

Putting your health first.



Calendar of Events Nov. 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).

Wednesday, Nov. 1 and Friday, Nov. 17 – 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.

Wednesday, Nov. 1 – Lung Cancer Screening and Education

6 p.m., ECC. Learn about the importance of early detection and treatment of lung cancer during this free educational program. Current and former smokers age 55 and older are encouraged to attend. For more information and to register, call 724-258-1333.

Tuesday, Wednesday and Thursday, Nov. 7, 8 and 9 – 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, Nov. 8 – 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.

Wednesday, Nov. 8 – 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, Nov. 9 – Innovations in Non-surgical Treatments in Tendinitis

6 p.m., ECC. This education program is designed to educate you about Non-surgical Treatments in Tendinitis. Anthony Cuneo, M.D., Ph.D., will speak on the symptoms and causes of tendinitis, then discuss various non-surgical treatment options.

Monday, Nov. 13 – Innovations in Urinary Incontinence

6 p.m., ECC. This education program is designed to educate you about Urinary Incontinence. Jay Lutins, M.D., will speak on the symptoms of urinary incontinence, as well as various treatment options.

Monday, Nov. 13 and 27 – 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, Nov. 14 – 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, Nov. 14 – COPD Month Dinner

5 - 7 p.m., ECC. The last fall session will be a celebration dinner for COPD Month. Fall and Spring participants, Better Breathers Club members and community members with chronic respiratory diseases will all be invited. Advance registration is required; call the CCN at 724-258-1226 by 3 p.m. on Friday, Nov. 10.

Tuesday, Nov. 14 – 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, Nov. 15 – 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.

Monday, Nov. 20 – Annual Light-Up Night

6:30 p.m. Join MVH as we kick-off the holiday season with our 33rd Annual Light-Up Night in the Hospital’s Central Plaza. Enjoy entertainment, hot chocolate, Christmas carols, and an opportunity to tell Santa and Mrs. Claus what’s on your Christmas list. Homemade baked goods and raffle tickets for decorative Christmas items will be sold by the Auxiliary of Mon-Vale Health Resources, Inc. in the hospital’s main lobby beginning at 5 p.m.

Monday, Nov. 27 – 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, Nov. 28 – 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 \$35 to cover the class and required materials. To register, call 724-258-1333.

Tuesday, Wednesday and Thursday, Nov. 28, 29 and 30 – 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, Nov. 30 – 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.