Kau‘we family welcomes their special one at CMC

Kawena Okala Kau‘we was “No. 1” to her family and at Castle Medical Center (CMC) over and over again! Her parents, Kristie and Richard, welcomed her on Jan. 1, 2011. Kawena and her mom left CMC after spending the night at the Birth Center—in Room 111!

Castle Medical Center has engaged Energy Industries, a Honolulu-based company, for a $2.7 million comprehensive energy project, scheduled for completion at the end of June. It should significantly decrease Castle’s carbon footprint and save the medical center a projected $270,000 annually.

Following a comprehensive assessment of the 160-bed facility’s infrastructure that examined the vulnerability of the hospital’s air conditioning, lighting and power systems to possible equipment failures, Energy Industries developed new system designs to provide the medical center with built-in safeguards to mitigate potential problems of equipment disruption. The programs will not only result in savings to the medical center, but will also provide energy security for crucial building equipment.

The energy-efficiency retrofit work will include the replacement of two air conditioning chillers, two cooling towers and variable frequency drives and a redesign of the air conditioning system. The state-of-the-art chiller equipment will use “mag-lev” technology, best known for its use in high-speed trains. The innovative compressor technology will be oil-free and have exceptional energy-saving capabilities.

TWO FOR THE PRICE OF ONE. By combining capital improvement considerations with energy conservation and risk-management opportunities, the hospital will improve its building function while significantly lowering its cost of operations.

“Castle Medical Center has taken an intelligent approach to energy management by prioritizing the critical issues and using energy cost-savings and rebates to supplement needed capital improvements,” says Miles Kubo, executive vice president and chief operating officer of Energy Industries. “Much like health care, getting a full diagnosis and selecting the proper treatment is the best course of action. Using the financial benefits of energy management, they were able to get more improvements than they had originally imagined.”

Castle Medical Center

—Adventist Health

Exceptional Medicine by Exceptional People

640 Ulukahiki St.
Kailua, HI 96734

SURF HEALTH NEWS

Conserving energy, saving money

THE SMART WAY TO BETTER HEALTH!

Access our website by scanning this barcode with your smartphone.*
Find more barcodes on CMC materials for easy access to a world of health and wellness information.

*You’ll first need to download a QR (Quick Response) code reader.
The Harold K. L. Castle Foundation gave a big boost to the health of Windward ‘Oahu residents in the form of a $2 million check they presented to Castle Medical Center (CMC) on Dec. 6. The funds are designated for renovating and expanding the medical center as well as for its health care programs and services. This was the largest gift ever given to the facility by the foundation.

“We are very honored that the trustees of the Harold K. L. Castle Foundation have invested these precious resources in the Windward community’s health care future,” says Kevin A. Roberts, CMC president and CEO.

“Due to the aging population and growth of this area, the demands on the hospital continue to increase. This grant and others will help renovate and expand services essential to meet these increasing needs.”

A GENEROUS GIFT: Terry George, executive vice president and COO (left); Mitch D’Olier, Foundation president and CEO; Kathy Raethel, CMC vice president of patient care; James B. McIntosh, Foundation chairman of the board; John Monge, CMC’s vice president of operations; John Keene, director of development; Kevin A. Roberts, president and CEO; Jasmin Rodriguez, director of marketing; and Kate Tschudin, development coordinator, accept the check.

“Castle Foundation presents $2 million gift to CMC

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Carmen named chairman of CMC governing board

Robert G. Carmen, president and CEO of Adventist Health since October 2007, added the role of Castle Medical Center’s governing board chairman to his résumé this spring. Carmen currently chairs the boards of two southern California hospitals: Glendale Adventist Medical Center in Glendale and White Memorial Medical Center in Los Angeles.

In addition, Carmen oversees managed care throughout Adventist Health’s four-state service area, which includes 17 hospitals with more than 2,600 beds, approximately 17,500 employees, numerous clinics and outpatient facilities, the largest system of rural health clinics in California, 14 home care agencies, and 4 joint-venture retirement centers. Carmen also oversees corporate communication, corporate compliance and strategic planning at the corporate office.

