

## Putting your health first.



## Calendar of Events May 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).

### **Tuesday, Wednesday and Thursday, May 1, 2 and 3 – 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.

### **Tuesday, May 1 – 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 9 – 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.

### **Thursday, May 10– "Is Weight Loss Surgery Right For You?"**

6 p.m., ECC. 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, May 10 – Diabetes Support Group**

6 - 7 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.

### **Monday, May 14 – 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, May 15 – 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, May 15, 16 and 17 – 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 15 – 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 19 – Gala 30**

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.

**Monday, May 21 – Weight Control and Wellness Support Group**

6 p.m., ECC. The bariatric support group activities are designed to reinforce key principles of success and help participants learn concepts that are sometimes difficult to grasp after bariatric surgery. Professionals such as dietitians, psychologists and fitness instructors may be invited to speak. Other presenters may discuss topics such as grooming, dating and cooking. The sessions are designed to educate, inform and provide a well-rounded foundation of knowledge for long-term success. The ultimate purpose of the support group is to help participants achieve and maintain their goal weights in a way that is as physically and mentally healthy as possible. Registration is recommended, but not necessary. To register, call 724-258-1333.

**Tuesday, May 22 – Innovations in Medicine: “Am I ready for a knee or hip replacement?”**

6 p.m., ECC. This education program is designed to educate you about hip and knee replacements. Kenneth Molinero Jr., D.O., will discuss orthopedic conditions of hips and knees, if surgery is the right treatment and the right time to consider total hip and knee replacement surgery.

**Wednesday, May 23 – 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.

**Tuesday, May 29 – 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, May 29 – American Heart Association Family and Friends CPR/AED**

4 - 6 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.