

## Putting your health first.



## Calendar of Events October 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).

### **Wednesday, October 3 – “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.

### **Monday, October 8, and Monday, October 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 724-678-3601.

### **Tuesday, October 9 – 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, October 10 – Advanced Carbohydrate Counting**

6 - 8 p.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, October 10 – Innovations in Medicine: “Celiac Disease”**

6 p.m., ECC. This education program is designed to educate you about Celiac Disease. Nick Bellicini, M.D., will discuss symptoms and treatments for celiac disease. To register, call 724-258-1333.

### **Friday, October 12 – Fall/Apple Festival**

11 a.m. - 4 p.m. MVH Outdoor Central Plaza and ECC. This annual event offers a variety of delicious foods including hot Italian combo sandwich with chips, baked potato bar, apple spring mix salad, and apple cobbler in the comfort of the Anthony M. Lombardi Education Conference Center. Also for sale will be pepperoni rolls and baked goods. Sponsored by the Auxiliary of Mon-Vale Health Resources, Inc., proceeds will be used to enhance services for MVH patients and visitors. For more information, call 724-258-1167.

**Saturday, October 13 – 15<sup>th</sup> Annual MVH Lois Orange Ducoeur Breast Cancer Walk**  
10 a.m., Charleroi Market House, 423 McKean Avenue, Charleroi. Join friends and neighbors as they walk to support the prevention, early detection and treatment of breast cancer in our community at Monongahela Valley Hospital. Registration begins at 9 a.m. the day of the event or register early at [bit.ly/mvhbcw18](http://bit.ly/mvhbcw18). Pre-registration is not required. A \$10 minimum donation is suggested for anyone over the age of 6. The first 300 walkers raising or donating a minimum of \$25 will receive a commemorative bag. The first 400 participants receive a goody bag and a pink power towel. Registration brochures can be found at [www.monvalleyhospital.com/fund\\_development/events.htm](http://www.monvalleyhospital.com/fund_development/events.htm). For more information, call 724-258-1855.

**Monday, October 15 – Innovations in Medicine: “Colon Cancer”**  
6 p.m., ECC. This education program is designed to educate you about Colon Cancer. Arshad Bachelani, M.D., will discuss symptoms and treatments for Colon Cancer. To register, call 724-258-1333.

**Wednesday, October 17 - Breast Cancer Luncheon, Education and Screening**  
12:30 - 3 p.m., ECC. Learn how early detection and diagnosis can protect you and those you love from breast cancer. Physicians will present the program and offer informational displays. Participants may also receive a free breast exam. Registration is required by calling 724-258-1333.

**Thursday, October 18 – Ostomy Support Group**  
2 - 3 p.m., ECC. This support group is free and open to all persons with ostomies and their families and friends. The group meets the third Thursday of each month. For more information, call 724-258-1773.

**Wednesday, October 24 – 29<sup>th</sup> Annual Medical Staff Symposium**  
7:30 a.m., ECC. This annual event, featuring renowned speakers from across the country, is designed for physicians, nurses, and other health care professionals to learn about the latest advancements in cancer management. Cost is \$25 for non-MVH physicians and nurses. For more information call, 724-258-1145.

**Friday, October 26 – MVH Blood Drive**  
9 a.m. - 2:30 p.m., ECC. Monongahela Valley Hospital, in conjunction with the American Red Cross, is sponsoring a blood drive to benefit local patients. Free parking is available. For more information or to register, call 724-258-1282 or visit [redcrosslife.org](http://redcrosslife.org).

**Tuesday, October 30 – American Heart Association Family and Friends CPR/AED**  
8 - 10 a.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, October 30 – American Heart Association Heartsaver CPR/AED**  
4 - 8 p.m., 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.