

# HOSPITAL OFFERED COMMUNITY PROGRAMS IN RHODE ISLAND

Programs offered by the Lifespan Community Health Institute (LCHI)

The mission of the Lifespan Community Health Institute (LCHI) is to eliminate health disparities and promote health equity through healthy behaviors, healthy relationships, and healthy environments. The LCHI envisions a Rhode Island/region in which all people can achieve their full health potential. LCHI coordinates hundreds of programs, events and community service activities that serve between 25,000 and 30,000 southern New Englanders annually. Programs are provided through Lifespan's partner hospitals and are often offered free or at a reduced cost to the community.

Service	Description	Contact for more information
<b>Health Screenings and Adult Immunization Clinics</b>		
<b>Glucose Screening</b>	Free blood glucose checks and related information to maintain normal levels.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
<b>Blood Pressure Screening</b>	Free blood pressure checks as well and related information to maintain normal levels.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
<b>Flu clinics</b>	Free flu clinics for uninsured and low-income adults.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
<b>Skin Check</b>	Free skin cancer screening and education offered by the Partnership to Reduce Cancer in RI and collaborators.	ReduceCancer@gmail.com www.PRCRI.org
<b>Health Education for Adults and Professionals</b>		
<b>Diabetes Prevention Program</b>	The Diabetes Prevention Program is a lifestyle change program for people who are at risk of getting type 2 diabetes, helping to prevent or delay getting it.	Ana Almeida-DoRosario 401-444-8069 aalmeidadorosario@lifespan.org
<b>Diabetes Prevention Workshop</b>	This one-time workshop provides information about diabetes and pre-diabetes.	Ana Almeida-DoRosario 401-444-8069 aalmeidadorosario@lifespan.org
<b>Parenting Matters Conference and Workshops</b>	Parents, professionals and caregivers are looking for supports to teach and raise healthier kids.	Robin Zaman 401-444-8009 rzaman@lifespan.org
<b>Conferencia Temas Familiares</b>	Parents, professionals and caregivers are looking for support in their native language to teach and raise healthier kids.	Stephanie Taveras 401-444-8088 Stephanie.Taveras1@Lifespan.org
<b>Avenues of Healing</b>	This free program teaches women about breast cancer prevention and treatment from experts.	401-444-8009 www.lifespan.org/events/avenues-of-healing
<b>Cancer Survivors Day</b>	The Lifespan Cancer Institute and LCHI celebrate Survivors Day each year and raise awareness of survivorship resources and supports.	401-444-8009 www.cancer.lifespan.org

Youth Programs		
<b>Safe Sitter classes</b>	It is important for children to learn how to safely care for themselves and others, especially before young people begin babysitting other children. For those who are between 11 to 14 years old.	Robin Zaman 401-444-8009 rzaman@lifespan.org
Lifespan Community Training Center		
<b>American Heart Association (AHA) Community Training Center</b>	LCHI offers certified and non-certified CPR, AED and First Aid classes. LCHI also monitors and credentials CPR instructors. There is a fee for participating in some of these programs.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
<b>Healthwise</b>	The Healthwise presentation informs students about when to call their doctor, self-treat or go to the emergency department.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
<b>Financial Literacy</b>	The DollarWise course is designed to help the participant manage money more wisely. Presented by Coastway Community Bank.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
<b>Food is Medicine</b>	This six-week class teaches participants how to prepare affordable and nutritious meals in order to improve their diet, all on a limited budget.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org

## Care New England Community Education

[www.carenewengland.org](http://www.carenewengland.org)  
CNE offers an array of programs designed to provide members of the community with the information, support and resources they need to make informed decisions about their health and the health of their families.

Residents of Rhode Island and southeastern Massachusetts have convenient access to free health lectures, screenings, lending libraries, support groups, childbirth and parenting classes. Community organizations and employees of area businesses benefit from wellness lectures we deliver on-site.

## Lifespan: Women's Medicine Collaborative

[www.womenmedicine.org](http://www.womenmedicine.org)  
146 West River St., Providence  
Committed to helping women reach their greatest health potential in body,



mind and spirit. Includes programs in Lifestyle, nutrition, healthy weight, mindfulness-based stress reduction, yoga (Intro, Chair and Prenatal), massage therapy, acupuncture, chiropractic and more.

