

About Norwood Hospital

Norwood Hospital is a full-service, 215-bed community hospital for adults and children with a focus on delivering world-class health care along with the latest advances in technology and treatment options. With first class specialists, innovative treatment options, and state-of-the-art technology, including robotic-assisted surgeries for joint replacement, the hospital campus provides exceptional care throughout Norfolk County and surrounding areas. Norwood Hospital has recently earned three awards from Healthgrades including the 2019 Patient Safety Award, the Five-Star Knee Replacement Award and the 2020 General Surgery Excellence Award. Other distinctions include the MBSAQIP (Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program) Comprehensive Center Accreditation Award, and has been designated as two Blue Distinction+ Centers by Blue Cross Blue Shield of Massachusetts for Maternity Care and for Knee and Hip Replacement. Norwood Hospital is part of the Steward Health Care System LLC. Additional information is available at www.norwood-hospital.org.



Interpreter Services Available

Portuguese - Português Fala Português? Vamos oferecer-lhe um intérprete gratuito.

Spanish - Español ¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

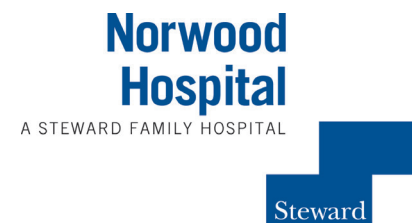
The 2020 Guide to Good Health is brought to you by the *Community Benefits Department* of Norwood Hospital whose purpose is to:

- Improve the overall health status of people in our service area. Norwood Hospital is committed to serving the entire community, including the uninsured, underinsured, poor, and disadvantaged;
- Provide accessible, high-quality health care services to all within its culturally diverse community, regardless of their ability to pay;
- Norwood Hospital is dedicated to collaborating with our staff, providers, and community representatives to deliver meaningful programs that address statewide health priorities and local health issues;
- Contribute to the well-being of our community by providing excellence in our health care outreach efforts including, but not limited to, reducing barriers to accessing health care, preventive health education, screenings, wellness programs and community-building; and,
- Regularly evaluate our community benefits program.

To Learn more visit: <https://www.norwood-hospital.org/about-us/community-health-outreach>



Norwood Hospital
800 Washington Street | Norwood, MA 02062
781-769-4000 | norwood-hospital.org



Guide to Good Health 2020

Norwood Hospital is proud to be the community hospital for the greater Norwood area and beyond for the past 100 years. We are focused on providing comprehensive and expert pediatric and adult care to the more than 20 communities we serve. Included in this guide are groups, resources and information to help support healthy lives. Norwood Hospital works in close collaboration with other local organizations.

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Community-Based Support Groups

Norwood Hospital hosts several community organizations that provide support and skills-training groups include:

Al-Anon and Alcoholics Anonymous: Please call (800) 331-2900 for meeting locations and times

Domestic Violence Support: Confidential support groups for anyone experiencing domestic violence. Meetings are facilitated by Domestic Violence Ended (DOVE) staff. For more information visit www.dovema.org or call (857) 939-3058

Mental Health Support: A support group for individuals and families. Facilitated by the National Alliance of Mental Illness-South Norfolk Affiliate (NAMI-SN). Call (508) 668-2941 or visit www.namimass.org for more information

Norwood Hospital Education, Support Groups and Programs

Bereavement Support Group: This free group offers support and resources that may help you cope with the loss of a loved one. Please call (781) 278-6049 for more information.

Cancer Support Group: Learn new coping strategies and connect with others living with cancer in this free support group. Please call (781) 278-6049 for more information.

