how contemporary methods of Natural Family Planning work at 7:30 pm in Room 249. Pre-registration is required by calling 298-2385.
- 18 **US TOO! Niagara Region Prostate Cancer Support Group** at 7 pm in Room 723A. For information and registration contact Bob at 745-7749.
- 23 **Breast Cancer Support Group** at 7:30 pm in Room 723A. Contact Kathy at 754-4719 or Joyce 434-5081.
- 24 **Lupus Support Group** meets at 6:30 pm in Room 249. For information call 1-800-300-4198.
- 25 **Siblings Class "Let's Celebrate Big Brother/Big Sister"** at 6:30 pm in Room 249. Designed for children 3 – 8 years of age to help prepare for the arrival of your new baby. Pre-registration required at 298-2145.
- 27 **Expectant Parents One-Day Class** to be held on Saturday from 9 am – 5 pm in Room 249. Class size is limited. Register in advance by calling 298-2618.

Mount St. Mary's Hospital and Health Center
5300 Military Road, Lewiston, New York • www.msmh.org

This is our series of Health Education Programs and Activities for September 2011
Mount St. Mary's Hospital and Health Center, located at 5300 Military Road in the Town of Lewiston, offers a wide-variety of health education programs and activities. All programs are open to the public and, unless designated, are located in the main hospital building.

September 2011

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|--|---|--|---|---|--|---|---|--|---|--|---|---|--|
| <p>10 Fibromyalgia Support Group at 1 pm in Room 249. Call Lisa at 298-5481.</p> | <p>12, 19 & 26 "Fall Out Of Addiction: Stop Smoking" (3-part program) held on Mondays from 6 – 8 pm in 723A presented by Elyse Updegraff, BS, Cardiac Center Office Manager This program provides models of change, benefits of quitting and maintaining a smoke-free lifestyle. Nicotine Replacement Therapy is available if eligible. For registration call 298-2145.</p> | <p>13 Alzheimer's Support Group at 2 pm at Our Lady of Peace in the Family Room. Call Phyllis Ham at 298-3735.</p> | <p>13 Living with Stroke at 4:30 pm with Neurologist Dr. Gregory Sambuchi at The Dale Assoc, 33 Ontario Street, Lockport. Presented will examine the different ways stroke can affect people. Seating is limited and pre-registration is required. Call 447-6205.</p> | <p>13, 20 & 27 Pre-Diabetes Education Classes – this class is for you if you are over weight, have a family history of diabetes and have slightly elevated blood sugars. Learn to make good lifestyle changes that may help slow the progression towards diabetes. Classes will be held on Tuesdays, from 6:30 – 8:00 pm in Room 249. Pre-registration required at 298-2297</p> | <p>14 Parent's Grief Support Group at 6:30 pm in Room 723B. Call Anne at 282-3368.</p> | <p>15 US TOO! Niagara Region Prostate Cancer Support Group at 7 pm in Room 723A. Contact Bob at 745-7749.</p> | <p>15 Presenting the CHEERS Program: Choosing Healthy Eating and Exercise RoutineS for a Healthier Life) This program teaches children and families simple eating and exercise plans which they can use throughout life. The program's six sessions focus on important aspects of healthy physical and emotional behaviors. The program is from 4:30 pm-6 pm in Room 249. Insurance coverage varies by Plan/HMO. Contact your company for coverage. Maximum Fee \$35/per child which covers all materials. Call 298-2299.</p> | <p>19 Postpartum Breastfeeding Class for Moms & Babies at 1 pm in Room 249. Call 298-2618 or 298-2385.</p> | <p>20 Diabetes Support Group at 6:30 pm in Room 723A. Call Marie at 745-7149.</p> | <p>21 "Taking Charge of Your Diabetes" Education Class – this is an ALL DAY class from 9 am– 5 pm in Room 249. Must come in prior for a 1 hour assessment. Pre-registration at 298-2297.</p> | <p>21 Fertility Care Introductory Sessions "Natural Family Planning" learn how contemporary methods of Natural Family Planning work this program is held monthly on Wednesdays at 7:30 pm in Room 249. Pre-registration required at 298-2385.</p> | <p>27 Breast Cancer Support Group at 7:30 pm in Room 723A. Contact Kathy at 754-4719 or Joyce 434-5081.</p> | <p>29 Siblings Class "Let's Celebrate Big Brother/Big Sister" at 6:30 pm in Room 249. This special program is designed for children 3 – 8 years of age to help them prepare for the arrival of your new baby. Pre-registration required by calling 298-2145.</p> |
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Mount St. Mary's Hospital and Health Center
5300 Military Road, Lewiston, New York • www.msmh.org

**MOUNT ST. MARY'S HOSPITAL
& CATHOLIC HEALTH PRESENT**

“Living With Stroke”



**Dr. Gregory
Sambuchi**

Tuesday, Sept 13

4:30 pm - 6:30 pm

**The Dale Association Community Room
33 Ontario Street Lockport**

Featuring:

**Dr. Gregory Sambuchi, Neurologist
Medical Director of the
Neurology and Stroke Program at
Mount St. Mary's Hospital.**

Designed for people who have had strokes and their families, plus those interested in stroke prevention, coping, rehabilitation and post stroke issues.

Program is Free. Seating is limited.

Pre-Registration Required at: 447-6205

 **Catholic Health**

**MOUNT ST. MARY'S**
MEDICAL AND HEALTH CENTER

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News Release

August 2011

For More Information

Fred Caso (716) 298-2146

fred.caso@msmh.org www.msmh.org

Mount St. Mary's Hospital to Present Series of Health Education Programs in September 2011

Mount St. Mary's Hospital will present a series of programs in September as part of its health education program and event series.

Starting **Monday, September 12** and continuing on September 19 & 26, **“Fall Out of Addiction: Stop Smoking”** will be held on Mondays from 6 – 8 pm in Room 723A of the main hospital building. The program will be presented by Elyse Updegraff, BS, Cardiac Center Office Manager. This program provides models of change & statistics, benefits of quitting and maintaining a smoke free lifestyle. Nicotine Replacement Therapy is available if you are eligible. Gain insight on what it takes to successfully quit smoking permanently. For more information and registration call 298-2145.

Starting **Tuesday, September 13** and continuing on September 20 & 27, **Pre-Diabetes Education Classes** will be held. This class is for you if you are overweight, have a family history of diabetes and have slightly elevated blood sugars. Learn how to make good lifestyle changes that may help slow the progression towards diabetes. This series of classes will focus on nutrition, exercise and healthy lifestyle habits. Classes will be held on Tuesdays, from 6:00 – 7:30 pm in Room 249. Pre-registration is required at 298-2297.

On **Tuesday, September 13**, **“Living With Stroke”** will be presented from 4:30 p.m. – 6:30 p.m. at The Dale Association Community Room, 33 Ontario Street, Lockport. This program is sponsored by Mount St. Mary's Hospital and Catholic Health and is directed to people who have had strokes and their families, plus those interested in stroke prevention, rehabilitation and post-stroke issues. The program is free, but seating is limited. Pre-Registration is required at 298-2145.

- more -

Starting **Thursday, September 15** and continuing for six weeks, Mount St. Mary's will present the **CHEERS Program: Choosing Healthy Eating and Exercise RoutineS** for a Healthier Life) This program teaches children and their families simple eating and exercise plans which they can internalize and use throughout life. The Program's six sessions focus on important aspects of healthy physical and emotional behaviors to encourage better nutrition and exercise. The program is from 4:30 pm – 6 Pm in Room 249. Insurance coverage varies by Plan/HMO. Please contact your company for coverage. Maximum Fee \$35/per child which covers all materials. This program has specific requirements call 298-2299 for more information.

