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**FOR IMMEDIATE RELEASE**

## **SJMH Launches Chronic Heart Disease Support Group**

**HORNELL, NY (November 10, 2014)** – St. James Mercy Hospital (SJMH) has started a Chronic Heart Failure (CHF) Support Group to assist patients and caregivers in managing the physical and emotional aspects of chronic heart failure. The group will meet at 2:00pm on the second Friday of every month, starting November 14, in the Hospital’s Cardiac Rehab department on the 2<sup>nd</sup> floor of 411 Canisteo St., Hornell.

Staffed by facilitators from SJMH’s Cardiac Rehab Program, the new CHF support group is aimed at providing education and support to cardiac patients and their spouses, families, and friends.

“Because of the medical and lifestyle changes associated with chronic heart failure, managing the disease can be challenging to patients and caregivers alike,” said facilitator Cheryl Farrand, RN. “There is so much to absorb between balancing medications, diet and exercise, and dealing with stress and emotions. That’s why living with a chronic disease like CFH is often easier through participation in a support group.”

Farrand noted that it’s important for those closest to the patient understand what to expect and how to manage it. “We want CHF patients and caregivers to know they’re not alone,” she said, “and we look forward to providing the resources, support and education they need.”

For more information on SJMH’s Chronic Heart Disease Support Group or Cardiac Rehab Program call 607-324-8118.

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