



## Health Programs and Support Groups

at Norwood Hospital

Norwood Hospital offers health education programs and support groups to help you lead a healthy life. For additional information, please visit [Norwood-Hospital.org](http://Norwood-Hospital.org) or call 781-278-6022. To learn about new programs as they become available follow Norwood Hospital on Facebook and Twitter.



### Behavioral Health and Addictions

#### **Al-Anon and Alcoholics Anonymous**

Alcoholics Anonymous meets at Norwood Hospital in the Cafeteria, Dining Room B – Tuesday, 7 - 8 pm; Wednesday, 7:30 - 9 pm; Friday, 7:30 - 9:00 pm; and Sunday, 10:30 am - noon. Al-Anon meets Sunday, 8:30 - 10 am and 10 - 11:30 am, RANI conference room. For other meeting locations, call **800-331-2900**.

#### **Alcohol and Substance Abuse, Mental Health Services**

**Steward NORCAP Lodge in Foxboro** provides comprehensive inpatient mental health services, substance abuse, specialized geriatric dementia, and intensive outpatient programs. Call **1-800-331-2900** or **781-278-6670**.

#### **Domestic Violence Support**

A confidential support group for anyone experiencing domestic violence. Meetings facilitated by **DOVE** (Domestic Violence Ended) staff. For support and group information call **857-939-3058** or DOVE's 24-hour hotline at **888-314-3683**. Also visit [www.dovema.org](http://www.dovema.org).

#### **Family Connections Program**

The Family Connections Program (created by the National Education Alliance for BPD) is a free 12-week course that meets weekly to provide education, skills training, and support for people who are in a relationship with someone who has Borderline Personality Disorder (BPD). To learn more or register, please contact [rosemary3641@yahoo.com](mailto:rosemary3641@yahoo.com) or [tbt krooney@gmail.com](mailto:tbt krooney@gmail.com).

#### **Mental Health Support**

A support group for families and those that need support – organized by the National Alliance on Mental Illness – South Norfolk Affiliate (NAMI-SN). Call **508-668-2941** or go to [www.namimass.org](http://www.namimass.org) for more information.

### Bone and Joint

#### **Orthopedic Joint Replacement Pre-Op Class**

Free class for patients scheduled for hip or knee replacement surgery. Prior to surgery, patients are invited to participate in a Joint Replacement Pre-Op Education Class. The class provides information about what to expect when having joint replacement including Pre-Admission Testing, Day of Surgery, Hospital Stay and Recovery. This class allows patients to meet with Anesthesia, Nursing and Physical Therapy prior to the day of surgery. For more information please call **781-278-6650**.

#### **Osteoarthritis**

Attend a free one-hour information session about treatment options to relieve joint pain. Norwood Hospital orthopedic surgeons discuss the minimally-invasive, innovative technology MAKO robotic-arm assisted surgery for knee or hip replacement to effectively treat osteoarthritis. On staff are orthopedic surgeons who specialize in: joint replacement; shoulder surgery; hand & upper extremity; and sports medicine. For more information or to register for a seminar, visit [norwood-hospital.org](http://norwood-hospital.org) or call **781-278-6650**.

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### **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.

## Bereavement Support

### **Bereavement Support Group**

Grieving is a natural healing process and is unique to each person. This free bereavement support group and resources may help you cope with the loss of a loved one. For more information call **781-278-6047** or [laura.kolmar@steward.org](mailto:laura.kolmar@steward.org).

## Cancer Support

### **Cancer Screenings**

A variety of **free** cancer screenings are offered throughout the year. Call **781-278-6022** for schedule and information.

### **Cancer Support Group**

This free support group will allow you to talk about your experience with others who are also living with cancer, learn new coping strategies, and share practical information.

For more information call **781-278-6047** or [laura.kolmar@steward.org](mailto:laura.kolmar@steward.org).