Additional sessions in the CHEERS Program and topics include:

- Sept. 15 - Parent Information and Registration
- Sept. 29 - The "Stoplight" Method
- Oct. 6 - "Don't Be a Couch Potato!"
- Oct. 13 - "Feel Good About Who You Are"
- Oct. 20 - Healthy Cooking for Busy Families
- Oct. 27 - Dinner "Out"

On **Wednesday, September 21**, "**Taking Charge of Your Diabetes Education Class**" will be presented from 9 a.m. – 5 p.m. in Room 249. This is an all day class. Pre-registration is required at 298-2297.

On **Wednesday, September 21**, "**Fertility Care Introductory Sessions "Natural Family Planning"** will be held. Learn how contemporary methods of Natural Family Planning work. This program is held monthly on Wednesdays at 7:30 pm in Room 249. Pre-registration is required by calling 298-2385.

On **Thursday, September 29**, "**Let's Celebrate Big Brother/Big Sister**" will be held at 6:30 pm in Room 249. This special program is designed for children 3 – 8 years of age to help them prepare for the arrival of your new baby. Pre-registration required by calling 298-2145

Several support groups will also meet at Mount St. Mary's during the month including the **Fibromyalgia Support Group** (September 10), **Alzheimer's Support Group** (September 13), **Parent's Grief Support Group** (September 14), **Us Too Prostate Cancer Support Group** (September 15), **Post-Partum Breastfeeding Group** (September 19), **Diabetes Support Group** (September 20), and the **Breast Cancer Support Group** (September 27).

For information on all programs at Mount St. Mary's call 298-2145 or visit www.msmh.org.

"Living With Stroke"

A Free Stroke Education Program presented by Catholic Health and Mount St. Mary's Hospital

Tuesday, September 13, 2011

4:30 p.m. - 6:30 p.m. (registration opens at 4:00 p.m.)

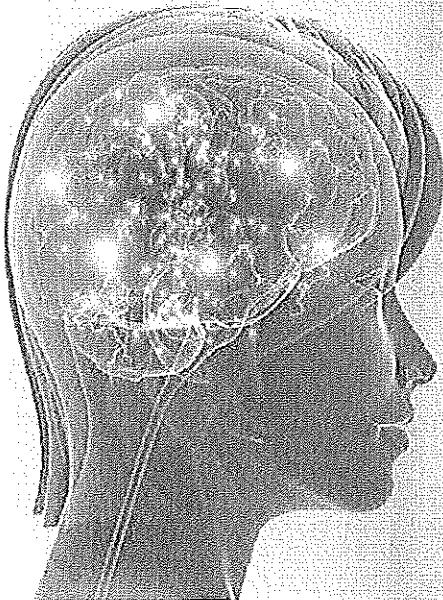
The Dale Association • Community Room
33 Ontario Street • Lockport NY 14094

featuring



Dr. Gregory Sambuchi
Neurologist, and
Medical Director of the
Neurology and Stroke Program
at Mount St. Mary's Hospital


Join leading practitioners and physicians from Catholic Health and Mount St. Mary's Hospital for this free discussion on stroke. Presenters will examine the different ways stroke can affect people; plus emerging approaches in stroke care, stroke prevention and lifestyle management for survivors. Ideal for stroke patients, their families and caregivers, and the community.



Seating is limited.

Pre-registration is required.

**To register, call HealthConnection
at 447-6205 or register online
at chsbuffalo.org/events.**

 **Catholic Health**

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Mount St. Mary's Hospital, located at 5300 Military Road in the Town of Lewiston, offers a wide-variety of health education programs and activities. All programs are open to the public and, unless designated, are located in the main hospital building.

October 2011

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| <p>1 Buffalo-Niagara Pulmonary Hypertension Support Group from 12 – 2:30 pm in Room 723 A. Call Colleen at 297-1067</p> <p>1 Fibromyalgia Support Group to meet on the 1st Saturday of the month at 1:00 pm in Room 249. Call Lisa at 298-5481.</p> <p>3, 10, 17, 24, Nov. 7 Expectant Parent Classes (5 weeks) to meet on Mondays, Oct. 3 – Nov. 7 at 7:30 pm in the Cafeteria. Call Debbie Hastee at 298-2618.</p> <p>5 Health For All Seasons presents a "Kidney Health Class" from 6–7:30 pm in Room 249. Insurance coverage varies by Plan/HMO. Please contact your insurance company for coverage. For registration please call 298-2297.</p> <p>7 Blood Drive sponsored by UNYTS from 11 am – 4 pm in Room 249. For an appointment time call Karen at 298-2144. Walk ins welcome!</p> <p>11 Alzheimer's Support Group at 2 pm at Our Lady of Peace in the Family Room. Call Phyllis Ham at 298-3735.</p> <p>11 Advance Directives & Health Care Proxies: Why They Are Important For You and Your Family presented by Barbara Malinowski, MSN, RN from 6:30–8 pm at the Lewiston Porter Primary Education Center – AR Room. Issues, topics and concerns dealing with advance directives and a health care proxy will be discussed to help individuals make informed decisions. Please pre-register at 298-2145.</p> <p>11, 12 & 13 "Taking Charge of Your Diabetes" Education Classes – this is a series of three classes, each class from 6-9 pm in Room 249. Call 298-2297.</p> <p>12 Parent's Grief Support Group at 6:30 pm in 7th Floor Cardio Rehab. classroom. Call Anne at 282-3368.</p> | <p>18</p> <p>•</p> <p>•</p> <p>•</p> <p>•</p> <p>18</p> <p>•</p> <p>•</p> <p>19</p> <p>•</p> <p>•</p> <p>•</p> <p>19</p> <p>•</p> <p>•</p> <p>19</p> <p>•</p> <p>•</p> <p>20</p> <p>•</p> <p>•</p> <p>22</p> <p>•</p> <p>•</p> <p>25</p> <p>•</p> <p>•</p> <p>25</p> <p>•</p> <p>•</p> <p>27</p> <p>•</p> | <p>Online Care Information: See The Doctor From Your Home. Presented by Erin Tweed, Online Care Coordinator at 6:30 pm at the Lewiston Porter Primary Education Center – AR Room. Please pre-register at 298-2383.</p> <p>Diabetes Support Group meets the 3rd Tuesday of each month at 6:30 pm in Room 723A. Call Marie at 745-7149.</p> <p>Fertility Care Introductory Sessions "Natural Family Planning" learn how contemporary methods of Natural Family Planning work at 7:30 pm in Room 249. Pre-registration required at 298-2385.</p> <p>Postpartum Breastfeeding Class for Moms & Babies at 1 pm in Room 249. Call 298-2618 or 298-2385.</p> <p>UStOO! Niagara Region Prostate Cancer Support Group at 7 pm in Room 249. Contact Bob at 745-7749.</p> <p>Conference on Healthcare for Women. Conference Center of Niagara Falls. Call 298-2697.</p> <p>Glycemic Index: Is it For You? Debra Hoffman, RD, CDE will present this program at 6:30 pm at the Lewiston Porter Primary Education Center – AR Room. Learn about the Glycemic Index, how it measures the effects of carbohydrates and blood sugar levels, and its nutritional calculations. Pre-register at 298-2145.</p> <p>Breast Cancer Support Group at 7:30 pm in Room 723A. Contact Kathy at 754-4719 or Joyce 434-5081.</p> <p>Siblings Class "Let's Celebrate Big Brother/Big Sister" at 6:30 pm in Room 249. Designed for children 3-8 years of age to help them prepare for the arrival of your new baby. Pre-registration required at 298-2145.</p> |
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This is our series of Health Education Programs and Activities for November 2011
Mount St. Mary's Hospital, located at 5300 Military Road in the Town of Lewiston, offers a wide-variety of health education programs and activities. All programs are open to the public and, unless designated, are located in the main hospital building.

