

April 2007

“Laugh out loud. It's vital to good health.”

—Andrew Weil, M.D.

Call 203.276.7900 or visit www.stamfordhospital.org for information, registration & cancellation in the event of inclement weather.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation 6:00 pm Breast Cancer Support Group	2 6:00 pm Pilates Mat Class 6:30 pm Prenatal Aquafitness 6:30 pm Tai Chi	3 9:30 am Prenatal Aquafitness 11:30 am Food for Life Cooking Series 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:30 pm Prenatal Aquafitness	4 9:30 am Prenatal Aquafitness 11:30 am Food for Life Cooking Series 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:30 pm Prenatal Aquafitness	5 9:30 am Prenatal Yoga 11:30 am Food for Life Cooking Series 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:30 pm Prenatal Aquafitness	6 1:00 pm Tai Chi	7 1:00 pm Tai Chi
8 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	9 6:00 pm Freedom from Smoking® 6:00 pm Pilates Mat Class 6:30 pm Prenatal Aquafitness 6:30 pm Tai Chi	10 9:30 am Prenatal Aquafitness 12 noon Lyme Disease (Darien Community Association)	11 9:30 am Prenatal Aquafitness 12 noon Lyme Disease (Darien Community Association)	12 9:30 am Prenatal Yoga 11:30 am Food for Life Cooking Series 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:30 pm Prenatal Aquafitness	13 1:00 pm Tai Chi	14 1:00 pm “The Student Athlete”
15 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	16 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	17 1:00 pm Better Breathing Club 6:00 pm Freedom from Smoking® 6:00 pm Pilates Mat Class 6:30 pm Clinical Trials: Paving the Way for Progress 6:30 pm Prenatal Aquafitness 6:30 pm Tai Chi	18 9:30 am Prenatal Aquafitness 6:00 pm From the Heart Series: Exercise – The Drug of Choice for Prevention & Treatment of Heart Disease	19 9:30 am Prenatal Yoga 11:30 am Food for Life Cooking Series 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:00 pm Bumps n’ Lumps in Children 6:30 pm Prenatal Aquafitness	20 1:00 pm Tai Chi 6:00 pm Latin Dancing	21 1:00 pm Tai Chi
22 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	23 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	24 6:00 pm Pilates Mat Class 6:30 pm Prenatal Aquafitness 6:30 pm Tai Chi	25 9:30 am Prenatal Aquafitness	26 9:30 am Prenatal Yoga 11:30 am Food for Life Cooking Series 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:30 pm Prenatal Aquafitness	27 1:00 pm Tai Chi 6:00 pm Latin Dancing	28 1:00 pm Tai Chi
29 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	30 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	<p>Do you know your numbers? Bring in this calendar for a free computerized health risk assessment. (Valued at \$75) Call 203.276.4567.</p>				



“He who has health, has hope.
He who has hope, has everything.”
— Unknown

May 2007

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Breast Cancer Support Group	7 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation 6:00 pm Breast Cancer Support Group	8 6:00 pm Freedom from Smoking® 6:00 pm Pilates Mat Class 6:30 pm Prenatal Aquafitness 6:30 pm Tai Chi	9 9:30 am Prenatal Aquafitness 12:00 noon What's New in Cardiology? 6:00 pm Advances in the Treatment of Back Pain	10 9:30 am Prenatal Yoga 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:30 pm Prenatal Aquafitness	11 1:00 pm Tai Chi 6:00 pm Latin Dancing	12 10:00 am ~2:00 pm World Asthma Day Program
13 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	14 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	15 1:00 pm Better Breathing Club 6:00 pm Freedom from Smoking® 6:00 pm Pilates Mat Class 6:30 pm Prenatal Aquafitness 6:30 pm Tai Chi	16 9:30 am Prenatal Aquafitness 6:00 pm From the Heart Series	17 9:30 am Prenatal Yoga 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:30 pm Prenatal Aquafitness	18 1:00 pm Tai Chi 6:00 pm Latin Dancing	19 1:00 pm Tai Chi 6:00 pm Latin Dancing
27 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	28 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class 5:00 pm Meditation	29 6:00 pm Freedom from Smoking® 7:00 pm Healthy Start – Preconception Planning	30 9:30 am Prenatal Aquafitness	31 9:30 am Prenatal Yoga 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:00 pm Freedom from Smoking® 6:30 pm Prenatal Aquafitness	25 1:00 pm Tai Chi 6:00 pm Latin Dancing	26 1:00 pm Tai Chi 6:00 pm Latin Dancing