### **LIVESTRONG® at the YMCA**

A 12-week, small group physical activity program for adult cancer survivors, who have become de-conditioned or chronically fatigued from their treatment and/or disease. Call **508-772-1310** or [phl@hockymca.org](mailto:phl@hockymca.org) for more information.

### **“Look Good...Feel Better”**

**Free** presentations at **Norwood Hospital and the Cancer Center at Foxboro**. Look your best during chemotherapy and radiation treatment with advice from trained cosmetologists on caring for your skin and hair. Call **781-278-6022** for information.

## Childbirth and Parenting Education

Norwood Hospital offers world-class pediatric care close to home through a clinical collaboration with **Mass General for Children**, a nationally recognized leader in pediatric services. For schedules and details on all of Norwood Hospital's childbirth and parenting education classes below, call **781-278-6402**, email [NHChildbirthEd@Steward.org](mailto:NHChildbirthEd@Steward.org) or visit [www.Norwood-Hospital.org](http://www.Norwood-Hospital.org).

### **Breastfeeding 101**

This two-hour session gives an overview of breastfeeding and how to get off to a good start. Classes are taught by an International Board Certified Lactation Consultant (IBCLC.) A support person is encouraged to attend. **Free** to Norwood Hospital maternity patients, \$50 for all others.



### **Breastfeeding Drop-In Support Group**

**Free.** Facilitated by a certified lactation consultant for breastfeeding moms. Bring your baby and share resources with other new mothers.

### **Childbirth Preparation**

Classes are taught by qualified professionals. Topics include: an overview of labor, breathing and relaxation techniques, medication, labor room procedures, tour of the maternity unit, and newborn care. Several course schedules offered.

- Four-week, weekday evening course. Cost: \$150.
- Two-day, weekend course. Cost: \$150.
- Four-hour private class. Cost: \$175.

### **Childbirth Refresher Course**

For couples who have completed a childbirth series for a previous pregnancy. Cost: \$90.

### **Childbirth Sibling Class and Tour**

This one-session program prepares siblings ages 3 to 7 for the upcoming birth and includes a nursery tour. Cost: \$25 (\$5 for each additional child).

### **“Happiest Baby on the Block”**

For moms, dads, and caregivers! Innovative, results-oriented class, based on the book by Dr. Harvey Karp. Taught by certified “Happiest Baby” educator. Teaches parents how to instantly soothe/calm any baby. Cost: \$60 includes an instructive “Happiest Baby” DVD and CD with sleep sounds.

### **Infant CPR & Safety**

This one-evening CPR training class also covers prevention and safety issues. Cost: \$30 per person, \$50 per couple, and \$20 for grandparents.

### **Lactation Clinic**

Are you experiencing discomfort for yourself or worried about your baby's feeding? Please call **781-278-6413** to schedule an outpatient appointment with one of our International Board Certified Lactation Consultants (IBCLC). Most insurances accepted.

### **Newborn Care**

Basic infant care skills, such as bathing, diapering, feeding, and car seat safety. (This class is included in all childbirth preparation classes at no additional cost.) Cost: \$40.

### **Prenatal Yoga**

Taught by a certified yoga instructor, this class explores safe yoga postures for women during all stages of pregnancy. Prenatal yoga is highly beneficial in helping to reduce physical discomforts, anxieties and helps to prepare you for labor and delivery. Cost: \$90.

## What to Expect When You Deliver at Norwood Hospital

**Free.** An informational session with the nurse manager and nurses of Small Miracles Maternity Unit to help you prepare for your birth experience at Norwood Hospital.

## Diabetes Education

### Diabetes Support Group

Facilitated by Registered Dietitian and Certified Diabetes Educators. The group meets at Norwood Hospital on the second Tuesday of each month from October through May, 6:30 pm to 7:30 pm, in the RANI conference room. Call **781-278-6907** for information.

### Diabetes Prevention Program at YMCA

The YMCA's Diabetes Prevention 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 is a one-year program consisting of 25 sessions that help participants learn about healthy eating and increasing their physical activity. This program is a Medicare covered benefit. Contact **508-643-5271** or [phl@hockymca.org](mailto:phl@hockymca.org).