Carmen has more than three decades of health care experience—all gained in various Adventist Health facilities. Previously, he served as president of Adventist Health/Southern California, where he oversaw the operations of five hospitals and a medical foundation. Simultaneously, he was president of White Memorial Medical Center and Glendale Adventist Medical Center. Before that, he was vice president of Region I, which encompassed Adventist Health’s Central California Hospitals, and also served as president of Castle Medical Center from 1978 to 1983.

Carmen holds a master’s degree in public administration with an emphasis in health care administration from the University of Colorado, Denver. In addition, he is affiliated with numerous professional organizations, including the California Hospital Association.

Carmen and his wife, Cindy, have two adult children and one grandchild. They live in Loomis, Calif.

Library cart donated for patients

Thanks to the Windward Rotary Club and Friends of Kailua Library, Chaplain Services now visits patients with a library cart several times a week to offer reading material and a caring touch.

Last June when Windward Rotary member Galen Coffman was a patient at Castle Medical Center, he wished he had books or magazines to read as he sat in his room. He mentioned it to Chaplain David Rasmussen, a fellow Rotary member, who then brought Coffman some of his own books.

Knowing that other patients would probably also enjoy having access to books and magazines, Coffman offered to donate a cart for books and magazines through the Windward Rotary Club. Byrde Cestare, another Rotary member, works with Friends of Kailua Library and arranged to have books donated through that organization. The library cart, which also carries a generous supply of religious materials and Gideons’ Bibles, is now a welcome sight to patients.

As part of infection control precautions, the books are not recycled and each book carries a sticker notifying patients that the book is theirs to keep, courtesy of CMC, Friends of Kailua Library and the Windward Rotary Club.

The Windward Rotary Club continues to donate books to the cart in honor of its weekly speaker.

Castle partners to provide surgery for uninsured patients

Castle Medical Center is a partner in a joint project with Aloha Medical Mission, the Queen’s Medical Center, private surgeons and anesthesiologists, and two Hawai’i community centers to provide free outpatient surgery to uninsured people in the state who cannot afford to pay. The program is called Kōkua Me Ka Laulima (“Help With Many Hands”).

Castle treated its first Kōkua Me Ka Laulima patient in December 2010. The program’s first patient was treated at the Queen’s Medical Center in early October.

Under the partnership agreement, Queen’s and Castle agreed to cover the cost of surgery for such patients with general surgical problems who can be treated as outpatients. Various private surgeons and anesthesiologists agreed to waive their surgical fees.

It is anticipated that approximately 10 to 12 patients a year will be referred from the Kalihi-Pālama and Kōkua Kalihi Valley health centers.

Castle nurses honored

Perioperative Clinical Manager Rachel Dick, RN, and Laulima Unit Nurse Manager Ann McKenna, RN, were among outstanding nurses statewide who were honored at the Faces of Nursing Gala at the Sheraton Waikiki last fall.

“Castle Medical Center is proud to honor these two exemplary nurses for their wonderful contributions to the nursing profession,” says Vice President of Patient Care Kathy Raethel.

The Friends of UH Mānoa Nursing presents the Faces of Nursing Awards annually to recognize excellence in nursing. Proceeds from the event support scholarships and simulation learning at UH Mānoa Nursing.
Heart disease, cancer and stroke. These are words no one wants to think about, but men can’t afford to ignore them: All three diseases are among the leading causes of death of American men. One in 5 American men has heart disease, and nearly 1 in 3 has high blood pressure, a significant risk factor for heart disease and stroke, according to the U.S. Department of Health and Human Services (HHS). Men are more likely than women to have heart attacks and to have them at a younger age.

Likewise, almost half of all men will develop some form of cancer in their lifetimes, federal health officials say. Lung cancer is the most common fatal cancer for men, followed by prostate cancer and colon and rectal cancers.

But with knowledge and a little effort, men can take steps to avoid these and other potentially dangerous health conditions. It all can start with a trip to your doctor, something men do much less often than women, according to Men’s Health Network, a nonprofit health advocacy group.

