



Calendar of Events October 2009

Unless otherwise noted, the following programs will be held in the Anthony M. Lombardi Education Conference Center (ECC) at Monongahela Valley Hospital.

Saturday, October 3

Diabetes Education Day

9 a.m., ECC. Monongahela Valley Hospital's Diabetes Education Day is designed to give participants information on the risks for diabetes and ways to manage the disease. The day's events are free and open to the public and topics include "Proper Care of Your Feet", "What Is Peripheral Arterial Disease" and "Understanding the Glycemic Index". Blood pressure checks, wellness screenings, health information, "Ask the Diabetes Educator" booth and refreshments are all part of the activities. Advance registration is requested Monday through Friday between 8:30 a.m. and 3 p.m. at 724-258-1148.

Monday, October 5

Baby Care Class

6:30 p.m., Mon-Vale HealthPLEX, Rostraver. Learn baby care basics with up-to-date information at this instructional session for parents-to-be. Topics include: home safety, basic car seat safety, immunizations, breast and bottle feeding, pacifiers, bathing an infant and additional topics. For more information, call 724-258-BABY (2229).

Tuesday, Wednesday, Thursday, October 6, 7, 8

Managing Your Diabetes

8:30 a.m., ECC. 3-day, 2-hour per day education series that focuses on diabetes self-management and care. Registration is required at least one-week prior to the start of classes. For more information or to register, call 724-258-1483.

Wednesday, October 7

Innovations In H1N1 Flu Treatment

6 p.m., ECC. Infectious Disease Specialist Jeffrey James, M.D. and a team of health care professionals will present a free program designed to recognize the risk factors for Novel H1N1 (Swine Flu) virus and discuss immunization and treatment. This program is part of MVH's Innovations series featuring physician guest speakers providing medical information to the community and qualifies for Act 48 education credits. Refreshments will be served. Call 724-258-1234 for registration or more information.

Wednesday, October 7

Breast Cancer Support Group

6 p.m., ECC. This support group is free and open to all breast cancer patients and their families. For more information, call 724-258-1455.

Friday, October 9

Apple/Fall Festival

11 a.m. to 5 p.m. This annual event is sponsored by the Auxiliary of Mon-Vale Health Resources, Inc., is open to the public, and will be held in the outdoor Central Plaza and the Anthony M. Lombardi Education Center. The comfortable and informal outdoor and indoor setting of the Fall Festival offers patrons a refreshing way to enjoy delicious food and fellowship. Proceeds from the Festival will be utilized to enhance services sponsored by the Auxiliary for patients and visitors at Monongahela Valley Hospital. Auxilian Mrs. Dorothy Paterline is chairperson and Auxilian Mrs. Lillian Nard is co-chairperson of the Fall Festival. For more information, call 724-258-1234.

Saturday, October 10

Lois Orange Ducoeur Breast Cancer Walk

10:15 a.m., Charleroi Market House, Charleroi. The sixth annual walk is held in memory of the Charleroi businesswoman who lost her battle with cancer in 1965. Registration begins at 9 a.m. with a balloon release when the one- and two-mile walks begin. Pink memorial survivor ribbons are available for \$5 and will be placed on lampposts along the walk route. Additionally, pink memorial or survivor balloons may be purchased for \$2 on the day of the race. Registration information can be found online at www.teamcharleroi.org or by calling Team Charleroi at 724-483-3070. Proceeds from the event will benefit the Charles L. and Rose Sweeney-Melenyzer Pavilion and Regional Cancer Center at Monongahela Valley Hospital.

Tuesday, October 13

RSDS Support Group

6 p.m., ECC. The Reflex Sympathetic Dystrophy Syndrome Support Group is free and open to all persons with RSDS or related illnesses. For more information, call 724-929-9492.

Monday, October 19

Cancer Support Group

7 p.m., ECC. This support group is free and open to all cancer patients and their families. For additional information, call 724-258-1704.

Tuesday, Wednesday, Thursday, October 20, 21, 22

Managing Your Diabetes

6 p.m., Mon-Vale HealthPLEX, Rostraver. 3-day, 2-hour per day education series that focuses on diabetes self-management and care. Registration is required at least one-week prior to the start of classes. For more information or to register, call 724-258-1483.

Friday, October 23

Living Well Through The Seasons

6 p.m., ECC. During this multidisciplinary approach to nutrition and fitness, health care professionals will educate and demonstrate to the audience healthy holiday eating, simple ways to achieve fitness and their health benefits, low fat nutrition tips and stress management. Cooking demonstrations will be included as a part of the presentation. For more information or to register, call 724-258-1320.

Monday, October 26

Breast-feeding Class

6:30 p.m., Mon-Vale HealthPLEX, Rostraver. This free class is designed for mothers who plan to breastfeed and to help them feel more comfortable and confident while in the hospital after delivery and when returning home. Many props are used in this class including breast pumps. Husbands and grandmothers are welcome and encouraged to attend. For more information, call 724-258-BABY (2229).

Wednesday, October 27

Mom's Shower

11 a.m., ECC. If you are pregnant or have a child less than two years of age, you are invited to join MVH for a free celebration just for you.....Mom's Shower. This educational event will feature lunch and a wealth of information for you and your baby. Free childcare is available for children age one and over and the event is held in conjunction with Community Action Southwest. Registration begins at 10:15 a.m., so come early. For more information, call 1-877-814-0788 ext. 440.

Wednesday, October 27

Public CPR Instruction

6 p.m., ECC. Adult CPR (cardiopulmonary resuscitation) classes are offered by the hospital in conjunction with Valley Health and Safety Training Center (VHSTC). The \$30 fee is payable to VHSTC and advance registration is required at 724-684-9536.

Wednesday, October 28

Breast Cancer Screening and Education Program

1 p.m., ECC. National Breast Cancer Awareness Month has more than two decades of building breast cancer awareness, educating women about the importance of early detection and new treatment options. As a result, breast cancer deaths are on the decline. To encourage women to get mammograms on a regular basis, MVH will host a education and screening program with these key messages. Mammography screenings are a woman's best chance for detecting breast cancer early. The breast cancer screening and education program is free and will be conducted by physicians and staff from MVH. To register, call 724-258-1234.

Wednesday, October 28

Living Well Through The Seasons

1 p.m., Mon-Vale HealthPLEX, Rostraver. During this multidisciplinary approach to nutrition and fitness, health care professionals will educate and demonstrate to the audience healthy holiday eating, simple ways to achieve fitness and their health benefits, low fat nutrition tips and stress management. Cooking demonstrations will be included as a part of the presentation. For more information or to register, call 724-258-1320.

Wednesday, October 28

Advanced Carbohydrate Counting

6 p.m., ECC. Diabetes self-management class that focuses on carb counting with everything you need to know. How to measure the upward drive each meal has on blood sugar and information on the glycemic index. It is required that initial three-day Diabetes Self Management Training be completed prior to attending the Carbohydrate Counting class. At least one week advanced registration also is required. For more information or to register, call 724-258-1148.

Thursday, October 29

Red Cross Blood Drive

Noon to 6 p.m., ECC. American Red Cross, in cooperation with Monongahela Valley Hospital, will sponsor a blood drive on the hospital campus. For more information or to register, call 724-494-4090 or online at redcrosslife.org.

Thursday, October 29

Infant/Child CPR

6 p.m., ECC. Infant/Child CPR classes are offered by the hospital in conjunction with Valley Health and Safety Training Center. The \$25 fee is payable to VHSTC and advance registration is required at 724-684-9536.