

**Putting your health first.**



## **Calendar of Events August 2017**

Monongahela Valley Hospital is sponsoring a variety of informative programs this month. Many of the events will be held in the hospital's Anthony M. Lombardi Education Conference Center (ECC).

### **Tuesday, Wednesday and Thursday, August 1, 2 and 3 – Managing Your Diabetes**

8:30 - 11:30 a.m., ECC. This education program is designed to help you with diabetes self-management. You will learn, "What is diabetes?" Other topics include the importance of controlling your blood sugars, diabetes medications, lifestyle changes, meal planning and methods to reduce your risk of complications. The program is three consecutive days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

### **Wednesday, August 2 and Friday, August 18 – Nar-Anon Family Group**

6 - 7 p.m. Nar-Anon Family Groups are a worldwide fellowship for the family and friends of those suffering from addiction. As a Twelve-Step program, the group offers help by sharing experiences, strength and hope. The Nar-Anon program is based on a set of spiritual principles and has no affiliation with any denomination. The only requirement for membership is a problem of addiction in a relative or friend. For more information, call 412-512-4718.

### **Tuesday, August 8 – Innovations in Hand and Wrist**

6 p.m., ECC. This education program is designed to help you with hand and wrist issues, specifically hand numbness. Kenneth Molinero Jr., D.O., will speak on the symptoms of hand and nerve issues, like carpal tunnel, as well as, various treatment options.

### **Tuesday, August 8 – Alzheimer's Support Group**

6 - 8 p.m., ECC. This free support group meets once a month. It is designed to help the family members, friends and caregivers of those suffering from Alzheimer's disease or other forms of dementia. Discussion topics include the challenges of coping with this disorder as well as techniques for managing stress and methods of encouraging social engagement. Reservations are requested by calling 724-258-1333.

### **Tuesday, August 8 – RSDS Support Group**

6 - 8 p.m., ECC. The Reflex Sympathetic Dystrophy Syndrome (RSDS) Support Group is free and open to all persons with RSDS or related illnesses. For more information, call 724-929-9492.

### **Thursday, August 10 and Friday, August 11 – Masquerade Jewelry Sale**

7 a.m., ECC. Shop at the Masquerade \$5 Jewelry Sale sponsored by the Auxiliary of Mon-Vale Health Resources, Inc. A variety of jewelry items including earrings, chains and bracelets are available for purchase.

### **Monday, August 14 and 21 – Learn To Prevent Type 2 Diabetes**

ECC. This educational program is designed to help you learn to prevent Type 2 Diabetes. The Diabetes Prevention Program is a support group that meets weekly for six months. Upon completion, the support group will meet monthly over the next six months. For more information, call 724-258-1483.

### **Monday, August 14 and 28 – Suicide Bereavement Support Group**

1 - 2:30 p.m., ECC. This support group is a four-month program that meets the second and fourth Mondays of each month. This program is led by a licensed psychologist and is free and open to all those touched by suicide. Registration is required. To register, call 724-268-1144.

**Tuesday, Wednesday and Thursday, August 15, 16 and 17 – Managing Your Diabetes**

6 - 9 p.m., ECC. This educational program is designed to help you with diabetes self-management. You will learn, “What is diabetes?” Other topics include the importance of controlling your blood sugars, diabetes medications, lifestyle changes, meal planning and methods to reduce your risk of complications. The program is three consecutive days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

**Thursday, August 17 – Ostomy Support Group**

2 - 3:30 p.m., ECC. This support group is free and open to all persons with ostomies and their families and friends. The group meets the third Thursday of each month. For more information, call 724-258-1773.

**Thursday, August 17 – Is Weight Loss Surgery Right For You?**

6 p.m., ECC. Bariatric surgery is an option for people wanting to lose 100 pounds or more. This free information session is designed to give those individuals struggling with weight loss the facts to choose their best option. To learn if you are a candidate for this surgery, join Hiram Gonzalez, M.D., as he discusses this topic in detail. To register, call 724-258-1333.

**Wednesday, August 23 – Advanced Carbohydrate Counting**

6 - 8 p.m., ECC. This program is a diabetes self-management class designed to educate you on how to count carbohydrate content in food to improve blood sugar control. Topics include how to track effects of carbohydrates and blood sugar, glycemic index and how to read food nutrition labels. Registration is required at least one week prior to the start of class by calling 724-258-1483.

**Friday, August 25 – MVH Blood Drive**

9 a.m. - 2:30 p.m., ECC. Monongahela Valley Hospital, in conjunction with the American Red Cross, is sponsoring a blood drive to benefit local patients. Free parking is available. For more information or to register, call 724-258-1282 or visit [redcrosslife.org](http://redcrosslife.org).

**Tuesday, August 29 – American Heart Association Heartsaver CPR/AED**

4 - 8 p.m., ECC. Adult cardiopulmonary resuscitation (CPR) classes are offered by Monongahela Valley Hospital. The fee for the class is \$35 to cover the class and required materials. To register, call 724-258-1333.

**Thursday, August 31 – Stroke Support Group**

1 - 2:30 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 daily challenges and struggles they face dealing with strokes and their after-effects. The group meets the last Thursday of each month. For more information, call 724-258-1455.