November 2011

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| 1 | Diabetes Education presents " Counting Carbohydrates "
Learn about Carbohydrate Counting at 6 pm in Room 249. To register call 298-2145, space is limited. | 15 | Diabetes Support Group meets the 3rd Tuesday of each month at 6:30 pm in Room 249. For information call Marie at 745-7149. |
| 5 | Fibromyalgia Support Group to meet on the 1st Saturday of this month at 1 pm in Room 249. Call Lisa at 298-5481. | 16 | " Taking Charge of Your Diabetes " Education Class – this is an ALL DAY class from 9 am – 5 pm in Room 249. Must come in prior for a 1 hour assessment. Pre-registration is required by calling 298-2297. |
| 8 | Alzheimer's Support Group at 2 pm at Our Lady of Peace in the Family Room. Call Phyllis Ham at 298-3735. | 16 | Fertility Care Introductory Sessions "Natural Family Planning." Learn how contemporary methods of Natural Family Planning work. Program held monthly on Wednesdays at 7:30 pm in Room 249. Pre-registration required at 298-2385. |
| 9 | Parent's Grief Support Group at 6:30 pm in 7th Floor Cardio Rehab. classroom. Call Anne at 282-3368. | 17 | US TOO! Niagara Region Prostate Cancer Support Group at 7 pm in Room 249. Call Bob at 745-7749. |
| 9 | Postpartum Breastfeeding Class for Moms & Babies at 1 pm in Room 249. Pre-registration required. Call 298-2618 or 298-2385. | 19 | Diabetic Awareness Day from 10 am - 2 pm at Health System Services. Program speakers include Dr. Charles Rice, MSM Director of Wound Medicine, and Debra Hoffman, Certified Diabetes Educator. Call 283-4879 for details. |
| 10 | Lupus Support Group to meet on the 2nd Thursday quarterly at 6:30 pm in Room 249. Call 1-800-300-4198. | 22 | Breast Cancer Support Group at 7:30 pm in Room 723A. Contact Kathy at 754-4719 or Joyce 434-5081. |
| 12 | FREE Breast Cancer Screening Event offering mammograms for uninsured women ages 40-64 from 8 am-Noon. at MSMH Call 278-8285. | 30 | " Restless Leg Syndrome: An Update on Treatments " at 6:30 pm in Room 249 by Dr. Kenneth Murray, Director of Mount St. Mary's Sleep Disorders Center. Included in the discussion will be new medications. To register call 298-2145. |
| 14 | " Grandparents In Waiting " presented by Mary Ruth Baumler, RN and designed specially for grandparents. Mary Ruth will discuss the changes in maternal and child care, the changing role of grandparents, diaper care, day care and child safety at 7 pm in Room 249. Call 298-2145. | Dec. 1 | Siblings Class "Let's Celebrate Big Brother/Big Sister" at 6:30 pm in Room 249. Designed for children 3 – 8 years of age to help them prepare for the arrival of your new baby. Pre-registration at 298-2145. |
| 15 | Diabetes Education presents " Know Your Diabetes: Nutrition - Dine and Discuss Diabetes! " Come to a free, carb counted meal and learn about making good food choices at 6 pm in Room 249. To register call 298-2145, space is limited. | | |

MOUNT ST. MARY'S HOSPITAL


**Counting
Carbohydrates**

Tuesday, November 1
6 pm Room 249

Presented By: Deb Hoffman, CDE

Program is Free
To Register: 298-2145

5300 MILITARY ROAD • LEWISTON,
NY 14092 • 716-297-4800





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A

MOUNT ST. MARY'S HOSPITAL

Know Your Diabetes: Nutrition
Dine & Discuss Diabetes

Presented by the
Mount St. Mary's Center for
Diabetes Education and Mgmt:


Tuesday, Nov 15
6 pm Cafeteria

Dr. Nadeem Aslam Deb Hoffman

Come to our cafeteria and enjoy a complimentary dinner featuring healthy food choices and information on diabetes!

To Register: 298-2145

5300 MILITARY ROAD • LEWISTON,
NY 14092 • 716-297-4800




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MOUNT ST. MARY'S HOSPITAL

**Restless Leg Syndrome:
An Update on Treatments**



Presented by the
Mount St. Mary's Sleep Disorders Center


Wednesday, Nov 30
6:30 pm
Room 249

Dr. Kenneth Murray

Dr. Murray is the Director of the MSM Sleep Disorders Center. He will also discuss new medications!

To Register: 298-2145

5300 MILITARY ROAD • LEWISTON,
NY 14092 • 716-297-4800



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Your hospital for life.™

News Release

October 2011

For More Information

Fred Caso (716) 298-2146

fred.caso@msmh.org www.msmh.org

**Mount St. Mary's Hospital to Present
Series of Health Education Programs in November 2011**
November is Diabetes Awareness Month

Mount St. Mary's Hospital will present a series of programs in November as part of its health education program and event series, with special emphasis on programs as part of its recognition of November as Diabetes Awareness Month.

On **Tuesday, November 1**, “**Counting Carbohydrates**” will be presented at 6 p.m. in Room 249. This program is conducted by Diabetes Education at Mount St. Mary’s and will focus on counting carbohydrates for a nutrition diet. Pre-Registration is encouraged at 298-2145.

On **Saturday, November 12**, Mount St. Mary’s will host a FREE Breast Cancer Screening Event offering Mammograms for uninsured women ages 40-64. The screenings will be offered by appointment from 8 a.m. to noon. The program is in conjunction with the Niagara County Cancer Services Program. Call 278-8285 for an appointment.

On **Monday, November 14**, “**Grandparents in Waiting**” will be presented at 7 p.m. by Mary Ruth Baumler, RN. This program is designed for grandparents and discusses changes in maternal and child care, the changing roles of grandparents, and child safety. For registration call 298-2145.

From **November 14-18**, Mount St. Mary’s will celebrate “Diabetes Awareness Week” with an array of displays and information throughout the hospital.

On **Tuesday, November 15**, “**Know Your Diabetes: Nutrition – Dine and Discuss Diabetes**” will be presented at 6 p.m. in the Mount St. Mary’s Cafeteria. This program is conducted by Diabetes Education and Nutrition Services at Mount St. Mary’s and will feature a free, carbohydrate-counted meal with information on making good food choices. The program is free, but seating is limited. Pre-Registration is required at 298-2145.

On **Wednesday, November 16**, “**Taking Charge of Your Diabetes Education Class**” will be presented from 9 a.m. – 5 p.m. in Room 249. This is an all day class. Pre-registration is required at 298-2297.

On **Wednesday, November 16**, “**Fertility Care Introductory Sessions “Natural Family Planning”**” will be held. Learn how contemporary methods of Natural Family Planning work. This program is held monthly on Wednesdays at 7:30 pm in Room 249. Pre-registration is required by calling 298-2385.

