

ONGOING PROGRAMS AT QMC

Quincy Medical Center offers the following programs on an ongoing basis.

Bereavement Support Group

This eight-session group is intended to help alleviate feelings of loss while assisting with the healing process. There is no cost to attend. Meets Wednesdays, 4-5:30 p.m. in Rm. B603. Pre-registration is required. Call 617-376-5502.

Ciara Durkin Cancer Resource Center

The Ciara Durkin Cancer Resource Center (2nd floor, A Bldg.) is open to the public each weekday from 8 a.m. to 4:30 p.m., or by appointment by calling 617-376-5612. The Cancer Resource Center provides patients, families and caregivers access to information on cancer care, treatment and wellness, including cancer-related books, pamphlets and videos.

HIV Testing

Quincy South Shore AIDS Cares offers free, anonymous and confidential testing. Walk-ins welcome on Fridays from 8 a.m. to 1 p.m. or appointments are available Monday through Thursday. Call 617-376-5462.



114 Whitwell Street, Quincy, MA
617-773-6100

The following independent support groups meet regularly at QMC (Information is subject to change):

Al-Anon, meets every Sunday, 7:30-9:30 p.m., Conference Room B/C, contact 781-843-4385; every Monday from 7-8 p.m., Conference Room A (no contact info.); every Tuesday from 7 - 8 p.m., Conference Room D, contact: 617-472-5628; and every Saturday from 9:30- noon, Conference Room B/C, contact: 617-479-3311.

Breast Cancer Support Group, meets on the first and third Wednesday of each month, 7:30-9 p.m., Room A., call 781-843-8007.

Debtors Anonymous, meets every Wednesday, 7:30-9 p.m., Conference Room D, call 617-770-4065.

Emotions Anonymous, meets every Sunday, 3-4:00 p.m. Call 617-328-8988 for more information.

Fibromyalgia Support Group, meets every third Sunday, 2 to 4 p.m., Conference Room A, call 781-848-0462.

Narcotics Anonymous, meets Wednesdays, 7-8 p.m., Conference Room B/C (no contact info.); Saturdays, 7-8:30 p.m., Conference Room B/C, contact: 508-269-6777; and on the first Sunday of each month (the second on holidays), noon to 5 p.m., Conference Room B/C, contact: 617-328-7589.

Nicotine Anonymous, meets Mondays and Fridays, 5:45 to 6:45 p.m. in Conference Room D, contact: 617-276-3699.

National Stuttering Association meets on the second Wednesday of each month, 7 – 9 p.m., Administration Conference Room. Call 781-337-5323 for information.

Overeaters Anonymous, meets Tuesdays, 7-8 p.m., and Saturdays, 10-11 a.m.; Conference Room A., call 617-479-2466.

Safe Place, for people who have lost loved ones to suicide, meets 2nd and 4th Thursday of each month, 6:30 to 9:30 p.m., Conference Room D. For more information, call 617-536-2460.



COMMUNITY HEALTH & EDUCATION PROGRAMS

SUMMER 2010





Our Commitment to Community

Quincy Medical Center hosts a variety of health screenings, educational programs and support groups throughout the year — open to all members of the community.

Following is a listing of some of our upcoming community programs and support group information. For more information about any of the programs, call the telephone numbers listed with each item. Free parking is available for programs at QMC.

About QMC

Quincy Medical Center is a 196-bed acute care community-teaching hospital with a mission to provide the highest quality, most personalized and comprehensive medical and surgical services to patients on the South Shore. A private, nonprofit hospital, QMC has played a vital role in the community since 1890, serving the needs of its diverse patient population without exception. QMC is a leader in quality benchmarks both state and nationwide.

Community Health Screenings

Quincy Medical Center will provide free blood pressure and blood glucose screening at the following locations in Quincy (interpreters available):

- **Saturday, June 12, 2010, 1 – 2:30 p.m.**
Hannaford Supermarket, 475 Hancock Street
- **Saturday, July 17, 2010, 11:30 a.m. – 2 p.m.**
Kam Man Plaza, 219 Quincy Avenue, Quincy
- **Saturday, August 14, 2010, 11:30 a.m. – 1 p.m.**
1000 Buddha Temple, 53-55 Massachusetts Ave., Quincy
- **Sunday, August 15, 2010, 11:30 a.m. – 2 p.m.**
Hannaford Supermarket, 475 Hancock Street
- **Sunday, August 22, 2010, 10 a.m. – 3 p.m.**
Quincy August Moon Festival, Quincy Center
- **Saturday, August 28, 2010, 11:30 a.m. – 2 p.m.**
Kam Man Plaza, 219 Quincy Avenue

QMC Programs at Quincy Council on Aging

Kennedy Center, 440 East Squantum Street
Call 617- to register

Stroke Awareness and Prevention

Thursday, June 10, 2010, 1 p.m.

The QMC NICHE Nursing Team will address stroke prevention, warning signs, symptoms and what to do if stroke strikes.

Summer Safety and Health

June 21, 2010, noon

Dolly Darcy, NP, Quincy Medical Center, and Deb Mills, RN, Emergency Room Education Specialist, will discuss how to keep safe and healthy during those long, hot summer days. Light Lunch will be served. Co-sponsored by the River Bay Club

Community Outreach and Information

Quincy Medical Center staff will provide community outreach and information at the following locations (interpreters available). For more information, call Lola Tom, Manager of Community Outreach and Asian Services, 617-376-5493:

- Kids Fair — Wollaston Child Care Center, 10 Weston Avenue
Saturday, June 12, 2010, 10 a.m. – 1 p.m.
- Elder Awareness Fair — Wollaston Senior Center, 550 Hancock Street, Quincy
Friday, July 16, 2010, 10 a.m. – 12 p.m.
- Health Matters: "Food Fights: Nutrition for Kids" by Barbara Brooks, WIC — Thomas Crane Main Public Library
Thursday, July 22, 2010, 10 – 11:30 a.m.
- "Osteoporosis: The Facts," by Dr. Jose Varghese — Wollaston Senior Center, 550 Hancock Street, Quincy
Wednesday, July 28, 2010, 10:30 a.m. – noon
- Health Matters: "How to Communicate with Your Interpreter" — Thomas Crane Public Main Library, Thursday, August 26, 2010, 10:30 a.m. – noon