## Doctor Referral Service

### Steward DoctorFinder™

To find a physician and book an appointment, call **800-488-5959** or visit [Norwood-hospital.org](http://Norwood-hospital.org) and click on DoctorFinder.

## Heart Health

### Blood Pressure Self Monitoring Program at the YMCA

BPSM is an evidence-based program that helps adults with hypertension lower and manage their blood pressure through regulated self monitoring using proper measuring techniques, individualized, support and nutrition education for better blood pressure management. For information call **508-772-1310** or [bloodpressure@hockymca.org](mailto:bloodpressure@hockymca.org).

### Cardiac Rehabilitation Fitness and Education Program

This is an insurance covered medically supervised cardiac rehabilitation program designed for individuals of all ages recovering from heart attack, coronary artery bypass surgery, angioplasty/stent, valve surgery, LVAD, heart transplant, heart failure or those being treated medically for stable angina. It is a comprehensive individualized program of exercise and heart healthy education where health care providers partner with you to enable you to take charge of the lifestyle choices and habits that affect your heart. Call **781-278-6237** for more information.

### Cardiac Rehabilitation Maintenance Program

This maintenance program is open to all that are eligible and have gone through exercise/pulmonary rehabilitation and wish to continue exercising in a supervised setting. Call **781-278-6265** for information.

## Hernia Center at Norwood Hospital

Norwood Hospital's Steward Medical Group surgeons are pioneers in performing hernia repair, having performed some of the earliest laparoscopic, minimally invasive repairs more than 20 years ago. Our physicians can confirm the presence of a hernia during a physical exam and discuss the best option for treatment and repair. Schedule a consultation by calling **781-762-2600**.

## Home Care

### Steward Home Care

Steward Home Care, Hospice & Private Care is part of the Steward Health Care System with Home Health offerings including Skilled Nursing, Telehealth monitoring, Therapy (Physical, Occupational, Speech), Medical Social Work, Personal Care Assistance & Nutrition Counseling. Our Hospice Circle of Care Team helps provide the compassionate care needed to maximize quality of life, minimize pain, and provide support for those with Advanced Illness. Call **888-820-1640** for more information.

## Interpreter Services

Norwood Hospital offers interpreter services at no cost to our non-English speaking patient and to patients who are deaf. Hospital interpreters speak Portuguese and Spanish. Our technology includes support for American Sign Language with over-the-phone interpretation and video services available as needed, 24-hours-a-day, in more than 140 languages. For more information call **781-769-4000** or go to [www.Norwood-Hospital.org](http://www.Norwood-Hospital.org), click on Patient Information, then Interpreter Services.

## Multiple Sclerosis

### Multiple Sclerosis Wellness Program at YMCA

MS Wellness Program is a physical activity program for individuals living with multiple sclerosis. This 12-week program is facilitated by a nationally certified personal trainer who is trained by the National MS Society to better understand the needs of individuals diagnosed with MS to achieve a healthier lifestyle. Contact **508-772-1310** or [phl@hockymca.org](mailto:phl@hockymca.org) for more information.

## Nutrition and Weight Loss

### Nutrition and Wellness Clinic – Norwood Hospital

Registered dietitians and certified diabetes educators provide individualized nutrition counseling to patients for a variety of conditions, including weight management, diabetes, heart disease, high blood pressure, gastrointestinal disorders, pregnancy and breastfeeding, and food allergies/intolerances. Presentations are available on nutrition topics for your school or organization. Call **781-278-6907** for more information.

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## Weight Loss Surgery Program

The Norwood Hospital Center for Weight Control offers Sleeve Gastrectomy and Lap-Band® surgery, both minimally-invasive surgical solutions for long-term weight loss. Our program also offers medically supervised weight loss, as well as nutritional counseling. To date, we have performed more than 2,000 weight loss operations. To learn more about the program, visit [norwoodweightloss.org](http://norwoodweightloss.org). To register for a free seminar or to schedule a consultation call **508-668-4400**.

