

Putting your health first.



Calendar of Events April 2019

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, April 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.

Thursday, April 4 – MVH Day at River House Café

11 a.m. - 10 p.m., River House Café. The Auxiliary of Mon-Vale Health Resources, Inc. will sponsor an MVH Day at River House Café. President and CEO Louis J. Panza Jr. will serve as guest bartender from 3:30 p.m. until 6 p.m. The hospital will receive 10 percent of all food sales and tips from the guest bartender. For additional information, call 724-258-1090.

Monday, April 8 and 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.

Tuesdays and Wednesdays, April 9, 16, 23 and 10, 17, 24 – Managing Your Diabetes

Tuesdays 9 - 11 a.m. and Wednesdays 6 - 8 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.

Tuesday, April 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, April 10 – Innovations in Medicine: "Peripheral Arterial Disease Recognition and Therapy"

6 p.m., ECC. This education program is designed to educate you about Peripheral Arterial Disease Recognition and Therapy. Luke Marone, M.D., will discuss peripheral artery disease (PAD), which is the narrowing of arteries leading from the heart to the outer regions of the body. He will discuss signs and symptoms of the disease and how it is diagnosed as well as the risks associated with PAD and the treatments to manage it and improve quality of life. To register, call 724-258-1333.

Thursday, April 11 – 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.

Friday, April 12 – 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.

Thursday, April 12 – Healthy and Fit Series: “Disc Replacement”

12 p.m., HealthPlex. This education program is the second of a four part series. Eric Nabors, M.D., will discuss disc replacement. To register, call 724-379-5100.

Thursday, April 18 – Ostomy Support Group

2 - 3:30 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.

Tuesday, April 30 – American Heart Association Family and Friends CPR/AED

9 - 11 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. To register, call 724-258-1333.

Tuesday, April 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.