

Putting your health first.



Calendar of Events November 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, November 6, 7 and 8 – 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.

Tuesdays, November 6, 13, 20 and 27 – Breathe Pennsylvania - Smoke Free for Life

5:30 - 7:30 p.m., HealthPlex. This education program is a free four-week course hosted by the Community Care Network at the HealthPlex. This education program is designed to provide individuals with information on preparing to quit smoking, coping skills and strategies, smoking and developing an action plan to help quit smoking.

Monday, November 12, and Monday, November 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.

Monday, November 12 – Innovations in Medicine: "Freeze Your Pain Away"

6 p.m., ECC. This education program is designed to educate you about Celiac Disease. Anthony Cuneo, M.D., Ph. D., will discuss cryoneurolysis, the process of blocking nerve conduction through a procedure that freezes a targeted nerve. To register, call 724-258-1333.

Tuesday, November 13 – Better Breathers Club Dinner

11:30 a.m. The last fall session will be a celebration dinner for the Better Breathers Club. 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.

Tuesday, November 13 – 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.

Wednesday, November 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.

Wednesday, November 14 – “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, November 14 – 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.

Monday, November 19 – Annual Light-Up Night

6:30 p.m. Join MVH as we kick-off the holiday season with our 34th 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, November 26 – 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, November 27 – American Heart Association Heartsaver CPR/AED

8 a.m. - noon, 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, November 27 – 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.

Tuesday, Wednesday and Thursday, November 27, 28 and 29 – 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.