

Putting your health first.



Calendar of Events May 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).

Monday, May 1, 8, 15 and 22 – Learn To Prevent Type 2 Diabetes

4 p.m., ECC. This education 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.

Tuesday, Wednesday and Thursday, May 2, 3 and 4 – Managing Your Diabetes

8:30 - 11:30 a.m., Mon-Vale 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.

Tuesday, May 2 – 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.

Wednesday, May 3 – "How to Live with Osteoporosis"

6 p.m., ECC. Nurse Health Educator, Donna Hatalowich, is the speaker for the third of the three part Living Well Series. She will discuss how to live with the diagnosis of Osteoporosis.

Wednesday, May 3 and Friday, May 19 – 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.

Monday, May 8 and 22 – 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.

Wednesday, May 10 – Diabetes Support Group

6 - 8 p.m., Mon-Vale HealthPLEX, Room 120. This support program is free for people with diabetes, their families and caregivers. Advance registration is required by calling 724-258-1483.

Wednesday, May 10 – Prostate Cancer Support Group

6 - 8 p.m., ECC. All prostate cancer patients, families and caregivers are invited to attend this free support group. For more information, call 724-292-9404.

Tuesday, May 16 – Better Breathers Club: Harmonicas for Health

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 724-258-1932.

Tuesday, Wednesday and Thursday, May 16, 17 and 18 – 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.

Tuesday, May 16 – 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.

Saturday, May 20 – Gala 29

Cocktails: 6 p.m. Dinner: 7 p.m. Wyndham Grand, Pittsburgh. Rustic Elegance Gala 29 will offer food and drink, entertainment, recognition of awardees and more. Black tie preferred \$175 per person. For information, call 724-258-1855.

Wednesday, May 24 – 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.

Thursday, May 25 – 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.

Tuesday, May 30 – American Heart Association Heartsaver CPR/AED

8 a.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.

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Wednesday, May 31 – Healthy Eating Supermarket Tours

6 - 8 p.m., WillowPointe Shop & Save, Route 51, Rostraver. Learn how to read a food label at the supermarket to manage a healthier lifestyle. Health care professionals from Monongahela Valley Hospital’s Center for Diabetes and Endocrinology will conduct the tours and discuss “Healthy Eating.” The program is free, but space is limited. Advance registration is required by calling 724-258-1483.