Diabetes Support Group: A free monthly support group facilitated by certified diabetes educators. The group meets the second Tuesday of each month from October to May from 6:30-7:30pm. For more information call (781) 278-6907

Senior Suppers: We offer low cost meals to seniors (aged 55 and older) at the Norwood Hospital Cafeteria Monday through Friday from 4:45-6:45 p.m. Call (781) 769-4000 ext. 13663 for menu information

Smoking and Tobacco Cessation: Free six-week program to stop tobacco use. Facilitated by an American Cancer Society Freshstart instructor. Email: nougesha.poulin@steward.org for more information

Childbirth and Parenting Education

Norwood Hospital offers the following groups and classes:

- Breastfeeding Classes and Support Groups
- Lactation Clinic
- Childbirth Preparation and Childbirth Refresher classes
- Childbirth Preparation for Siblings Class and Tour
- Pre-natal Yoga
- Newborn Care
- Happiest Baby on the Block
- Infant CPR and Safety
- What to Expect When You Deliver at Norwood Info. Sessions

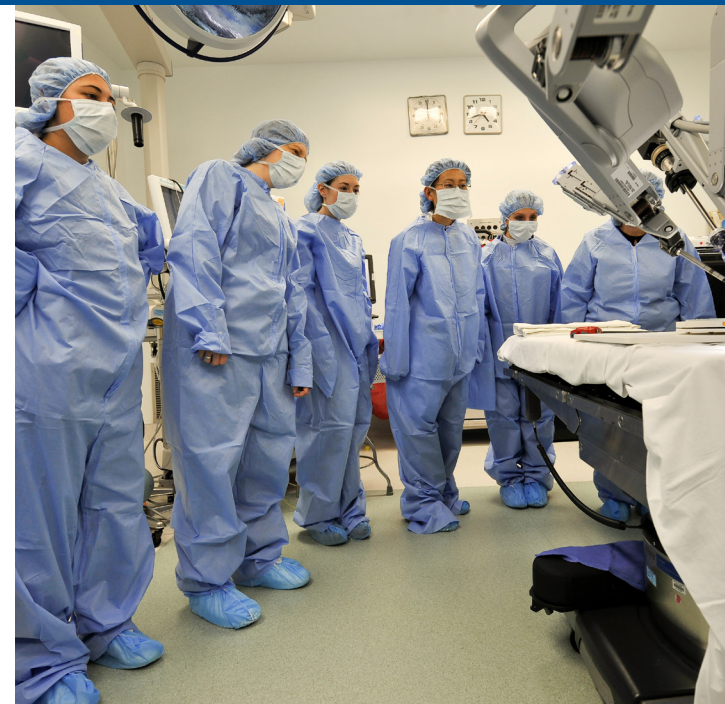
For schedules and details on all of Norwood Hospital's childbirth and parenting education classes please email NHChildbirthEd@Steward.org.

Community Partner Spotlights

YMCA provides evidence-based health interventions programs:

- **LIVESTRONG® at the YMCA:** A 12-week, small group physical activity program for adult cancer survivors
- **YMCA'S and Medicare Diabetes Prevention Program:** This one-year program is designed to support adults that are at a high risk of developing type 2 diabetes and reduce their risk for developing the disease. This program is a Medicare covered benefit
- **Blood Pressure Self Monitoring Program:** Helping adults with hypertension to lower and manage their blood pressure through regulated self-monitoring using proper measuring techniques. Program includes a blood pressure monitor
- **Multiple Sclerosis Wellness Program:** A 12-week physical activity program for individuals living with multiple sclerosis
- **Healthy Weight and Your Child:** A family-based weight-management program for youth ages 7–13 with body mass index in the 95th percentile or higher
- **Prescribe the Y:** A general wellness program that includes goal setting, nutrition consultation and a 3 month membership to the YMCA to help individuals regain or start a path to healthy habits

For YMCA Program Inquiries, please call (508) 772-1310 or email at PHL@hockymca.org.



HESSCO provides support and services for elders, individuals living with a disability and their caregivers. Services include:

- Information and Referrals
- Health Insurance Information, Assistance and Counseling
- Nutrition Services
- Home Care Services
- Caregiver Support
- Money Management
- Protective Services
- Ombudsman Services
- Legal Services

For more information please call (781) 784-4944 or email us at info@hessco.org.

Schools to Careers Partnership bring together schools and organizations to help students validate and explore future career choices. To learn more about how students can participate please call (781) 828-5800 ext.2204.