

**Putting your health first.**



## **Calendar of Events Sept. 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).

### **Tuesday, Wednesday and Thursday, Sept. 5, 6 and 7 – 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.

### **Wednesday, Sept. 6 – Living Well Series: Life After Cancer "Testing Resources for Cancer and Steps After Diagnosis"**

6 p.m., ECC. Mammography/Diagnostic Imaging Supervisor, Ryan Gray, R.T. (R), C.T., M.R., will discuss the Radiology testing resources that MVH has to offer, the processes of certain radiology testing and what to expect. Director of Radiation Oncology, Debbie Burkhardt, R.T. (R), (T), (C.T.), will follow Mr. Gray's presentation by discussing the steps that are taken after a cancer diagnosis is made from positive testing results. She will cover the additional testing and treatments that may be offered.

### **Wednesday, Sept. 6 and Friday, Sept. 22 – 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.

### **Thursday, Sept. 7 – Is Weight Loss Surgery Right For You?**

6 p.m., ECC. Bariatric surgery is an option for people wanting 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, Sept. 11 and 25 – 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, Sept. 12 – 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, Sept. 12 – Look Good Feel Better®**

1 - 3 p.m., ECC. The American Cancer Society designed this program for women dealing with hair loss and skin changes from chemotherapy and radiation. Presenters will provide specific treatment techniques to help ladies look their best while undergoing treatment. All who register more than five days prior to the event will receive a makeup package valued at \$200. To register, call 1-800-227-2345.

**Tuesday, Sept. 12 – 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.

**Tuesday, Sept. 12 – 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, Sept. 13 – Living Well Series: Life After Cancer “Life After Diagnosis and Financial Issues”**

6 p.m., ECC. Clinical Coordinator of Medical Oncology, Carol Manown, R.N., O.C.N. and cancer survivor, will present from her personal and professional experiences of life after being diagnosed with cancer. She will discuss how a cancer diagnosis changes your life from the moment you receive your test results, throughout treatments and after treatments. Manager of Financial Counseling and Collections, Bob McClure, will follow Mrs. Manown with an overview of financial issues that arise from extensive treatments and the options that area available to assist our patients with bill payment.

**Thursday, Sept. 14 – Diabetes Support Group**

6 - 8 p.m., Mon-Vale HealthPLEX, Room 120. This support program is free for people with diabetes, their families and caregivers. Advance registration is required by calling 724-258-1483.

**Thursday, Sept. 14 – Talk With a Doc: “What’s New in Shoulder Surgery?”**

6 p.m., Community & Recreation Center at Boyce Mayview Park. Allan Tissenbaum, M.D., an orthopedic surgeon with The Orthopedic Group, will discuss “What’s New in Shoulder Surgery”. Dr. Tissenbaum will discuss the very newest in standards of care and protocols for shoulder surgeries. To register, call 724-258-1333.

**Tuesday, Sept. 19 – 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, Sept. 19 – Better Breathers Club: Harmonicas for Health**

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, Sept. 19 – Living Well Series: Life After Cancer “Cancer Survivorship, Exercise and Nutrition”**

6 p.m., ECC. Oncology Nurse Navigator, Tricia Golden, R.N., C.M.S.R.N., will discuss what cancer survivorship is and the transition to the new way of life. Clinical Dietician, Krista Begonia, R.D., will follow Ms. Golden with a presentation on nutrition and how needs change during and after cancer treatments. Fitness Director at the Center for Fitness and Health, Chad Vorderbrueggen, M.S., C.P.T., T.P.I. Level III, will be the final presenter for the evening, covering the exercise therapy program that the Center for Fitness and Health offers to cancer patients to improve the quality of life for patients post-treatment.

**Tuesday, Wednesday and Thursday, Sept. 19, 20 and 21 – 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.

**Saturday, Sept. 23 – Multiphasic Blood Analysis**

7 - 10 a.m., ECC. This 37-function screening costs only \$25 and is open to the public. Participants are asked to provide the full name and complete address of the physician to whom their test results will be sent afterwards. Testing is by appointment only. The deadline to register is Wednesday, Sept. 20, and registrations must be made Monday through Friday from 8:30 a.m. to 2:30 p.m. by calling 724-258-1282.

**Monday, Sept. 25 – 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.

**Wednesday, Sept. 27 – Prostate Cancer Screening and Education Program**

5:30 p.m., ECC. The prostate cancer screening and education program is free. At the screening, men will be offered a digital rectal exam (DRE), the standard test for prostate cancer; a hemocult test and a Prostate Specific Antigen (PSA) blood test. The screening and education program will be conducted by staff from the MVH Medical Staff and Regional Cancer Center. For more information and to register, call 724-258-1333.

**Thursday, Sept. 28 – 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.

**Friday, Sept. 29 – Apple/Fall Festival**

11 a.m. - 4 p.m. 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 at the festival 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.