On **Saturday, November 19**, representatives of Mount St. Mary's will participate in a program titled **Diabetic Awareness and Services** at Health System Services on Williams Road and Plaza Drive in Wheatfield. The program will run from 10 a.m. to 2 p.m. Dr. Charles Rice of the Mount St. Mary's Center for Wound Healing and Hyperbaric Medicine and Certified Diabetes Educator Deb Hoffman will participate. For information call 283-4879.

On **Wednesday, November 30 at 6:30 p.m.** in Room 249, the Mount St. Mary's Sleep Disorders Center will present “**Restless Leg Syndrome: An Update on Treatments.**” The program will be presented by Dr. Kenneth Murray and will include discussions on newly available medications. For more information and registration call 298-2145.

On **Thursday, December 1**, “**Let's Celebrate Big Brother/Big Sister**” will be held at 6:30 pm in Room 249. This special program is designed for children 3 – 8 years of age to help them prepare for the arrival of your new baby. Pre-registration required by calling 298-2145

Several support groups will also meet at Mount St. Mary's during the month including the **Fibromyalgia Support Group** (November 5), **Alzheimer's Support Group** (November 8), **Parent's Grief Support Group** (November 9), **Post-Partum Breastfeeding Group** (November 9), **Lupus Support Group** (November 10), **Us Too Prostate Cancer Support Group** (November 17), **Diabetes Support Group** (November 15), and the **Breast Cancer Support Group** (November 22).

For information on all programs at Mount St. Mary's call 298-2145 or visit www.msmh.org.



Your hospital for life.™

November 2011

Diabetes Awareness Month



- | | | |
|----------------|--------------|---|
| November 1 | 6:00 pm | <i>Counting Your Carbohydrates</i>
Deb Hoffman, Registered Dietitian and Certified Diabetes Educator will present this program focusing on the importance of counting carbs. Endocrinologist Dr. Nadeem Aslam will also attend the session to answer questions. Room 249. To register call 298-2297 |
| November 2 | 7:00 pm | Diabetes Education Program at Word of Life Ministries
1941 Hyde Park Blvd, Niagara Falls |
| November 14-18 | | Diabetes Awareness Week
- Lobby Displays
- Nutrition Info |
| November 15 | 6:00 pm | "Dine and Discuss Your Diabetes" MSM Cafeteria
Join the Mount St. Mary's Certified Diabetes Educator Deb Hoffman, Endocrinologist Dr. Nadeem Aslam, and enjoy a complementary dinner of healthy food choices and information program on diabetes. Registration required at 298-2297. |
| November 16 | 9 am – 5 pm | "Taking Charge of Your Diabetes Education Class"
will be presented from 9 a.m. – 5 p.m. in Room 249. This is an all day class. Pre-registration is required at 298-2297. |
| November 19 | 10 am – 2 pm | Diabetic Awareness & Services - Program in cooperation with Health System Services at Williams Road and Plaza Drive involving Mount St. Mary's Director of Wound Healing and Hyperbaric Medicine Dr. Charles Rice and Mount St. Mary's Certified Diabetes Educator Deb Hoffman. For information call 283-3288 |

This is our series of Health Education Programs and Activities for January 2012
Mount St. Mary's Hospital, located at 5300 Military Road in the Town of Lewiston, offers a wide-variety of health education programs and activities. All programs are open to the public and, unless designated, are located in the main hospital building.



January 2012

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|------------|--|----|--|
| 7 | Fibromyalgia Support Group
1 pm Room 249. 298-5481. | 19 | US TOO! Niagara Region Prostate Cancer Support Group at 7 pm in Room 723A. 745-7749. |
| 9, 16 & 23 | "Fall Out Of Addictions: Stop Smoking" (3-part program) held on Mondays from 6 – 8 pm in 723A presented by Elyse Updegraph, Exercise Specialist, Cardiac Center. Call 298-2145. | 24 | Breast Cancer Support Group 7:30 pm in Room 723A. 754-4719 or 434-5081. |
| 10 | Alzheimer's Support Group
2 pm at OLP. 298-3735. | 26 | Siblings Class "Let's Celebrate Big Brother/Big Sister" at 6:30 pm in Rm 249. Designed for children 3 – 8 years to help them prepare for the arrival of your new baby. Pre-registration required at 298-2145. |
| 11 | Postpartum Breastfeeding Class
at 1 pm in Room 249. 298-2618 | 27 | Blood Drive sponsored by Upstate New York Transplant Services (UNYTS) from 11 am – 4 pm in Room 249. Call 298-2144 for an appointment. Walk ins are always welcome. |
| 11 | Parent's Grief Support Group
6:30 pm Room 723B. 282-3368. | 31 | "The New You For 2012" presented by Debra Hoffman, RD, CDE at 6:30 pm at the Lewiston Porter Primary Ed Center – AR Room. This program will cover healthy eating and how being active is important for your health. To preregister call 298-2145. |
| 14 | Expectant Parents Class – All day Saturday in Room 249 from 9 am-5 pm registration at 298-2618 or 298-2385 | | |
| 17 | Diabetes Support Group
6:30 pm Room 723A. 745-7149. | | |
| 19 | "Taking Charge of Your Diabetes" Education Class – this is an ALL DAY class from 9 – 5 pm in Room 249. Pre-registration is required by calling 298-2297. | | |
| 19 | Fertility Care Introductory Sessions "Natural Family Planning." Learn how contemporary methods of Natural Family Planning work. 7:30 pm in Room 249. Pre-registration required at 298-2385. | | |




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Mount St. Mary's
**"Fall Out of Addictions:
Stop Smoking**
Starting Monday, Jan 9 • 6-8 PM
Presented By:
Elyse Updegraph, Exercise Specialist
Room 723A
 Mount St. Mary's Hospital, Main Bldg
To Register: 298-2145
5300 Military Rd., Lewiston, NY 14092
716.297.4800


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Mount St. Mary's Hospital
**"Taking Charge of
Your Diabetes"**
**Featuring Debra Hoffman**
Certified Diabetes Educator
January 19
9 a.m. - 5 pm • Room 249
Pre-Registration Required:
298-2297
5300 Military Rd., Lewiston, NY 14092
716.297.4800


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Mount St. Mary's
and Lewiston-Porter Community Education
**"The New You
For 2012"**
**Featuring Debra Hoffman**
Certified Diabetes Educator
January 31 6:30 pm
Lewiston-Porter Primary Ed AR Room
Pre-Registration Required
298-2145





News Release

December 23, 2011

For More Information

Fred Caso (716) 298-2146
fred.caso@msmh.org www.msmh.org

Mount St. Mary's Hospital to Present a Series of Health Education Programs as part of "Health For All Seasons" Programming in January 2012

Mount St. Mary's Hospital will present a series of programs in January as part of its "Health For All Seasons" health education program and event series.

Starting on **Monday, January 9** and continuing on January 16 and 23, "*Health For All Seasons*" and the hospital's fully-accredited Cardiopulmonary Rehabilitation Program present "**Fall Out of Addictions: Stop Smoking**," a series of three classes offered from 6-8 p.m. in Room 723A of the hospital. The class will be conducted by **Elyse Updegraph**, Exercise Specialist. Register by calling 298-2145 or 298-3030.

On Thursday, **January 19**, "**Taking Charge of Your Diabetes**" will be presented by **Debra Hoffman**, Certified Diabetes Educator. This is an all-day program from 9 a.m. – 5 p.m. and will be held in Room 249 of the main hospital building. To register call 298-2297.

On **Tuesday, January 31**, "The New York for 2012" will be presented as part of the Lewiston-Porter School District's Community Education Program. The session will be led by **Debra Hoffman**, Certified Diabetes Educator, and will cover healthy eating and how being active is important for your health. It will be held in the Lewiston-Porter Primary Education Center AR Room at 6:30 p.m. Pre-registration required at 298-2145.

