

Putting your health first.



Calendar of Events June 2018

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).

Monday, June 4 – Look Good Feel Better®

1 - 3 p.m., ECC. The American Cancer Society designed this program for women dealing with hair loss and skin changes from chemotherapy and radiation. Presenters will provide specific treatment techniques to help ladies look their best while undergoing treatment. All who register more than five days prior to the event will receive a makeup package valued at \$200. To register, call 1-800-227-2345.

Tuesday, Wednesday and Thursday, June 5, 6 and 7 – 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, June 6 – "Is Weight Loss Surgery Right For You?"

6 p.m., HealthPlex. Bariatric surgery is an option for people who want 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.

Friday, June 8 – Strawberry Festival

11 a.m. to 4 p.m., ECC, outside Central Plaza and MPOB Upper Lot. The Auxiliary of Mon-Vale Health Resources, Inc. sponsors this ever-popular summer kick-off event. This year's festival will feature a variety of gift vendors and food trucks including Pitaland, Mexi-Taco, Varsity Dogs, Ekernally Yours Gourmet Popcorn & Sweet Treats, Let It Slide, Jimmy's Italian Ice and Christina's Cakes. Some food vendors have limited time frames and are scheduled from 11 a.m. - 2:30 p.m. In addition, the auxiliary will sell pepperoni rolls, strawberry garden salad with grilled chicken and strawberry shortcake. Flowers and plants from Joseph's Nursery and Garden Center will also be sold and DJ Bill Lemon will provide music at the event. Free parking is available. For more information, call 724-258-1167.

Monday, June 11, and Monday, June 25 – 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 724-678-3601.

Monday, June 11 – Innovations in Medicine: "What is Diverticular Disease?"

6 p.m., ECC. This education program is designed to educate you about diverticular disease. Arshad Bachelani, M.D., will discuss the signs and symptoms of diverticular disease.

Tuesday, June 12 – Alzheimer's Support Group

6 - 8 p.m., ECC. This free support group meets once a month. It is designed to help the families, 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, June 12 – 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.

Tuesday, June 12 – 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.

Thursday, June 14 – Diabetes Support Group

2 - 3 p.m., ECC. This support program is free for people with diabetes, their families and caregivers. Advance registration is required by calling 724-258-1483.

Friday, June 15 – 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.

Tuesday, June 19 – American Heart Association Family and Friends CPR/AED

8 - 10 a.m., ECC. This course is designed for the layperson that has little or no medical training, and is taught by a certified instructor. This course is for people who do not need a certification card for a job. Content includes an orientation to CPR for adult, child, infants, choking and use of an Automated External Defibrillator (AED). Cost of this course is \$35 to cover the cost of the book, which includes a class participation card.

Tuesday, June 19 – American Heart Association Heartsaver CPR/AED

4 - 8 p.m., ECC. Adult cardiopulmonary resuscitation (CPR/AED) classes are offered by Monongahela Valley Hospital. The fee for the class is \$50 to cover the class and required materials. To register, call 724-258-1333.

Tuesday, Wednesday and Thursday, June 19, 20 and 21 – Managing Your Diabetes

6 - 9 p.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.

Thursday, June 21 – Ostomy Support Group

2 - 3 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.

Wednesday, June 27 – Oncology Symposium

Registration/breakfast 7:30 a.m. Program 8 a.m. - noon, ECC. As part of MVH's continuing education program for medical professionals, the hospital is hosting its Annual Oncology Symposium. Physicians will receive 4.0 Continuing Medical Education (CME) hours and nurses will receive 4.0 Continuing Education Units (CEU) for attending. Featured topics of Melanoma, Lung Cancer, Rectal Cancer and Breast Surgery will be presented by national oncology experts. The education program is also open to the public and reservations are required. To make a reservation, call 724-258-1750.