“In health there is freedom.
Health is the first of all liberties.”
— Henri Frederic Amiel

June 2007

Call 203.276.7900 or visit www.stamfordhospital.org for information, registration & cancellation in the event of inclement weather.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 8:00 am Walk, Run & Ride	4 6:00 pm Freedom from Smoking® 12 noon Ball Therapy (Darien Community Association)	5 6:00 pm Freedom from Smoking®	6 12 noon Ball Therapy (Darien Community Association)	14 6:00 pm Latin Dancing	8 6:00 pm Latin Dancing	9 6:00 pm Latin Dancing
10 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class	11 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class	12 6:00 pm Freedom from Smoking® 6:00 pm Pilates Mat Class 6:30 pm Prenatal Aquafitness 6:30 pm Tai Chi	13 9:30 am Prenatal Aquafitness	14 9:30 am Prenatal Yoga 5:00 pm Gentle Yoga 5:30 pm Backs Plus 6:30 pm Prenatal Aquafitness	15 1:00 pm Tai Chi	16 1:00 pm Tai Chi
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24 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class	25 7:30 am Gentle Yoga 9:30 am Prenatal Aquafitness 12 noon Pilates Mat Class	26 9:30 am Prenatal Aquafitness	27 9:30 am Prenatal Aquafitness	28 1:00 pm Tai Chi	29 1:00 pm Tai Chi	30 1:00 pm Tai Chi

Post this handy reference of doctors and hospital services

Robert B. Erichson, M.D.
Medical Director of the Bennett Cancer Center
Board Certification(s): Oncology; Hematology; Internal Medicine
Special Interests: Non-malignant hematologic disorders, lymphomas, chronic leukemias
Phone Number: 203.325.2695

Michael H. Bar, M.D.
Board Certification(s): Oncology; Internal Medicine; Hematology
Special Interests: Hematologic malignancies, multiple myeloma, bleeding/clotting disorders, autologous peripheral stem cell transplant, colorectal cancer, brain tumors
Phone Number: 203.325.2695

Neil S. Cohen, M.D.
Director of Hematology
Board Certification(s): Oncology; Internal Medicine; Hematology
Special Interests: Prostate cancer, lymphoma, multiple myeloma, chronic and acute leukemias, Hodgkin's disease, breast cancer
Phone Number: 203.325.2695

Salvatore A. Del Prete, M.D.
Director of Oncology
Board Certification(s): Hematology; Oncology; Internal Medicine
Special Interests: Clinical trials, colon cancer, gynecological cancer, lung cancer, melanoma
Phone Number: 203.325.2695

Sean W. Dowling, M.D.
Board Certification(s): Radiation Oncology; Internal Medicine
Special Interests: Radiation oncology
Phone Number: 203.276.7886

Timothy S. Hall, M.D.
Chair, Department of Surgery
Board Certification(s): Thoracic Surgery; Critical Care Surgery
Special Interests: Thoracic surgery
Phone Number: 203.276.7470

Jennifer Levine, M.D.
Board Certification(s): Pediatrics
Special Interests: Pediatric hematology/oncology
Phone Number: 212.305.5808

Charles E. Littlejohn, M.D.
Board Certification(s): Colon & Rectal Surgery; Surgery
Special Interests: Colon and rectal surgery
Phone Number: 203.323.8989

K.M. Steve Lo, M.D.
Board Certification(s): Hematology;
Oncology; Internal Medicine
Special Interests: Autologous peripheral stem cell
transplant, breast cancer, lymphoma, myeloma
Phone Number: 203.325.2695

Donna-Marie E. Manasseh, M.D.
Co-Director of the Women's Breast Center
Oncology Fellowship, Memorial Sloan-Kettering
Cancer Center
Board Certification(s): Surgery
Special Interests: Breast surgery
Phone Number: 203.276.4255

Frank A. Masino, M.D.
Director of Radiation Oncology
Board Certification(s): Radiation Oncology
Special Interests: Radiation oncology
Phone Number: 203.276.7886

Steven J. McClane, M.D.
Board Certification(s): Colon & Rectal Surgery; Surgery
Special Interests: Colon and rectal surgery
Phone Number: 203.323.8989

Isidore Tepler, M.D.
Board Certification(s): Oncology; Hematology;
Internal Medicine
Special Interests: Breast cancer, ovarian cancer, cancer
prevention and genetics
Phone Number: 203.325.2695