Other programs for the month include:

January 7, Fibromyalgia Support Group at 1 p.m. in Room 249;

January 10, Alzheimer's Support Group at 2 p.m. at Our Lady of Peace Nursing Care Residence;

January 11, Post Partum Breastfeeding Class at 1 pm in Room 249

January 11, Parent's Grief Support Group at 6:30 p.m. in Room 723B;

January 14, Expectant Parents Class from 9 am – 5 pm in Room 249;

- more -

January 17, Diabetes Support Group at 6:30 p.m. in Room 723A;

January 19, Fertility Care Introductory Sessions in Natural Family Planning at 7:30 p.m. in Room 249;

January 19, US TOO! Niagara Region Prostate Cancer Support Group at 7 p.m. in Room 723A;

January 24, Breast Cancer Support Group at 7:30 p.m. in room 723A;

January 24, Siblings Class “Let’s Celebrate Big Brothers/Big Sisters” at 6:30 p.m. in Room 249;

January 27, Blood Drive sponsored by Upstate New York Transplant Services (UNYTS) from 11 a.m. – 4 p.m. in Room 249. Appointments at 298-2145. Walk-ins are welcomed.

This is our series of Health Education Programs and Activities for February 2012
Mount St. Mary's Hospital and Health Center, located at 5300 Military Road in the Town of Lewiston,
offers a wide-variety of health education programs and activities. All programs are open
to the public and, unless designated, are located in the main hospital building.

February 2012


- | | | | |
|----------------|--|----|--|
| 1 | HEART MONTH EVENT
"Are You At Risk For Heart Disease"
presented by Dr. Arif Syed,
Cardiologist and Deb Hoffman,
Certified Diabetes Educator.
Health Information and Blood
Pressure checks will be available.
To register please call 298-2145. | 13 | "Grandparents In Waiting"
presented by Mary Ruth Baumler,
RN. Hear about the changes in
maternal and child care, the changing
role of grandparents, diaper care,
day care and child safety at 7 pm
in room 249. Call 298-2145. |
| 3 | HEART MONTH EVENT
"Go Red For Women" Awareness
Day at Mount St. Mary's Hospital. | 14 | Alzheimer's Support Group at 2 pm
at Our Lady of Peace in the Family
Rm. Contact Phyllis Ham at 298-3735. |
| 4 | Fibromyalgia Support Group
meets the 1st Saturday of each
month at 1 pm in Room 249.
call Lisa at 298-5481 | 15 | Fertility Care Introductory Sessions
"Natural Family Planning." Learn
how contemporary methods of
Natural Family Planning work. Held
monthly on Wednesdays at 7:30 pm
in Room 249. Pre-registration is
required by calling 298-2385. |
| 5 | HEART MONTH EVENT
FREE Lipid Panel Screening
(Cholesterol, Triglyceride, HDL & LDL)
from 6 am - 10:30 am in the North
Lobby of the Hospital. This is a fasting
test, no appointments necessary.
For information call 298-2145. | 16 | HEART MONTH EVENT
"Managing High Cholesterol"
presented by Dr. Zina Hajduczuk,
Cardiologist, at 6pm in Room 249.
Pre-register at 298-2145. |
| 7, 8 & 9 | "Taking Charge of Your Diabetes"
Education Classes - this is a series
of three classes, each class from
6-9 pm in Room 249. Call 298-2297. | 16 | USTOO! Niagara Region Prostate
Cancer Support Group to meet a
7 pm in Room 723A. For information
contact Bob at 745-7749. |
| 7 | Health For All Seasons presents:
"Advance Directives and Health
Care Proxies" at 6:30 - 8 pm on
the Lewiston Porter campus in the
Primary Education Center - AR Room.
This program will the issues, topics
and concerns dealing with advance
directives and a health care proxy, so
individuals will be able to make
informed decisions. Pre-register by
Feb. 6 by calling 298-2145. | 21 | Diabetes Support Group meets the
3rd Tuesday of each month at 6:30 pm
in Room 723A. Call Marie at 745-7149. |
| 8 | Postpartum Breastfeeding Class
for Moms & Babies at 1 pm in
Room 249. For registration call
298-2618 or 298-2385. | 21 | "Ouch My Hand Hurts! Understanding
Carpal Tunnel Syndrome and other
Hand Disorders at 6:30 pm presented
by Lindsey Schultz, OTR/L, CHT and
Lauren Martin, OTR/L on the Lew-Port
campus in the Primary Ed Ctr - AR
Room. The class will review the
signs and symptoms of various arm
and hand disorders. You will be
instructed in exercise techniques
to help prevent and decrease symptoms.
Pre-registration required by Feb. 17
by calling 298-2249. |
| 8 | Parent's Grief Support Group for
Infants at 6:30 pm in Room 723B.
Call Anne at 282-3368. | 27 | HEART MONTH EVENT
"Heart Health For Women: What
Are Your Risk Factors?" presented
by Caitlin Briggs, NP, Cardiology at
6 pm in Room 249. To pre-register
call 298-2145. |
| 9 | Lupus Support Group meets
quarterly on the 2nd Thursday of the
month at 6:30 pm in Room 723 A.
Call 1-800-300-4198. | 28 | HEART MONTH EVENT
"Fainting and the Heart" presented
by Dr. Benjamin Rueda, Cardiologist
at 6 pm in Room 249. To pre-register
for this program call 298-2145. |
| 13 - 17 | HEART MONTH EVENT
Heart Month "Health Fair" from
Noon - 4 pm in the Main Lobby of
the Hospital with displays such as:
• Diet and Nutrition
• Body Mass Index
• Exercise for Good Health
• Smoking Cessation | 28 | Breast Cancer Support Group at
7:30 pm in Room 723A. Contact
Kathy at 754-4719 or Joyce 434-5081. |
| 13, 20
& 27 | "Are You Still Smoking" (3-part
program) held on Mondays from
6-8 pm in 723A presented by Elyse
Updegraph, Exercise Specialist. Gain
insights to successfully quit smoking
permanently. Call 298-2145. | | |

**CELEBRATING
HEART MONTH**

Mount St. Mary's Hospital and Health Center
5300 Military Road, Lewiston, New York • www.msmh.org

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Mount St. Mary's
February is Heart Month
**"Are You At Risk
for Heart Disease"**
Wednesday, February 1 • 6 pm
Room 249
Featuring
Arif Syed, MD, Cardiologist




FREE **Advanced Registration Required**
at 298-2245
Also, Deb Hoffman, CDE
Health Info and Blood Pressure Checks

MOUNT ST. MARY'S
HOSPITAL AND HEALTH CENTER
Your hospital for life

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Mount St. Mary's
**"Fall Out of Addictions:
Stop Smoking"**
Starting Monday, Feb 13 • 6 PM
Presented By:
Elyse Updegraph, Exercise Specialist
Room 723A




FREE **Mount St. Mary's Hospital, Main Bldg**
To Register: 298-2145

5300 Military Rd., Lewiston, NY 14092
716.297.4800

MOUNT ST. MARY'S
HOSPITAL AND HEALTH CENTER
Your hospital for life

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Mount St. Mary's Hospital
**"Taking Charge of
Your Diabetes"**



Featuring Debra Hoffman
Certified Diabetes Educator
February 7, 8 & 9
6 p.m. - 9 p.m. • Room 249


