

Putting your health first.



Calendar of Events June 2019

Monongahela Valley Hospital sponsors a variety of informative programs every month. Many of the events are held in the hospital's Anthony M. Lombardi Education Conference Center (ECC). Each

Monday, June 3 — Is Weight Loss Surgery Right For You?

6 p.m., Hilton Garden Inn (555 Synergy Dr., Uniontown). 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 or visit <https://www.monvalleyhospital.com/registration.asp>.

Tuesday, June 4 — Managing Your Diabetes Morning Class (1 of 3)

9 – 11 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.

Tuesday, June 4 — Smoke Free for Life Class (1 of 4)

Noon – 2 a.m., ECC. The Community Care Network (CCN) is offering a Smoke Free for Life program. The program is broken down into four, two-hour courses and is designed to help participants develop strategies to quit smoking, prevent relapse as well as receive support in a positive and comfortable environment. For more information or to register, call the CCN at 724-258-1462.

Wednesday, June 5 — Managing Your Diabetes Night Class (1 of 3)

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.

Wednesday, June 5 — Is Weight Loss Surgery Right For You?

6 p.m., HealthPlex. 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 or visit <https://www.monvalleyhospital.com/registration.asp>.

Thursday, June 6 — 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, June 7 — Strawberry Festival

11 a.m. to 4 p.m., ECC, outside Central Plaza and MPOB Upper Lot. The Auxiliary of Mon-Vale Health Resources, Inc. sponsors this ever-popular summer kick-off event. This year's festival will feature a variety of gift vendors and food trucks including Pitaland and Mexi-Taco, Ekernally Yours Gourmet Popcorn & Sweet Treats, and Amish jars of food. Some food vendors have limited time frames and are scheduled from 11 a.m.– 2:30 p.m. In addition, the auxiliary will sell pepperoni rolls, grilled chicken

garden salad, Italian style sandwich, strawberry shortcake and other baked goods. Flowers and plants from Joseph's Nursery and Garden Center will also be sold and DJ Bill Lemon will provide music at the event. Free parking is available. For more information, call 724-258-1167.

Monday, June 10 and 24 — 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, June 11 — Managing Your Diabetes Morning Class (2 of 3)

9 – 11 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.

Tuesday, June 11 — Smoke Free for Life Class (2 of 4)

Noon – 2 a.m., ECC. The Community Care Network (CCN) is offering a Smoke Free for Life program. The program is broken down into four, two-hour courses and is designed to help participants develop strategies to quit smoking, prevent relapse as well as receive support in a positive and comfortable environment. For more information or to register, call the CCN at 724-258-1462.

Tuesday, June 11 — 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, June 12 — Managing Your Diabetes Night Class (2 of 3)

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.

Thursday, June 13 — Healthy and Fit Series: "Achilles Tendon Injuries: Modern Diagnosis and Treatment"

Noon, HealthPlex. This education program is the second of a four part series. Mark Hofbauer, D.P.M., will discuss modern diagnosis and treatment for achilles tendon injuries. To register, call 724-379-5100.

Friday, June 14 — 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.

Tuesday, June 18 — Managing Your Diabetes Morning Class (3 of 3)

9 – 11 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.

Tuesday, June 18 — Smoke Free for Life Class (3 of 4)

Noon – 2 a.m., ECC. The Community Care Network (CCN) is offering a Smoke Free for Life program. The program is broken down into four, two-hour courses and is designed to help participants develop strategies to quit smoking, prevent relapse as well as receive support in a positive and comfortable

environment. For more information or to register, call the CCN at 724-258-1462.

Tuesday, June 18 — Innovations in Medicine: “Living With Arthritis: Advances in Diagnosis and Treatment”

6 p.m., ECC. This program is intended to give you a better understanding of what arthritis is and how to live with the condition. Ajay Mathur, MD, FACP, will present an overview of the different types of arthritis and how they are diagnosed. He will discuss the kinds of treatments as well as latest improvements in treatments and how to live as pain free as possible. To register, call 724-258-1333 or visit <https://www.monvalleyhospital.com/registration.asp>.

Wednesday, June 19 — Managing Your Diabetes Night Class (3 of 3)

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.

Thursday, June 20 — 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, June 25 — Smoke Free for Life Class 4 of 4

Noon – 2 a.m., ECC. The Community Care Network (CCN) is offering a Smoke Free for Life program. The program is broken down into four, two-hour courses and is designed to help participants develop strategies to quit smoking, prevent relapse as well as receive support in a positive and comfortable environment. For more information or to register, call the CCN at 724-258-1462.

Wednesday, June 26 — Oncology Symposium

Registration/breakfast 7:30 a.m. Program 8 a.m. – 2:30 p.m., ECC. As part of MVH's continuing education program for medical professionals, the hospital is hosting its Annual Oncology Symposium. Physicians will receive 5.0 Continuing Medical Education (CME) hours and nurses will receive 5.0 Continuing Education Units (CEU) for attending. The education program is also open to the public and reservations are required. To make a reservation, call 724-258-1750.