Paul L. Weinstein, M.D.
Board Certification(s): Hematology; Oncology;
Internal Medicine
Special Interests: Breast cancer, lung cancer, colon
cancer, cancer prevention and genetics, palliative care,
professional medical education
Phone Number: 203.325.2695

Iris Wertheim, M.D.
Director of Gynecologic Oncology
Board Certification(s): Gynecologic Oncology;
Obstetrics & Gynecology
Special Interests: Gynecologic oncology
Phone Number: 203.653.5155

To find a physician call 877.233.WELL (9355)
or click: www.stamfordhospital.org

Stamford Hospital: 203.276.1000
Bennett Cancer Center/Reception: 203.276.7199
Hematology/Oncology: 203.325.2695
Radiation Oncology: 203.276.7886
Tully Health Center: 203.276.1345

Special Events Registration: 203.276.7900

Stamford Hospital Events Calendar



Bennett Cancer Center 15th Anniversary Events

**The Cancer Project
Food for Life Cooking Series**
Tully – March 1 – April 30

**Prevention, Early Detection
and Management of
High Risk Cancers**
For physicians and nurses CME
and continuing education
Brace Auditorium – April 4

Paint the Town Pink

Our Annual Program to Support Breast Cancer Prevention and Care

**Paint the Town Pink
Kick-Off Fashion Show**
Lord & Taylor – October 4

Girls' Night Out
Avon Theatre – October 9

Special Events

**Health and Fitness Institute's
5th Anniversary**
We're celebrating with an Open House
for the entire community. Festivities
include free classes, food, a raffle, chair
massages and much more. Baby sitting
will be provided.
HFI – May 5

**Walk, Run and Ride
Kick-Off Breakfast**
For team captains
Westin Hotel – April 12

**Bennett Cancer Center
Anniversary Celebration**
Honoring Carl and Dorothy Bennett
Invitation only
Bennett Cancer Center
Outdoor Garden – April 30

Girlfriends' Luncheon
Giovanni's – October 19

**New Canaan/Wilton
Outreach Program**
Educational
Week of October 22

**Bennett Cancer Center's
Walk, Run and Ride**
Annual event to benefit vital programs,
services and complementary therapies
that are not standard offerings in most
community cancer centers.
Mill River Park – June 3

Wellness Curriculum

Programs and Seminars Promoting Fitness and Good Health

Healthy Lifestyles

**The Cancer Project, Food for
Life Nutrition and Cooking
Class Series**

Each class includes a 10-minute video
followed by a cooking demonstration
and sampling of food prepared.
Topics include: Fueling Up on Low-Fat
Foods, Favoring Fiber, Discovering
Dairy Alternatives, Replacing Meat,
Planning Healthy Meals, Antioxidants
and Phytochemicals, Immune-Boosting
Foods, Maintaining a Healthy Weight

**Tully Health Center
Brace Auditorium**
8-week series – Meets once a week
Thursdays 11:30 am – 1:00 pm
Class limited to 30
No class March 22
Wendy Lewis

Freedom from Smoking®

An intensive American Lung
Association program that combines
behavior modification, stress
management and nutritional
education with the support you
need to quit for good.

Conference Room B
7 weeks – Sessions held once a week
Tuesdays 6:00 pm
\$150.00
Please call 1.877.233.WELL (9355)
for information.
Facilitators – Kathy Pignataro,
Mary Judge

Better Breathing Club

**Tully Health Center
Conference Room B**
Every third Tuesday
1:00 pm – 3:00 pm
Anne Pizzione, RPT

Fitness and Stress Reduction

Backs Plus

For those who experience chronic
to occasional low backache, disc
problems, scoliosis or neck and
shoulder problems. This class will
provide a way to reduce the muscle
tension that exacerbates these
problems.

Health & Fitness Center
8 weeks – Class meets once a week
Thursdays 5:30 pm – 6:30 pm
HFI members – \$95.00
Non-members – \$150.00

Gentle Yoga

Health & Fitness Center
8 weeks – Class meets once a week
Mondays 7:30 – 8:30 am OR
Thursday evenings 5:00 – 6:00 pm
HFI members – \$95.00
Non-members – \$150.00

Meditation

Meditation provides stress reduction,
peace of mind and a general sense of
well-being. Through guided imagery
and breathing techniques, each
participant will leave feeling good.

Meditation Room – 3rd Floor
8 weeks – Class meets once a week
Mondays 5:00 pm – 6:00 pm
HFI members – \$95.00
Non-members – \$150.00

Latin Dancing

A fun, cardiovascular workout. Learn
to dance and get in shape at the
same time.