To Register: 298-2297

5300 Military Rd., Lewiston, NY 14092
716.297.4800

MOUNT ST. MARY'S
HOSPITAL AND HEALTH CENTER
Your hospital for life


D 2 col by 2.5 inch

Mount St. Mary's
February is Heart Month
**"Managing
High Cholesterol"**
Thursday, February 16 • 6:30 pm
Room 249
Featuring
Zina Hajduczuk, MD, Cardiologist
Medical Director of Cardiac Rehab



FREE Advanced Registration Required
at 298-2245

5300 Military Rd., Lewiston, NY 14092
716.297.4800



Mount St. Mary's
HOSPITAL AND HEALTH CENTER
Your Hospital for Life

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Mount St. Mary's
Lewiston-Porter Community Education
"Ouch, My Hand Hurts!"
Understanding Carpal Tunnel Syndrome
Tuesday, February 21 • 6:30 pm
Lew-Port Primary Education Center Auditorium
Featuring
Lindsey Schultz, OTR/L, CHT
Lauren Martin, OTR/L
Mount St. Mary's Center for Sports Medicine & Rehabilitation
Pre-Registration Required at 298-2249

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Mount St. Mary's
February is Heart Month
"Heart Health for Women!"
What Are Your Risk Factors
Monday, February 27 • 6 pm
Room 249
Featuring
Caitlin Briggs, NP
Mount St. Mary's Heart Associates
Pre-Registration Required at 298-2145


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Mount St. Mary's
February is Heart Month
**"Fainting
and the Heart"**
Tuesday, February 28 • 6 pm
Room 249
Featuring
Benjamin Rueda, MD, Cardiologist
Head of the Dept of Cardiology



Advanced Registration Required
at 298-2245

5300 Military Rd., Lewiston, NY 14092
716.297.4800





Your hospital for life.™

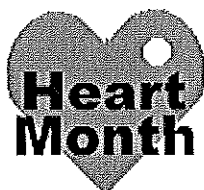
News Release

For More Information

January 23, 2012

Fred Caso (716) 298-2146

fred.caso@msmh.org www.msmh.org



Mount St. Mary's Hospital Conducts Series of Events to Celebrate "Heart Month" in February 2012

Community education programs by three of Niagara's leading cardiologists, free community lipid panel screening, promotion of the "Go Red For Women" awareness campaign of the American Heart Association, and a hospital-wide information event are just some of the activities being coordinated in conjunction with the Cardiology Team at Mount St. Mary's Hospital as part of "Heart Month" in February.

The Cardiac Center at Mount St. Mary's Hospital consists of a team of six cardiologists and a 43-member staff who provide the care that makes Mount St. Mary's the leading provider of cardio-pulmonary care services in Niagara County with services that include Cardiac Rehabilitation, EKG, Holter and Event Monitoring, Echocardiography, Cardiac Stress Testing, Pulmonary/Rehabilitation, Pulmonary Function Testing, Respiratory Therapy, a Sleep Disorders Lab, EEG and EMG testing.

The featured activities of the month-long awareness program are:

- February 1: "Are You At Risk For Heart Disease" by Dr. Arif Syed, Cardiologist, at 6 p.m.
- February 3: "Go Red for Women" Awareness Day
- February 3: Heart Disease Stress Testing at Lewiston Senior Center 11:15 a.m.
- February 5: Free Community Lipid Panel Screening Day from 6 a.m. – 10:30 a.m.
- February 7-9: "Taking Charge of Your Diabetes" from 6 p.m. – 9 p.m.
- February 9: "Cardiac Rehab and the Benefits of Exercise" at Ransomville Fire Hall 11:30 a.m.
- February 13-17: Heart Month Displays
 - Main Lobby: Noon – 4 p.m.
 - Diet and Nutrition
 - Exercise for Good Health,
 - Smoking Cessation
- February 13: Start of a three week program "Are You Still Smoking?" at 6:30 p.m.
- February 16: "Managing High Cholesterol" by Dr. Zina Hajduczuk, Cardiologist at 6 p.m.
- February 27: "Heart Health for Women – Risk Factors" by Caitlin Briggs, NP at 6 p.m.
- February 28: "Fainting and the Heart" by Dr. Benjamin Rueda, Cardiologist at 6:30 p.m.

- more -

The month's overall programs include:

On **Wednesday, February 1**, Mount St. Mary's Cardiologist **Dr. Arif Syed** will present "**Are You At Risk For Heart Disease**" at 6 p.m. in Room 249. Dr. Syed will be joined by Certified Diabetes Educator Debra Hoffman and there will be an array of information and blood pressure checks will be offered for those in attendance.

On **Friday, February 3**, Mount St. Mary's will recognize "**Go Red For Women**" day with special emphasis on providing information to women on signs and risk factors of heart disease. In addition, a special display will be held at the Mount St. Mary's Neighborhood Health Center at 3101 Ninth Street in Niagara Falls. The information will be available from 9 a.m. – noon.

On **Friday, February 3**, **Caitlin Briggs, NP**, of Mount St. Mary's Heart Associates will speak at the Lewiston Senior Center on Pletcher Road. Ms. Briggs will discuss Cardiac Stress Testing beginning at 11:15 a.m.

On **Sunday, February 5**, Mount St. Mary's Hospital will conduct its annual free **Community Lipid Panel Screening** for cholesterol levels. The tests will be taken from 6 a.m. – 10:30 a.m. in the hospital's North Lobby. This is a fasting test. Do not eat after midnight or prior to awakening. No reservations are required. For information call 298-2145.

On **February 7, 8 & 9**, "**Taking Charge of Your Diabetes**" will be presented by **Debra Hoffman**, Certified Diabetes Educator. This is a series of 3 sessions from 6 p.m. – 9 p.m. and will be held in Room 249 of the main hospital building. To register call 298-2297.

On **Thursday, February 9**, **Cynthia Belton, RN**, of Mount St. Mary's Cardiology will speak at the Ransomville Fire Hall on Youngstown-Lockport Road. Ms. Belton will discuss Cardiac Rehabilitation and the benefits of exercise beginning at 11:30 a.m.

On **Friday, February 11**, Mount St. Mary's will conduct a **blood drive** for the community blood bank of Upstate New York Transplant Services. The UNYTS drive will be held from 11 a.m. – 4 p.m. Appointments are available at 298-2145 and walk-ins are welcome

Starting **Monday, February 13** and continuing through **Friday, February 17**, a **Heart Month Health Fair** will be held at Mount St. Mary's. A variety of displays on health topics will be setup in the hospital's main lobby.

On **Tuesday, February 15** a **Heart Month Health Fair** will be held at Mount St. Mary's. Starting at noon in the hospital's main lobby and continuing until 4 p.m., there will be Blood Pressure Screening, Diet and Nutrition information, measuring for body mass index, and more. At 2 p.m., Mount St. Mary's Cardiologist Dr. Marc Veneziano will present a program titled, "Those Funny Little Beats/Palpitations" in Room 723A. To register call 298-2145.

Starting on **Monday, February 13** and continuing on February 20 and February 27, **“Fall Out of Addictions: Stop Smoking,”** a series of three classes will be offered from 6-8 p.m. in Room 723A of the hospital. The class will be conducted by **Elyse Updegraph**, Exercise Specialist. Register by calling 298-2145 or 298-3030.

On **Thursday, February 16**, Mount St. Mary’s Cardiologist **Dr. Zina Hajduczuk** will present **“Managing High Cholesterol”** at 6 p.m. in Room 249.