## Newport Hospital Community Offerings

[www.NewportHospital.org](http://www.NewportHospital.org)

- **Family and Friends CPR or Heartsaver CPR and First Aid.** Registration and fee required. Call 401-845-1110.
- **Noreen Stonor Drexel Birthing Center education programs** on childbirth preparation, infant care, breast feeding and more. Registration and fee required. Call 401-845-1110.
- **Free Breastfeeding Support Group:** Call 845-1110. Moms and babies meet weekly at the Noreen Stonor Drexel Birthing Center; certified lactation consultant facilitates.

# Welcome to Lifespan Physician Group Primary Care *Newport County*

## Are you looking for a new medical home?

We have primary care providers accepting new patients at all four of our convenient locations.

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*Just call:*

**401-606-4PCP**

and we will help you find a practice and a provider who meets your needs.

**LPG Primary Care, Newport**  
**LPG Primary Care, Portsmouth**  
**LPG Primary Care, Tiverton**  
**Jamestown Family Practice**

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All established patients can take advantage of quick-sick walk-in hours at every practice, every weekday morning, no appointment necessary—plus evening and Saturday hours at our central Newport location.

**[NewportHospital.org/primary](http://NewportHospital.org/primary)**



**Lifespan  
Physician Group, Inc.**

*Delivering health with care.®*

## HOSPITALS

### *(Continued Newport Hospital)*

• **Safe Sitter Class:** designed to prepare students in grades 6 to 8 to be safe when home alone, caring for younger siblings or babysitting. Registration and fee required. Call 401-845-1592.

• **Risk Factor Reduction Program.** Monitored exercise and disease prevention education at Vanderbilt Rehabilitation Center. Registration and fee required. Call 401-845-1179.

• **Free Stroke Support Group:** Contact Kathy Bergeron at 401-845-1244.

• **Newport Hospital Community Exercise Programs:** call 401-845-1845.

• **Free Community Walking Program.** Indoor walking program in a safe hospital environment with trained leaders. No cost. Meets every Tuesday and Thursday from 11:30 a.m. to 12:30 p.m.

• **Fitness for Function.** Exercise in a safe environment with experienced leaders. Must be able to transfer to a chair independently. Registration and fee required: \$2 per class or \$24 for a six-week session.

Meets Wednesdays and Fridays from 10 to 11 a.m.

### • **Newport Hospital Community Lecture Series**

Our community lecture series is intended to share health tips and medical expertise with the community, and introduce you to clinicians at the hospital. All lectures are free and open to the public, and include complimentary light refreshments and blood pressure or balance screening.

Upcoming topics for 2019 include tips on maintaining a healthy heart; common sleep disorders; treating and preventing migraines, and more. Lectures are held the second Thursday of the month, from 6:30 to 7:30 p.m., with blood pressure or balance screening preceding the lecture at 6 p.m. Check back for dates and details at [www.newporthospital.org](http://www.newporthospital.org) under Events. Most lectures take place in Newport Hospital's Gudoian Conference Room, just off the hospital's main lobby. Parking is free. No registration is required, but seating is limited. To reserve a seat, call 401-845-1492 or sign up online at [www.newporthospital.org](http://www.newporthospital.org).

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Dental • Behavioral Health  
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Wakefield



## Supporting Opportunities for All Abilities

Seven Hills Rhode Island (SHRI) offers a continuum of services for children and adults with disabilities and life challenges. Our programs are person-centered, fostering individual choice and independence. SHRI is conveniently located and fully accessible to you or your loved one's needs in the areas of:

- **Early Intervention:** Supports for young children who are at risk for, or who are experiencing, developmental delays.
- **Home-Based Therapeutic Services (HBTS):** Specialized, intensive supports & treatments for children with a wide range of disabilities.
- **Enhanced Outpatient Services (EOS):** Help for families of children with behavioral health care needs to make positive changes that enable the children to reach their full potential.
- **Personal Assistance Supports and Services (PASS):** Assistance with daily life skills for families of children with special health care needs.
- **Rite @ Home & Shared Living:** Residential options for adults who cannot live alone & require significant care provided by a family member or caregiver who is not a legal guardian.
- **Contracted Case Management:** Community-based wraparound program for adults with specialized health & behavioral health needs.
- **Community Supports:** Residential, day, & employment programs for adults with disabilities.

