



Calendar of Events February 2012

Monongahela Valley Hospital is sponsoring a variety of informative programs during February. Many of the events will be held in the Hospital's Anthony M. Lombardi Education Conference Center (ECC) unless otherwise noted.

Thursday, Feb. 2

Stroke Support Group

1 p.m., ECC. The Stroke Support Group is designed for patients and caregivers to share, learn and grow with people who can personally relate to the challenges and struggles they face on a daily basis dealing with stroke and its after effects. For more information, call 724-258-1455.

Monday, Feb. 6

Baby Care Class

6:30 – 9:30 p.m., Mon-Vale HealthPLEX, Rostraver. Parents-to-be will learn baby care basics at this instructional session. Topics include: home safety, car seat safety, immunizations, breast and bottle feeding, pacifiers, bathing an infant and additional topics. For more information, call 724-258-BABY (2229) ext. 25.

Tuesday, Wednesday and Thursday, Feb. 7 – 9

Managing Your Diabetes

8:30 – 11:30 a.m., ECC. A three-day, two-hour-per-day education series that focuses on diabetes self-management and care. Registration is required at least one week prior to the start of classes. For more information or to register, call 724-258-1483.

Wednesday, Feb. 8

Prostate Cancer Support Group

6 p.m., ECC. The Prostate Cancer Support Group is free and open to all persons with prostate cancer and their families. The discussion will be lead by Andrew J. Zahalsky, M.D. from the MVH Regional Cancer Center. For more information, call 724-292-9404.

Thursday, Feb. 9

Innovations in Seasonal Affective Disorder

6 p.m., ECC. Amanda M. Rush, M.D. will present this free program as part of MVH's Innovations series featuring physician guest speakers providing medical information to the community. Find out if you're suffering from more than just the winter blues. Refreshments will be served. To register, call the MVH Reservation Hotline at 724-258-1333.

Tuesday, Feb. 14

RSDS Support Group

11 a.m., ECC. The Reflex Sympathetic Dystrophy Syndrome Support Group is free and open to all persons with RSDS or related illnesses. For more information, call 724-929-9492.

Wednesday, Feb. 15

Advanced Carbohydrate Counting

6 – 8 p.m., ECC. Diabetes self-management class that focuses on carb counting with everything you need to know. Topics range from how to measure the upward drive each meal has on blood sugar to information on the glycemic index. Completion of the three-day Diabetes Self-Management Training is required prior to attending this class. Registration is required at least one week prior to the start of the class. For more information or to register, call 724-258-1148.

Thursday, Feb. 16**Diabetes Support Group**

2 p.m., ECC. Learn about The Natural Way: Supplement Use with Diabetes. This program is free for all diabetics, their families and caregivers. Advanced registration is required by calling 724-258-1483.

Sunday, Feb. 19**Community Tour of New MVH Surgical Suites**

1 – 4 p.m., Hospital Main Lobby. You, our valued community members, are invited to Operation Sneak Peek. This is your opportunity to preview the new state-of-the-art surgical suites as part of MVH's \$25 million expansion project. Light refreshments will follow in the new Conference Dining Room.

Tuesday, Wednesday and Thursday, Feb. 21 – 23**Managing Your Diabetes**

6 – 9 p.m., Mon-Vale HealthPLEX. A three-day, two-hour per day education series that focuses on diabetes self management and care. Registration is required at least one week prior to the start of classes. For more information or to register, call 724-258-1483.

Thursday, Feb. 23**MVH and Red Cross Blood Drive**

11 a.m. until 5 p.m., ECC. In conjunction with the American Red Cross, MVH will sponsor a blood drive to fulfill an increased need during the winter months. For more information or to register, call 724-494-4090 or register online at redcrosslife.org.

Thursday, Feb. 23**Infant and Child CPR**

6 to 9 p.m. ECC. Infant/Child CPR classes are offered by the hospital in conjunction with Valley Health and Safety Training Center. The \$40 fee is payable to VHSTC and advance registration is required at 724-684-9536.

Monday, Feb. 27**Breastfeeding Class**

6:30 – 9:30 p.m. at the Mon-Vale HealthPLEX. This free class is designed for mothers who plan to breastfeed to help them feel more comfortable and confident while in the hospital after delivery and when returning home. Many props are used in this class including breast pumps. Partners and grandmothers are welcome and encouraged to attend. For more information, call 724-258-BABY (2229) ext. 25.

Tuesday, Feb. 28**Adult CPR Instruction**

6 – 9 p.m. Adult CPR (cardiopulmonary resuscitation) classes are offered by the hospital in conjunction with Valley Health and Safety Training Center (VHSTC). The \$40 fee is payable to VHSTC and advance registration is required at 724-684-9536.

Tuesday, Feb. 28**Understanding Your Meal Plan**

6 – 8 p.m., Mon-Vale HealthPLEX, Rostraver. Builds on the education received in the Managing Your Diabetes program. Learn more about food choices, dining out, and how your eating habits affect your blood glucose control. Completion of the three-day Diabetes Self Management Training is required prior to attending this class. Registration is required at least one week prior to the start of the class. Contact the Center for Diabetes at 724-258-1483 for more information and to register.

Wednesday, Feb. 29

Understanding Your Blood Sugar Readings

6 – 8 p.m., Mon-Vale HealthPLEX, Rostraver. Learn how to make sense out of all those blood sugar readings you document. Understand how your diet, medications, illness, and stress affect your blood sugars. Completion of the three-day Diabetes Self Management Training is required prior to attending this class. Registration is required at least one week prior to the start of the class. Contact the Center for Diabetes at 724-258-1483 for more information and to register.