Friday nights 6:00 pm – 7:00 pm
Members – \$95.00
Non-members – \$150.00

Pilates Mat Class

Pilates Mat is a specifically designed
program to tone and strengthen the
core muscles of the body for flexibility
and ease of movement. Excellent for
all ages.

**HFI – Studio A (Mon.)
Studio B (Tues.)**

8 weeks – Class meets once a week
Mondays 12:00 pm – 1:00 pm OR
Tuesdays 6:00 pm – 7:00 pm
Non-members – \$150.00

Tai Chi

This is a Tai Chi class with slow-
moving exercises to relax the mind
and body. Great for all ages. Based
on ancient Chinese martial arts
movements.

**Tully Health Center
Brace Auditorium (Tues.) OR
HFI – Studio A (Fri.)**
Tuesdays 6:30 pm – 7:30 pm OR
Fridays 1:00 pm – 2:00 pm
Non-members – \$150.00
Please call 1.877.233.WELL (9355)

Cancer Patients

Breast Cancer Support Group

For women who are newly diagnosed
and in treatment.

Bennett Cancer Center
Advance registration is required.
Please call Fran Becker, LCSW,
at 203.276.7841

Mothers-to-Be

Prenatal Aquafitness

Water exercise for pregnant women.
Helps ease the stress on joints and
helps the mom be healthier during
her pregnancy.

HFI – Lap Pool

8 weeks – Class meets twice a week
Mondays and Wednesdays
9:30 am – 10:30 am
Tuesdays and Thursdays
6:30 pm – 7:30 pm
HFI members – \$160.00
Non-members – \$240.00

Prenatal Yoga

To reduce stress and gain flexibility
with gentle stretching and breathing.
Taught by a certified prenatal instructor
to help women enjoy the benefits of
yoga throughout pregnancy.

**Tully Health Center
HFI – Studio B**
8 weeks – Meets once a week
Thursdays – 9:30 am – 10:30 am

Healthy Start – Preconception Planning

For families who are planning to
conceive within the next year. Topics
include Nutrition, Fitness, Conception
and How to Prepare Physically and
Emotionally for Pregnancy. Includes
a tour of the facility.

Whittingham Pavilion – Room 1
May 29 – 7:00 pm – 8:00 pm
Donna Bowman – Clinical Instructor

Lectures and Seminars

From the Heart Series

**Tully Health Center
Brace Auditorium**
Monthly presentations relating to
cardiovascular disease.

The Student Athlete

Common injuries and conditions.

New Canaan YMCA
April 14 – 1:00 pm – 2:00 pm
George McGinness, MD

Clinical Trials: Paving the Way for Progress

Clinical trials; how new drugs are
discovered; distinguishing fact from
fiction; talking to your doctor about
clinical trials as a treatment option;
locating clinical trials that might be
right for you.
Co-sponsored by the Bennett Cancer
Center and the Leukemia and
Lymphoma Society

**Tully Health Center
Brace Auditorium**
April 17 – 6:30 pm – 8:00 pm
(Reservations required;
Light refreshments)
Salvatore Del Prete, M.D.

Exercise: The Drug of Choice for Prevention and Treatment of Heart Disease

Providing an understanding of
coronary artery disease, the role of
physical fitness and using exercise
for prevention and treatment of
cardiovascular disease.

**Tully Health Center
Brace Auditorium**
April 18 – 6:00 pm – 8:00 pm
Murray Low, Ed. D, FACSM, FAACVPR

Bumps 'n' Lumps in Children

A discussion of bumps and lumps in
children and what to do.

**Tully Health Center
Brace Auditorium**
April 19 – 6:00 pm – 8:00 pm
Peter Liebert, M.D.

World Asthma Day Program

An educational program featuring
an exhibit hall, demonstrations and
lectures.

Tully Health Center
May 5 – 10:00 am – 2:00 pm

What's New in Cardiology?

How Not to Get Heart Disease
Ed Schuster, MD
Everything You Want to Know
about Stents
Ted Portnay, MD
Machines That Save Your Life:
Pacemakers and Defibrillators
Michael Pittaro, MD

Darien Community Association
May 9 – 12:00 pm – 2:00 pm

Advances in the Treatment of Back Pain

Non-surgical and surgical options

**Tully Health Center
Brace Auditorium**
May 9 – 6:00 pm – 8:00 pm
Krishna Sharma, MD, Orthopedic
Surgery and Emmy Lu, MD, Pain
Management