On **Monday, February 27**, **Caitlin Briggs, NP**, of Mount St. Mary’s Heart Associates will discuss **“Heart Health for Women: What Are Your Risk Factors,”** at 6 p.m. in Room 249.

On **Tuesday, February 28**, Mount St. Mary’s Cardiologist **Dr. Benjamin Rueda** will present **“Fainting and the Heart”** at 6 p.m. in Room 249.



Your hospital for life™

Good Health Calendar

This is our series of Health Education Programs and Activities for March 2012
Mount St. Mary's Hospital and Health Center, located at 5300 Military Road in the Town of Lewiston, offers a wide-variety of health education programs and activities. All programs are open to the public and, unless designated, are located in the main hospital building.

March 2012

- 3 **Fibromyalgia Support Group** meets the 1st Saturday of each month at 1 pm in Room 249. Call Lisa at 298-5481
- 5, 12 & 19 **Expectant Parent Classes** held Mondays at 7:30 pm in the Hospital Cafeteria. Classes cover changes of pregnancy and fitness, labor, birth and relaxation techniques, Cesarean birth and recovery period, your newborn infant and breastfeeding. Tours given during each series. Call 298-2618 or 298-2385.
- 6, 13 & 20 **Pre-Diabetes Education Classes** If you are overweight, have a family history of diabetes and have slightly elevated blood sugars. Learn to make good lifestyle changes that may help slow the progression towards diabetes. This series will focus on nutrition, exercise and healthy lifestyle habits. Classes will be held on Tuesdays, from 6 - 7:30 pm in Room 249. Pre-registration required at 298-2297
- 13 **Alzheimer's Support Group** at 2 pm at Our Lady of Peace in the Family Room. Call Phyllis Ham at 298-3735.
- 14 **Postpartum Breastfeeding Class for Moms & Babies** at 1 pm - 2nd Floor. For information and registration call 298-2618 or 298-2385.
- 14 **"Taking Charge of Your Diabetes" Education Class** - this is an ALL DAY class from 9 am - 5 pm in Room 249. Pre-registration required at 298-2297.
- 14 **Parent's Grief Support Group for Infants** at 6:30 pm in Room 723B. Call Anne at 282-3368.
- 14 **Fertility Care Introductory Sessions "Natural Family Planning."** Learn how contemporary methods of Natural Family Planning work this program is held monthly on Wednesdays at 7:30 pm in Room 249. Pre-registration required at 298-2385.
- 14 **What the Sandwich Generation Needs to Know: Making Sure Your Parents are Safe and Secure When They Need Care in the Future!** Hear from experts about what sons and daughters need to know to ensure their parents are properly cared for when they can't take care of themselves. At Our Lady of Peace Community Room at 6:30 pm. Register at 298-2145.
- 15 **USTOO! Niagara Region Prostate Cancer Support Group** at 7 pm in Room 723A. Contact Bob at 745-7749.
- 20 **Diabetes Support Group** meets the 3rd Tuesday of each month at 6:30 pm in Room 723A. Call Marie at 745-7149.
- 22 **Siblings Class "Let's Celebrate Big Brother/Big Sister"** at 6:30 pm in Room 249. This special program is designed for children 3 - 8 years of age to help them prepare for the arrival of your new baby. Pre-registration required by at 298-2145.
- 23 **UNYTS Blood Drive** from 11 am - 4 pm in Room 249. For an appointment call 298-2144 or just walk in.
- 27 **Health For All Seasons presents: "Exercising With Osteoporosis"** at 6:30 - 8 pm on the Lew-Port campus in the Primary Education Center. The class will cover the importance of exercising with Osteoporosis. Instruction in safe, effective exercise and their benefits on our bodies. Presented by Amy Murdock, PT, Cert. MDT and Kathryn Kopf, PT, Cert. MDT, CLT. Pre-registration required by March 23 at 298-2249.
- 27 **Breast Cancer Support Group** at 7:30 pm in Room 723A. Contact Kathy at 754-4719 or Joyce 434-5081.

Mount St. Mary's Hospital and Health Center
5300 Military Road, Lewiston, New York • www.msmh.org



This is our series of Health Education Programs and Activities for April 2012
 Mount St. Mary's Hospital and Health Center, located at 5300 Military Road in the Town of Lewiston, offers a wide-variety of health education programs and activities. All programs are open to the public and, unless designated, are located in the main hospital building.

April 2012

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|--|--|
| <p>7 Fibromyalgia Support Group meets the 1st Saturday of each month at 1 pm in Room 249. For information call Lisa at 298-5481</p> <p>10 Alzheimer's Support Group meets at 2 pm at Our Lady of Peace in the Family Room. Contact Phyllis Ham for information at 298-3735.</p> <p>11 Postpartum Breastfeeding Class for Moms & Babies at 1 pm in Room 249. For information and registration call 298-2618 or 298-2385.</p> <p>11 Parent's Grief Support Group for Infants to meet at 6:30 pm in Room 723B. Call Anne at 282-3368.</p> <p>14 Niagara Falls Pulmonary Hypertension Support Group to meet on Saturday from 12 – 2:30 pm in Room 249. For more information call Colleen at 297-1067.</p> <p>17, 18 & 19 "Taking Charge of Your Diabetes" Education Classes – this is a series of three classes, each class from 6 pm – 9 pm in Room 249. To register call 298-2297.</p> | <p>17 Diabetes Support Group meets the 3rd Tuesday of each month at 6:30 pm in Room 723A. For information call Marie at 745-7149.</p> <p>18 Fertility Care Introductory Sessions "Natural Family Planning" learn how contemporary methods of Natural Family Planning work this program is held monthly on Wednesdays at 7:30 pm in Room 249. Pre-registration is required by calling 298-2385.</p> <p>19 US TOO! Niagara Region Prostate Cancer Support Group at 7 pm in Room 723A. Contact Bob at 745-7749.</p> <p>24 Breast Cancer Support Group at 7:30 pm in Room 723A. Contact Kathy at 754-4719 or Joyce 434-5081.</p> |
|--|--|

Mount St. Mary's Hospital and Health Center
 5300 Military Road, Lewiston, New York • www.msmh.org



Your hospital for life.™

News Release

February 21, 2012

For More Information

Fred Caso (716) 298-2146

fred.caso@msmh.org www.msmh.org

Mount St. Mary's Hospital Conducts Series of Events in March 2012

Mount St. Mary's Hospital will conduct a series of educational programs in March as part of its Health for All Seasons community education series.

Starting **Tuesday, March 6** and continuing on **March 13 & 20, Pre-Diabetes Education Classes** will be held. This class is for you if you are overweight, have a family history of diabetes and have slightly elevated blood sugars. Learn how to make good lifestyle changes that may help slow the progression towards diabetes. This series of classes will focus on nutrition, exercise and healthy lifestyle habits. Classes will be held on Tuesdays, from 6:00 – 7:30 pm in Room 249. Pre-registration is required at 298-2297.

On **Wednesday, March 14, "Taking Charge of Your Diabetes"** will be presented by **Debra Hoffman**, Certified Diabetes Educator. This is an all day session from 9 a.m. – 5 p.m. and will be held in Room 249 of the main hospital building. To register call 298-2297.

On **Wednesday, March 14, "What the Sandwich Generation Needs to Know: Making Sure Your Parents are Safe and Secure When they Need Care in the Future"** will be held at 6:30 p.m. in the Community Room of the Our Lady of Peace Nursing Care Residence. Speakers include: MaryEllen Stierer, Niagara County Medicaid Eligibility Programs; Stephen Sporn, ND, MPA, Doctor of Naturopathic Medicine; Susan Christian, Niagara County Office for the Aging; and Ron Zito, Our Lady of Peace Nursing Care Residence. Learn what sons and daughters need to know to ensure their parents are properly cared for when they can't take care of themselves. Register at 298-2145.