You can tell your doctor about your health history, your medications and any problems you’re having. And your doctor can tell you about health screenings, medications you might need and some of the healthy behaviors you can adopt.

**SCREENING TESTS** Screenings can find diseases early, when they may be more effectively treated.

The HHS and other national experts suggest the following tests for men. But talk to your doctor. Some men will need to be screened earlier or more often.

**Body mass index.** Your body mass index (BMI) is an indicator of body fat based on your height and weight. It can help your doctor determine if you are at risk for obesity. People with too much body fat are more likely than their leaner counterparts to have a heart attack or stroke, even without other risk factors. To calculate your BMI, go to [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi).

**Cholesterol.** High cholesterol is one of the major risk factors for heart disease. Check yours at least every five years starting at age 20. If you have diabetes or high blood pressure, smoke, or have family members with heart disease, talk to your doctor about whether you need to be screened more often. Most men should aim for:

- Total cholesterol below 200 mg/dL of blood.
- LDL (the bad cholesterol) below 100 mg/dL.
- HDL (the good cholesterol) above 40 mg/dL.
- Triglycerides (another form of fat in the blood) below 150 mg/dL.

**Blood pressure.** High blood pressure increases your risk of stroke, heart attack, kidney failure and congestive heart failure. But it often has no symptoms. That’s why it’s important to get it checked at least every two years. If you have high blood pressure, you may need medication to control it. For most people, high blood pressure is 140/90 mm Hg or higher.

**Diabetes.** If you have high blood pressure or high cholesterol, get screened for diabetes. Diabetes increases your risk for a number of serious conditions—including heart disease, stroke, kidney disease and eye problems — so it’s important to work with your doctor to keep it under control.

**Sexually transmitted infections.** Talk to your doctor to see if you should be tested for HIV, gonorrhea, syphilis, chlamydia or other sexually transmitted infections.

**Colorectal cancer.** Screening for most men should start at age 50. If you have a family history of colorectal cancer, you may need to start screening earlier. Discuss the different types of tests for colorectal cancer with your doctor. The timing of follow-up tests is determined, in part, by which test you decide to get.

**Prostate cancer.** From age 50 through 75, most men should discuss with their doctors the pros and cons of testing for prostate cancer. If you are African American or have a family history of prostate cancer, you should have this conversation earlier. Men who choose to be screened may have a prostate-specific antigen test and a digital rectal exam.

**Other cancers.** Ask your doctor if you should be screened for lung, oral, skin or other cancers.

**Abdominal aortic aneurysm.** If you are between 65 and 75 years old and have ever smoked 100 or more cigarettes, ask your doctor to screen you for an abdominal aortic aneurysm—a swollen blood vessel in your abdomen that can suddenly burst.

**Depression.** If you have felt sad or hopeless—or have little interest in things you used to enjoy—for two weeks or more,
talk to your doctor about depression. Treatment can help.

**PREVENTIVE MEDICINE** Some medications can help stop health problems before they start. If your doctor gives you a new prescription, be sure to ask what the medicine is, why you need it and how often you should take it.

Aspirin can help prevent heart disease. If you are older than 45, ask your doctor if taking a daily aspirin is right for you. Your doctor might recommend aspirin therapy earlier if you smoke or have high blood pressure, high cholesterol, diabetes or a family history of heart disease.

Immunizations are not just for kids. Most men should get a flu shot every year, a tetanus-diphtheria shot every 10 years and a pneumonia shot when they reach 65. Talk to your doctor about whether you should be immunized against other diseases, such as chickenpox, measles, mumps, rubella, meningitis, or hepatitis A or B.

**HEALTHY BEHAVIORS** Other steps you can take to stay healthy:

- **If you smoke, try hard to quit.** Smoking can cause heart disease, cancer, stroke and lung disease. Not only are people who quit healthier, but they have more energy and breathe more easily than those who continue to smoke. Get started quitting by checking out the online quit guide at www.smokefree.gov. If you need help quitting, consider our stop-smoking services. See page 8.

