

Putting your health first.



Calendar of Events March 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).

Thursday, March 1 and Friday, March 2 – Masquerade Jewelry Sale

Thursday, noon - 5 p.m., and Friday, 7 a.m. - 5 p.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, March 5 – 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.

Monday, March 5 – Living Well Series: Orthopedics “Innovations in Foot and Ankle Surgery”

6 p.m., ECC. Mark Hofbauer, D.P.M., will discuss the Innovations in Foot and Ankle Surgery. This education program focuses on new and innovative treatments in Foot and Ankle Surgery. Dr. Hofbauer will discuss Foot and Ankle surgery treatments and what types of conditions can receive those treatments.

Tuesday, Wednesday and Thursday, March 6, 7 and 8 – Managing Your Diabetes

8:30 - 11:30 a.m., HealthPlex. 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, March 7 – Cancer Support Group

6 - 7 p.m., ECC. This support group is free and open to all cancer patients and their families. For additional information, call 724-258-1475.

Wednesday, March 7 – 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.

Thursday and Friday, March 8 and 9 – Gene and Boots Candy Sale

8 a.m., ECC. Purchase a treat for your loved ones or indulge yourself with local chocolate and candy delights. Sponsored by the Auxiliary of Mon-Vale Health Resources, Inc. Proceeds from the event will be used to enhance services for patients and visitors at Monongahela Valley Hospital. For more information, call 724-258-1167.

Monday, March 12 – Living Well Series: Orthopedics “Advanced Treatment Options for Knee Pain”

6 p.m., ECC. Scott Baron, M.D., will discuss the Innovations in advanced treatment options for knee pain. This education program focuses on new and innovative advanced treatment options for knee pain. Dr. Baron will discuss advanced treatment options for knee pain and what types of conditions can receive those treatments.

Monday, March 12 and 26 – 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.

Tuesday, March 13 – RSDS Support Group

11 a.m. - 1 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, March 13 – Healthy Eating Supermarket Tours

6 - 8 p.m., Fisher Heights Giant Eagle, Route 88. Learn how to choose foods at the supermarket to manage a healthier lifestyle. Health care professionals from Monongahela Valley Hospital's Clinical Nutrition & Diabetes will conduct the tours and discuss how to live a healthier lifestyle. The program is free, but space is limited. Advance registration is required by calling 724-258-1483.

Tuesday, March 13 – 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.

Wednesday, March 14 – Advanced Carbohydrate Counting

9 - 11 a.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, March 16 – Auxiliary Soup-er Luncheon

11 a.m. - 2:30 p.m., ECC. Purchase soup, steak or shrimp salad and dessert. Sponsored by the Auxiliary of Mon-Vale Health Resources, Inc. Proceeds from the event will be used to enhance services for patients and visitors at Monongahela Valley Hospital. For more information, call 724-258-1167.

Tuesday, March 20 – Better Breathers Club

2 - 3 p.m., ECC. Better Breathers Club offers the opportunity to learn ways to better cope with COPD while getting the support of others. The group helps give you the tools to live the best quality of life you can. Topics include how COPD affects your lungs as well as techniques and medications that can improve your quality of life. The unique Harmonicas for Health program helps people with COPD to improve breath control. Registration is required. To register, call 724-258-1226.

Tuesday, Wednesday and Thursday, March 20, 21 and 22 – 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.

Wednesday, March 21 - Colorectal Screening

1 p.m., ECC. Monongahela Valley Hospital will offer a free colorectal cancer education and screening in observance of the American Cancer Society's Cancer Control Month. Health care professionals will provide information during the education portion of the presentation and MVH staff will explain and provide instructions for the take home colorectal screening kit. Although the education program and test kit are free, seating is limited. Advance registration required. For additional information or to register, call 724-258-1333.

Thursday, March 22 – Registered Nurses Invited to MVH Career Fair/Open House

11:30 - 4:30 p.m., ECC. Registered Nurses are invited to attend a free Career Fair/Open House at Monongahela Valley Hospital. The Career Fair/Open House is an ideal opportunity for nursing assistants looking for a fresh start. Those attending will have an opportunity to meet with the Nursing team, tour the cooperative environment and learn how they can grow professionally.

Saturday, March 24 – Multiphasic Blood Analysis

7 - 10 a.m., ECC. This 37-function screening costs only \$30 and is open to the public. Participants are asked to provide the full name and complete address of the physician to whom their test results will be sent afterwards. Testing is by appointment only. The deadline to register is Wednesday, March 21, and registrations must be made Monday through Friday from 8:30 a.m. to 2 p.m. by calling 724-258-1282.

Monday, March 26 – Living Well Series: Orthopedics “Back Pain and Disc Degeneration”

6 p.m., ECC. Eric Nabors, M.D., will discuss the Innovations in Back Pain and Disc Degeneration. This education program focuses on new and innovative advanced treatment options for back pain and disc degeneration. Dr. Nabors will discuss advanced treatment options for back pain and disc degeneration and what types of conditions can receive those treatments.

Tuesday, March 27 – American Heart Association Heartsaver CPR/AED

8 a.m. - noon, ECC. Adult cardiopulmonary resuscitation (CPR) 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, March 27 – American Heart Association Family and Friends CPR/AED

4 - 8 p.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.

Thursday, March 29 – Stroke Support Group

1 - 2 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.