On **Tuesday, March 27, "Exercising with Osteoporosis"** will be held at 6:30 p.m. at the Primary Education Center on the Lewiston-Porter School District Campus. The program is provided in conjunction with Lewiston-Porter community education and will feature instruction on safe, effective exercise and the benefits for those with Osteoporosis. Speakers include Amy Murdock, PT, Cert. MDT and Kathryn Kopf, PT, Cert MDT, CLT. Pre-registration by March 23 at 298-2249.

On Friday, **March 23**, Mount St. Mary's will conduct a **blood drive** for the community blood bank of **Upstate New York Transplant Services**. The UNYTS drive will be held from 11 a.m. – 4 p.m. Appointments are available at 298-2145 and walk-ins are welcome.

Other programs for the month include:

March 3, **Fibromyalgia Support Group** at 1 p.m. in Room 249;

March 5, 12 and 19, **Expectant Parent Classes** at 7:30 p.m. in hospital cafeteria;

March 13, **Alzheimer's Support Group** at 2 p.m. at Our Lady of Peace Nursing Care Residence;

March 14, **Post Partum Breastfeeding Class** at 1 pm in Room 249

March 14, **Parent's Grief Support Group for Infants** at 6:30 p.m. in Room 723B;

March 14, **Fertility Care Introductory Sessions in Natural Family Planning** at 7:30 p.m. in Room 249;

March 15, **US TOO! Niagara Region Prostate Cancer Support Group** at 7 p.m. in Room 723A;

March 20, **Diabetes Support Group** at 6:30 p.m. in Room 723A;

March 22, **Siblings Class "Let's Celebrate Big Brothers/Big Sisters"** at 6:30 p.m. in Room 249;

March 27, **Breast Cancer Support Group** at 7:30 p.m. in Room 723A.



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This is our series of Health Education Programs and Activities for May 2012 Mount St. Mary's Hospital and Health Center, located at 5300 Military Road in the Town of Lewiston, offers a wide-variety of health education programs and activities. All programs are open to the public and, unless designated, are located in the main hospital building.

May 2012 - Stroke Month

Mount St. Mary's is a NYS Designated Stroke Center

- 5 **Fibromyalgia Support Group** meets the 1st Saturday of each month at 1:00 pm in Room 249. Call Lisa at 298-5481
- 8 **Alzheimer's Support Group** at 2 pm at Our Lady of Peace in the Family Room. Call Phyllis Ham at 298-3735.
- 8 **"Counting Carbs"** Learn about healthy eating behaviors for individuals and families in Room 249 from 6 - 7:30 pm. Call 298-2145.
- 9 **"Stroke Awareness Day"** from 9 am - 3 pm in the South Lobby of the Hospital. Learn about stroke screening and information on stroke risk assessment, wellness and blood pressure, exercise & body fat, stroke rehabilitation, diabetes, nutrition and quitting smoking.
- 9 **Parent's Grief Support Group for Infants** to meet at 6:30 pm in Room 723B. Call Anne at 282-3368.
- 10 **Lupus Support Group** meets quarterly on the 2nd Thursday of the month at 6:30 pm in Room 723A. Call 1-800-300-4198.
- 10 **"Taking Charge of Your Diabetes" Education Class** - this is an ALL DAY class on steps to take control of your diabetes from 9 am - 5 pm in Room 249. There is a fee. Pre-registration at 298-2297.
- 15 **Diabetes Support Group** meets the 3rd Tuesday of each month at 6:30 pm in Room 723A. For information call Marie at 745-7149.
- 16 **Fertility Care Introductory Sessions "Natural Family Planning."** Learn how contemporary methods of Natural Family Planning work. This program is held monthly on Wednesdays at 7:30 pm in Room 249. Pre-registration required at 298-2385.
- 17 **US TOO! Niagara Region Prostate Cancer Support Group** at 7 pm in Room 723A. For registration please contact Bob at 745-7749.
- 21 **Postpartum Breastfeeding Class for Moms & Babies** held at 1 pm in Room 249. For information and registration call 298-2618 or 298-2385.
- 22 **Breast Cancer Support Group** at 7:30 pm in Room 723A. Contact Kathy at 754-4719 or Joyce 434-5081.
- 23 **Expectant Parents One-Day Class** from 9 am - 5 pm in Room 249. Class size is limited please register in advance by calling 298-2618.
- 24 **Siblings Class "Let's Celebrate Big Brother/Big Sister"** at 6:30 pm in Room 249. This special program is designed for children 3 - 8 years of age to help them prepare for the arrival of your new baby. Pre-registration required at 298-2145.

Mount St. Mary's Hospital and Health Center
5300 Military Road, Lewiston, New York • www.msmh.org



News Release
April 20, 2012

For More Information
Fred Caso (716) 298-2146
fred.caso@msmh.org www.msmh.org

**Mount St. Mary's Hospital to Present
Series of Health Education Programs in May 2012**
May is Stroke Awareness Month at Mount St. Mary's

Mount St. Mary's Hospital will present a series of programs in May as part of its health education program and event series and Stroke Awareness Month. Mount St. Mary's is a Designated Stroke Center from the New York State Department of Health.

On **Tuesday, May 8** "Counting Carbs" will be the topic presented by **Debra Hoffman**, Certified Diabetes Educator. This program is designed for individuals and families and will be held in Room 249 from 6 -7:30 p.m. To register call 298-2297.

On **Wednesday, May 9**, Mount St. Mary's will recognize **Stroke Awareness Day** with a series of displays on blood pressure, stroke risks and treatment, nutrition, diabetes and more. The displays will be available for viewing from 9 a.m. – 2 p.m. in both the main (south) lobby and the outpatient (north) lobby.

On **Wednesday, May 10**, "Taking Charge of Your Diabetes" will be presented by **Debra Hoffman**, Certified Diabetes Educator. This is an all-day class from 9 a.m. – 5 p.m. and will be held in Room 249 of the main hospital building. To register call 298-2297.

On **Tuesday, May 22**, Mount St. Mary's Head of Neurology and director of stroke care **Dr. Gregory Sambuchi** will speak at the Lewiston Senior Center. His presentation will begin at 1 p.m.

Other programs for the month include:

May 5, **Fibromyalgia Support Group** at 1 p.m. in Room 249;

May 23, **Expectant Parent Classes** from 9 a.m. – 5 p.m. in Room 249;

May 8, **Alzheimer's Support Group** at 2 p.m. at Our Lady of Peace Nursing Care Residence;

May 21, **Post Partum Breastfeeding Class** at 1 pm in Room 249

May 9, **Parent's Grief Support Group for Infants** at 6:30 p.m. in Room 723B;

May 16, **Fertility Care Introductory Sessions in Natural Family Planning** at 7:30 p.m. in Room 249;

May 17, **Kidney Health Class** from 6 – 7:30 p.m. in Room 249.

May 17, **US TOO! Niagara Region Prostate Cancer Support Group** at 7 p.m. in Room 723A;

May 15, **Diabetes Support Group** at 6:30 p.m. in Room 723A;

May 24, **Siblings Class "Let's Celebrate Big Brothers/Big Sisters"** at 6:30 p.m. in Room 249;

May 22, **Breast Cancer Support Group** at 7:30 p.m. in Room 723A.

For information and registration for any of the above, please call 298-2145.