- **Eat a healthy diet.** Emphasize variety, including fruits, vegetables, whole grains, and fat-free or low-fat dairy products. Include lean meats, poultry, fish, beans, eggs and nuts. Cut down on saturated fats, trans fats, cholesterol, salt and added sugar.

Be **physically active.** Exercise can help control cholesterol, blood pressure, diabetes and obesity. Start slowly if you haven’t been active before. Work up to at least 30 minutes of activity most days. Mowing the lawn, taking a brisk walk and playing team sports all count toward your goal.

- **Maintain a healthy weight.** Talk to your doctor about what weight is healthy for you. As you age, you may need to increase your activity level or consume fewer calories over time to avoid gradual weight gain.

- **Take it seriously**

Depression is more than a blue mood—it’s a real disease. But many men don’t recognize its signs, or they try to tough them out without seeking help.

Because depression can be successfully treated, it’s important for men to learn the signs of the disease:

- A persistent sad, anxious or empty mood.
- Feeling hopeless or pessimistic.
- Feeling guilty, worthless or helpless.
- Loss of interest in activities that you once enjoyed.
- Fatigue or lack of energy.
- Difficulty concentrating, remembering or making decisions.
- Insomnia, waking up early or oversleeping.
- Changes in appetite or weight.
- Restlessness, irritability or anger.
- Thoughts of death or suicide, or suicide attempts.
- Having chronic pain, headaches or digestive disorders that do not respond to treatment.

**Get help**

If you’ve had five or more signs of depression for more than two weeks, see your doctor.

A family history of depression, undue stress and painful life experiences may increase your risk for this disorder, but depression can happen to anyone.

The NIMH has an outreach program to help men with depression recognize its symptoms and to encourage them to find help. Treatment—including medication, short-term psychotherapy or both—is successful for most people who seek help.

To learn more about depression, call 866-227-6464 or go online to www.nimh.nih.gov.

**Men get it too**

Do you have trouble sleeping? Are you irritable? Do you have a hard time concentrating? Have you lost interest in work, hobbies and sex?

If so, whether you know it or not, you may be among the 6 million American men who are living with depression.

**Causes of death:** The top 10 for men

Men and women are not created equal, at least not when it comes to life expectancy. Statistics show that men die about five years earlier than women, at 75.1 years old compared with 80.2 years old for women.

Almost 50 percent more men die of heart disease and cancer than women, according to the Men’s Health Network, a nonprofit group that promotes men’s health.

Men are also more likely than women to die from homicides, accidents, suicides and HIV infections.

Fewer men than women have health insurance or regularly visit their doctors.

And men are much more likely than women to experience a fatal injury on the job.

The Centers for Disease Control and Prevention lists these top 10 causes of death for men:

1. **Heart disease.**
2. **Cancer.**
3. **Accidents.**
4. **Chronic lower respiratory disease.**
5. **Stroke.**
6. **Diabetes.**
7. **Suicide.**
8. **Pneumonia and the flu.**
9. **Kidney disease.**
10. **Alzheimer’s disease.**

*W I N D W A R D  H E A L T H *
Healthy Teeth: For Kids with Special Needs

Castle Medical Center partners in pediatric dentistry residency program

Castle Medical Center (CMC), in collaboration with Lutheran Medical Center, is providing a pediatric dentistry residency program that offers specialty training as well as acute dental services for children on 'Oahu who have special needs and lack access to care. Lutheran Medical Center began offering the two-year training program 15 years ago in New York, and in July 2009 established a training site in Hawaii as its fourth location, in addition to those in New York, Rhode Island and Alaska. The program’s affiliation with CMC began in February last year, and since then sites have also been established in Arizona and Massachusetts, and plans are in place to open another site in Maine.

The program partners with community health centers to provide the services. Other organizations assisting with the program include the Waianae Coast Comprehensive Center, Kōkua Kalīhi Comprehensive Family Services, West Hawaii Community Health Center–Keiki Clinic, Aloha Medical Mission, Shriners Hospital, Kona Community Hospital, Maui Memorial Hospital, Hilo Medical Center and the University of Hawaii John A. Burns School of Medicine–LEND Program, a special program for patients with developmental disabilities.

