

May 2017

Hanover Hospital Community Calendar



Hanover Hospital

At the  of good health.

Tuesday, May 2

Breastfeeding Support Group, 12:30 p.m.-2 p.m. The group is provided the first Tuesday of each month at St. Mark Lutheran Church Parlor, 129 Charles Street, next to Hanover Hospital, and facilitated by experienced Hanover Hospital lactation specialists who will provide support for moms and babies up to one year of age. Siblings are welcome – please bring a quiet activity. For information, please call Kay Slothour, Certified Lactation Consultant at (717) 316-2262.

Depression Support Group, 7:00 p.m. in the Hanover Hospital Chapel. Moderated by Chaplain Eric Stenman, this weekly group offers mutual support and encouragement in an accepting, understanding, and confidential environment. The first Tuesday of each month is set aside to offer Reiki Share, a Japanese based meditation technique helpful in relaxation and for general stress relief. No registration is required. For more information, please call (717) 316-6905.

MATERNITY SERVICES

Online Birthing Classes are now available. For information, please call our Maternity Department at (717) 316-2996.

Wednesday, May 3

\$5 Jewelry & Accessory Sale, 7 a.m.-7 p.m., **New Location!** St. Mark Lutheran Church, 129 Charles Street, Hanover (adjacent to Hanover Hospital). Presented by the Hanover Hospital Auxiliary. Every item is just \$5. Browse the wonderful, always different selection of quality fashion jewelry, readers and tote bags and look for some great new items.

Thursday, May 4

\$5 Jewelry & Accessory Sale, 7 a.m.-7 p.m., **New Location!** St. Mark Lutheran Church, 129 Charles Street, Hanover (adjacent to Hanover Hospital). Presented by the Hanover Hospital Auxiliary. Every item is just \$5. Browse the wonderful, always different selection of quality fashion jewelry, readers and tote bags and look for some great new items.

Friday, May 5

\$5 Jewelry & Accessory Sale, 7 a.m.-4 p.m., **New Location!** St. Mark Lutheran Church, 129 Charles Street, Hanover (adjacent to Hanover Hospital). Presented by the Hanover Hospital Auxiliary. Every item is just \$5. Browse the wonderful, always different selection of quality fashion jewelry, readers and tote bags and look for some great new items.

Saturday, May 6

Perinatal Loss, 11 a.m. at Mount Olivet Cemetery, 725 Baltimore Street, Hanover. For those who have experienced a pregnancy loss. A brief memorial service will be offered. Families are invited to bring a note to their loved one that will be placed in the grave. For more information, or to register please contact Eric Stenman, Chaplain, at (717) 316-6905 by Monday, May 1, 2017.

Tuesday, May 9

Depression Support Group, 7:00 p.m. in the Hanover Hospital Chapel. Moderated by Chaplain Eric Stenman, this weekly group offers mutual support and encouragement in an accepting, understanding, and confidential environment. The first Tuesday of each month is set aside to offer Reiki Share, a Japanese based meditation technique helpful in relaxation and for general stress relief. No registration is required. For more information, please call (717) 316-6905.

Wednesday, May 10

Infant Bereavement Support Group, 7:00 p.m. in the Hanover Hospital Chapel. This group will meet the second and fourth Wednesday of every month, and is for families who have lost a baby through miscarriage, still birth, or newborn death. For additional information, call (717) 316-6905 or 316-2295.

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Wednesday, May 10

Grief Support Group, Meets the second & fourth Wednesday of every month in the Hospital Chapel from 3:00 to 4:00 p.m. This group is designed to offer support and coping methods for those newly bereaved, and ongoing support for others no matter how long ago the death of their loved one(s) occurred. For more information, please call (717) 316-6905.

Tuesday, May 16

Depression Support Group, 7:00 p.m. in the Hanover Hospital Chapel. Moderated by Chaplain Eric Stenman, this weekly group offers mutual support and encouragement in an accepting, understanding, and confidential environment. The first Tuesday of each month is set aside to offer Reiki Share, a Japanese based meditation technique helpful in relaxation and for general stress relief. No registration is required. For more information, please call (717) 316-6905.

Tuesday, May 23

Depression Support Group, 7:00 p.m. in the Hanover Hospital Chapel. Moderated by Chaplain Eric Stenman, this weekly group offers mutual support and encouragement in an accepting, understanding, and confidential environment. The first Tuesday of each month is set aside to offer Reiki Share, a Japanese based meditation technique helpful in relaxation and for general stress relief. No registration is required. For more information, please call (717) 316-6905.

Wednesday, May 24

Ostomy Support Group, 4:30 – 5:30 p.m. in Conference Room A, Third Floor of Hanover Hospital. Individuals who have undergone surgical ostomies are invited to join this support group. These meetings, held the fourth Wednesday of every month, provide an informal, friendly setting for individuals to share experiences, coping methods and education about new products and resources among one another. Family members and caregivers are welcome to participate. For more information, call (717) 316-7007.

Wednesday, May 24

Infant Bereavement Support Group, 7:00 p.m. in the Hanover Hospital Chapel. This group will meet the second and fourth Wednesday of every month, and is for families who have lost a baby through miscarriage, still birth, or newborn death. For additional information, call (717) 316-6905 or 316-2295.

Wednesday, May 24

Grief Support Group, Meets the second & fourth Wednesday of every month in the Hospital Chapel from 3:00 to 4:00 p.m. This group is designed to offer support and coping methods for those newly bereaved, and ongoing support for others no matter how long ago the death of their loved one(s) occurred. For more information, please call (717) 316-6905.

Tuesday, May 30

Depression Support Group, 7:00 p.m. in the Hanover Hospital Chapel. Moderated by Chaplain Eric Stenman, this weekly group offers mutual support and encouragement in an accepting, understanding, and confidential environment. The first Tuesday of each month is set aside to offer Reiki Share, a Japanese based meditation technique helpful in relaxation and for general stress relief. No registration is required. For more information, please call (717) 316-6905.

DIABETES EDUCATION

For information regarding our self-management classes, please call (717) 316-2118.

TOBACCO CESSATION

For information regarding Freedom From Smoking and other programs, please call (717) 316-7894.