## Pain Management

### Pain Management Center

Staffed with specialists dedicated to minimizing and effectively treating persistent pain. The Pain Management Center at Norwood Hospital works collaboratively with patients and their primary or referring physicians to develop a therapeutic plan of care. Call **781-278-4566** for more information.

## Rehabilitation Services

Norwood Hospital offers a full range of quality rehabilitation services including physical therapy, occupational therapy, and speech and language pathology. A physician prescription is required for all rehabilitation services. Call **781-769-4000, ext. 12430**, for information.

## Aquatics Therapy

The Aquatic Therapy program is offered 3 mornings each week in a heated pool at a local hotel. The buoyancy of the water helps decrease pressure on the joints while supporting weak muscles. If you are experiencing joint pain, weakness, decreased balance, or limited endurance, aquatics would be valuable to you. Typical diagnoses include arthritis, post-operative orthopedic or spine surgeries, joint replacements, as well as balance related issues.

## Balance and Vestibular Rehabilitation

An individually tailored therapy program that aims for enhanced quality of life. Supervised by licensed therapist that focuses on alleviating the symptoms of disequilibrium, vertigo, and dizziness.

## Occupational Therapy

The Occupational Therapy / Hand Therapy department at Norwood Hospital offers a full range of services for rehabilitation of arm and hand problems. Diagnoses commonly seen include fractures, tendon and nerve injuries, carpal tunnel syndrome, overuse syndromes, “tennis” elbow, post surgical conditions, stroke, and Parkinson’s disease. All services are provided by licensed and certified occupational therapists.

## Parkinson’s Voice Rehabilitation

LSVT LOUD (Lee Silverman Voice Treatment), is an evidence-based program, which is provided by Certified LSVT clinicians (Speech-Language Pathologist) to increase vocal loudness, endurance and quality for functional daily communication activities so you can be “heard and understood” when talking.

## Pelvic Floor Rehabilitation

Norwood Hospital offers comprehensive pelvic floor rehabilitative services to assist men and women with a variety of conditions improve quality of life and promote wellness. Services include treatment of urinary and fecal incontinence, pelvic pain, pre- and post- prostatectomy, as well as pregnancy related orthopedic conditions.

## Senior Programs

### Senior Suppers

For a nominal fee, seniors (age 55 or older) are welcome to come to the Norwood Hospital cafeteria, Monday through Friday, 4:45 pm. to 6:45 pm, for a nutritious meal. No senior suppers on weekends or holidays. Check out the daily menu hotline at **781-769-4000, ext. 13663**.

## Sleep Health

### Steward Centers for Sleep Medicine

Located at Norwood Hospital, the center provides sleep diagnostic services to assist in treating a variety of sleep disorders. Some patients may qualify for a home sleep test depending on insurance plans. A physician referral is required. Call **781-278-6111** for more information or to schedule an appointment.

## Smoking Cessation Program

### Freshstart® Smoking Cessation Program

**Free**, six-week program to stop smoking. Facilitated by a Freshstart® American Cancer Society instructor. Call **781-278-6022** for information and to register.

## Spine Center

The Spine Center at Norwood Hospital provides advanced care for conditions of the neck, back and spine. The Spine Center provides combined expertise of specialists in neurosurgery, pain management, radiology and physical therapy to determine best plan of care. Call **781-769-4000** for more information or to schedule an appointment.

## Surgical Services

### Pre-Surgery Education for Patients

**Free**, one-hour class to prepare patients and their families for an upcoming surgery. Classes are taught by registered nurses and address a variety of topics, including what to expect in the operating room, recovery, and orthopedic needs. Any questions that you bring to class regarding your surgical experience will be discussed privately. Classes are held twice monthly in the Day Surgery waiting room. Adult class meets 6 - 7pm and pediatric class (typically up to age 14) at 5:30 - 6 pm. Call **781-278-6397** to register.