OUR TEAM OF EXPERTS Children are seen at the statewide health centers and, if they require treatment, are scheduled for surgery at Castle Medical Center with Maile Kim, DDS, a Kailua-based pediatric dentist; Lynn Fujimoto, DMD, a Pearl City-based pediatric dentist; or David Okuji, DDS, with the Lutheran pediatric dentistry residency program. Part of the two-year residency program includes training in general anesthesia and surgery in a hospital setting. Both Dr. Kim and Dr. Okuji are diplomates of the American Board of Pediatric Dentistry. Each of the three dentists is at CMC on a monthly basis to train the dental residents and treat pediatric patients.

“The patients we treat in the OR are either very young with extensive decay or have special needs and cannot be treated in the dental office,” Dr. Kim says. “Some patients may be prone to seizures or suffer from autism, Down syndrome, cerebral palsy or other medical problems. Treating these types of patients in the OR is common in the mainland, but not here in Hawaii. Castle Medical Center is allowing us to perform this important service through their partnership in this pediatric dental residency program.”

Dr. Okuji adds: “This beneficial program is made possible because of the generous support of the Castle Medical Center leadership, the nursing staff, the surgery staff, the anesthesia staff, and pediatricians Dr. John Nagamine and Dr. Brit Reis.”

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ALL SMILES: 3-year-old Devon Ishigo was one of the first patients to benefit from Castle’s pediatric dental residency program. Here he and his mom, Wendy, visit Maile Kim, DDS, for a follow-up appointment.

MEET THE TEAM: Resident dentists Kozue Kawakubo (left), Hisako Seignemartin, Kirk Skidmore and Tanya Karnavy with Maile Kim, DDS (front)
Volunteers: BEHIND THE SMILES

Volunteer Services Coordinator Francine Kong calculates that Castle Medical Center volunteers provided 20,000 hours of service in 2010. “Even at the current minimum wage of $7.25, that service translates to $145,000 in savings for the hospital,” she says. “And they do it all with a smile!” One of the biggest smiles you’ll see when you enter CMC’s front lobby belongs to 10-year volunteer Lena McCormack. “As I see it, it’s important that we set the tone for everyone entering the medical center,” says Lena, who staffs the information desk on Fridays. “Usually people who come to Castle aren’t here because they want to be, so we always try to brighten their day.”

As unofficial team leader of the escort volunteers on her shift, Lena is responsible for staffing the information desk, prioritizing calls and dispatching volunteers to hospital units and departments.

When she isn’t volunteering, Lena manages Ladybug Plants in Waimanalo and co-owns Warm and Fuzzy Kennels. “We all bring something to the table,” she says, noting the depth of skills and knowledge of the volunteer staff at the hospital. “Joe Hee is a retired engineer; Joe Birtles and Bud are retired naval officers who served during the Cuban missile crisis and WWII, respectively; Pat worked as a bellman at the Kahala Mandarin for 25 years; and Patricia and Laurel are nursing students. I figured it out, and just with my team alone we represent 68 years of volunteer service to Castle.”

Like many who volunteer, Lena says it was empty-nest syndrome that prompted her to come to Castle. “My youngest son was very active in high school and when he left for college, there was just a huge void,” she says. “Castle was in the community, so I decided to volunteer.” What made her stay was the “family” and sense of purpose she found at Castle.

“I’ve been here for 10 years, and many have been here longer,” she says. “We’ve become family and gone through life experiences together—children, college, getting married and the loss of loved ones. And through it all we’ve supported each other.”

Although socialization is an important part of the volunteer experience, the greatest benefit, Lena says, is the sense of purpose that comes from volunteering.

“It’s much more than just giving back,” she says. “Volunteering strengthens our sense of purpose. It gives us a significant role to play that really makes life worthwhile.”

According to the Corporation for National and Community Service (CNCS), over the past two decades it has seen a growing body of research indicate that volunteering provides health benefits in addition to social benefits.