To learn more, visit [sevenhills.org](http://sevenhills.org) or call 401.597.6700 or 401.921.1470.

 **Seven Hills**

Rhode Island

*An Affiliate of Seven Hills Foundation*

68 Cumberland St., Woonsocket, RI 02895, 401.597.6700 • [sevenhills.org](http://sevenhills.org)  
178 Norwood St., Cranston, RI 02905, 401.921.1470

### South County Hospital

[www.southcountyhealth.org](http://www.southcountyhealth.org)

**Accident Prevention & CPR** - Call 401-792-2229 to register.

**Cancer Support Groups** - Patients & Caregivers

- Breast Cancer - Circle of Friends - 401-788-3850.
- Cancer Caregivers' Support Group - 401-788-3890.
- Conversations about Cancer - ldiebold99@gmail.com or lgrebstein@southcountyhealth.org
- Oral, Head, and Neck Cancer (SPOHNC) - Contact Donna Castricone, 401-788-8568
- Chair Yoga for Cancer Patients and their Caregivers - 401-861-4376.

**CPR** - Heart Saver Automated External Defibrillator - 401-788-1999.

**Cardiac Rehabilitation** - 401 782-8020, ext. 3484, to learn more.

**Childbirth Education** - For information, 401-792-BABY (2229) or 401-788-1225.

**Diabetes Support Group (Adult)** - April Silvestro, at 401-788-1696. Medication Management - 401-788-3811 to schedule your FREE appointment.

**New Moms' Support Group** - 401-792-2229 or 401-788-1225.

**Nutrition Counseling** - 401-782-8020, ext. 3366, to learn more.

**Pulmonary Rehabilitation** - For more information, 401-782-8020, ext. 3484.

**Reiki** - To request a Reiki treatment (in patient) call the request line at 401-788-1981.

**Peripheral Artery Disease** - South County Hospital, exercise-based rehabilitation program covered by most insurances. For more information, call 401-782-8020 ext. 3484.

**Pregnancy Loss Support Group** - Call Joanne LaBelle at 401-783-3624

**Smoking Cessation/Quit Smoking** - For more information, call 401-782-8020 ext. 3484.

#### **Home Health Check Sites**

South County Home Health (401-782-0500) provides health screening, blood pressure checks and teaching materials as a free service to our community. North Kingstown, East Greenwich, South Kingstown, Narragansett, Jamestown, Hopkinton, Richmond, Charlestown, West Warwick and Westerly locations.

#### Westerly Hospital

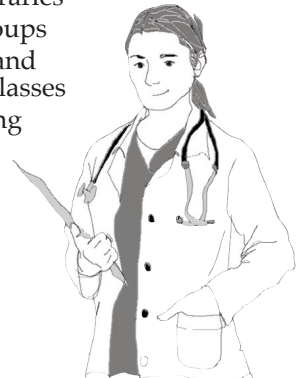
[www.westerlyhospital.org](http://www.westerlyhospital.org)  
(See ad inside front cover.)

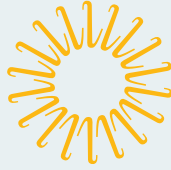
#### Women and Infants Hospital

[www.womenandinfants.org](http://www.womenandinfants.org)  
Women & Infants' Health Education and Community Outreach Department provides women with the information, support and resources they need so that they are able to make informed decisions about their health and the health of their families.

Through the hospital's main campus and its Centers for Health Education at our medical office buildings, women living in Rhode Island and southeastern Massachusetts have convenient access to:

- Free health lectures
- Lending libraries
- Support groups
- Childbirth and parenting classes
- Breastfeeding support services





## **Lifespan Laboratories\***

*Delivering health with care.®*

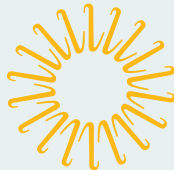
\*RIH Ventures d.b.a Lifespan Laboratories

**For a List of Patient  
Service Center Locations:**

**401-793-4242**

**800-980-4244**

**LifespanLabs.org**



## **Lifespan Medical Imaging**

**Rhode Island Hospital • The Miriam Hospital  
Newport Hospital**

*Delivering health with care.®*

**Tel: 401-444-7770**

**Imaging.Lifespan.org**