Volunteering at least 2 hours a week—or about 100 hours a year—offers the greatest health benefits, research shows. And those who seem to benefit most from volunteering are adults 60 and older. Compared with nonvolunteers of the same age, they have less heart disease and depression and better overall physical health, according to the CNCS.

“The word is out—it’s good to be good. Science increasingly says so,” says Stephen Post, PhD, a professor of bioethics at Stony Brook University.

But the rewards of volunteering go beyond better health. Other benefits that volunteers report include:

● Being happier.
● Having higher self-esteem.
● Having a sense of control over their life.

MOTIVATED TO SERVE

More than 61 million Americans volunteer every year, reports the CNCS. Volunteers help solve problems, change lives and strengthen communities by donating their time and energy.

People volunteer for different reasons. But experts say that some of the most common reasons people donate their time are because:

● It helps them feel good about themselves.
● It lets them gain a better understanding of other people, cultures or places.
● It helps them meet new people, make new friends or further their careers.
● It allows them to give back to their community or to support humanitarian concerns.

According to Lynne Robinson, a longtime volunteer who routinely prepares food at a homeless shelter: “Often, as I get ready to do my stint at the shelter, I think, ‘I’m too tired for this today.’ But then I go and see the faces of the people who really depend on what we’re doing, and I see how much they enjoy the food we’ve made. By the time I leave, I feel completely energized and blessed by how much I’ve helped.”

Younger people are more likely to volunteer for their own personal development.

Older adults give broader reasons for volunteering. They might volunteer to be a good citizen or help their community, for example.

You can help yourself to better health by helping others—be a volunteer.

To find out how you can volunteer at Castle Medical Center, call 263-5252 or visit castlemed.org.

Additional source: Monitor on Psychology, Vol. 37, No. 11

S P R I N G  2 0 1 1
COOKING CLASSES
Delicious samples and recipes included! Fee:
$15 per class. Discounts: Students and seniors (65+) with ID $10; $20 per couple.
Pre-registration and fee required two days before each class. These are demonstration classes and do not include hands-on food preparation by participants.

Four-Way Tofu
Wednesday, April 27
6:30 p.m.
Presented by Eileen Towata, Wellness Educator
Learn creative and delicious ways to use tofu, including as a pupu, main dish and dessert. Learn how this nutrient-packed vegetarian staple can expand your eating horizons. Even skeptics will go crazy for the chocolate tofu cake!

Gluten-Free Cuisine
Wednesday, May 25
6:30 p.m.
Presented by Chef Rebecca Woodland
Explore the possibilities of delicious gluten-free foods from around the world. Your body (and your taste buds) will thank you! Simple recipes will help you move beyond packaged foods to a more plant-based, “real food” way of eating.

Gourmet to Go
Wednesday, June 22
6:30 p.m.
Presented by Chef Paul Onishi
Are you heading out for a beach picnic or family potluck and don’t want to bring the same old thing? This class will inspire you to whip up some healthy dishes that are deceptively easy to make but have that gourmet flare, perfect for your next gathering.

FAMILY
Call for locations.

Birth Center Tour
Tuesdays, April 5 or 19; May 3, 17 or 31; or June 7 or 21, 5 p.m.
Call for a reservation.

Breastfeeding
■ Thursdays, April 21 or June 2
■ Wednesdays, May 11 6 to 8:30 p.m.
$25 (or free with a childbirth class)
Taught by a certified lactation consultant.

Childbirth Basics Seminar
■ Thursday, May 26
5 to 10 p.m.
$50 (single)/$65 (couple); delivering at Castle: $45 (single)/$55 (couple)
These six-class series begin:
■ Sundays, May 15
10 a.m. to 1 p.m.
■ Sundays, June 5
3 to 6 p.m.
■ Mondays, May 9 or June 20
6:30 to 9:30 p.m.
$75 per couple; delivering at Castle: $65 per couple

Lamaze Prepared Childbirth
These six-class series begin:
■ Thursdays, April 19, May 31 or June 28
6:30 to 9:30 p.m.
$15 per person
Does not provide certification.

NUTRITION
Diabetes Info Session
Free 30-minute session that provides an overview of Wellness Center resources to help you manage your diabetes. Call 263-5050 for more information.

Diabetes Interactive Group Education
Morning and evening sessions available
This four-class session is designed to transform the way you learn about diabetes self-management. Fee may be covered by your insurance. To register or for class dates, call 263-5050.

Nutrition Counseling
Ongoing, by appointment
To help you get on a healthy diet and nutrition program for optimal health. Focuses include weight loss, diabetes (covered by many HMO plans and Medicare Part B), heart disease and cholesterol reduction, and wellness specific to women and men. Call 263-5050 for more information.

WEIGHT LOSS
Individualized Weight-Management Program
Ongoing, by appointment
Includes four one-on-one nutrition counseling sessions with a registered dietitian, one on one personal training sessions with a certified exercise specialist, personalized menu planning, fitness classes and body composition analysis. Take advantage of our free 15-minute information consultations with a dietician and fitness trainer to discuss if this program is right for you.

Stop Smoking Services
■ Ongoing, by appointment
To help you kick your smoking habit. Call 263-5050 for more information.

GROUP CLASSES
■ April
■ Mondays, May 9 or June 20
■ 5 to 10 p.m.
■ ■ Stretch and Balance
■ ■ Core Strength
■ ■ Freedom of Movement
■ ■ Interval Training
■ ■ Long Life
■ ■ Lunch Crunch/Express
■ ■ Pilates/Express
■ ■ Giggie
■ ■ Steady on Your Feet
■ ■ Balance and Strength
■ ■ Wii Fit

■ May
■ Wednesdays, April 13, May 10, June 7 or 21
■ 6 to 8:30 p.m.
■ ■ Freedom of Movement
■ ■ Core Strength
■ ■ Interval Training
■ ■ Long Life
■ ■ Lunch Crunch/Express

■ June
■ Tuesdays, June 21
■ 5:30 to 6:30 p.m.
■ ■ Steady on Your Feet
■ ■ Flex and Flow

■ July
■ Mondays, July 13 or 20
■ 6:30 to 7:30 p.m.
■ ■ Balance and Strength

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■ Mondays, May 9 or June 20
6:30 to 9:30 p.m.
$75 per couple; delivering at Castle: $65 per couple

Peacefully Pregnant
■ Tuesdays, April 26 or June 14
5:30 to 8:30 p.m.
■ Sunday, May 29
2 to 5 p.m.
$25
Attend this three-hour class to help dispel common myths that lead many couples to fear what is really a normal, natural event. Includes discussion, short films and workbook.

FITNESS
Exercise Classes
Registration required (may include a medical clearance and physical therapy screening).
■ Bone Builder
■ Core Strength
■ Freedom of Movement
■ Interval Training
■ Long Life
■ Lunch Crunch/Express
■ Pilates/Express
■ Giggie
■ Steady on Your Feet
■ Balance and Strength
■ Wii Fit

Stop Smoking Services
■ Ongoing, by appointment
To help you kick your smoking habit. Call 263-5050 for more information.

Sinus Support Group
■ Saturdays, May 7 or June 25
7 p.m.
■ Wednesdays, April 13, May 18 or June 8, 6:30 p.m.
All sessions held in the Wellness Center Auditorium
Learn about Castle’s comprehensive surgical weight-loss program from bariatric surgeon Steven Fowler, MD, and other members of the bariatric team. Registration is required.

Meditation
■ Mondays, May 2 or June 20
6:30 to 7:30 p.m.
Attend this three-hour meditation class to help dispel common myths that lead many couples to fear what is really a normal, natural event. Includes discussion, short films and workbook.

RELAX AND REVIVE THROUGH MASSAGE
Relax and revive through seated chair massage by a licensed massage therapist.
Standard rate: $15 per 15 minutes or $30 per 30 minutes
CMC employee rate: $12 per 15 minutes or $24 per 30 minutes
Punch card: five massages for $60
Gift certificates are available. Call the Wellness Center for an appointment.