



## University Hospitals

1-866-UH4-CARE (1-866-844-2273)  
UHhospitals.org

### AGE WELL. BE WELL. EVENTS APRIL, 2022

If you are not a member of the **AGE WELL. BE WELL.** and would like to join our free Club, please call **1-844-312-5433** or visit the website [www.uhhospitals.org/agewell](http://www.uhhospitals.org/agewell) to register.

## UH Locations

### AVON HEALTH CENTER

1997 Healthway Drive  
Avon, OH 44011  
440-988-6800

### ELYRIA MEDICAL CENTER

630 East River Street  
Elyria, OH 44035  
440-329-7500

### PORTAGE MEDICAL CENTER

6847 North Chestnut Street  
Ravenna, OH 44266  
330-297-0811

### AHUJA MEDICAL CENTER

3999 Richmond Road  
Beachwood, OH 44122  
216-593-5500

### GEAUGA MEDICAL CENTER

13207 Ravenna Road  
Chardon, OH 44024  
440-285-6000

### RICHMOND MEDICAL CENTER

27100 Chardon Road  
Cleveland, OH 44143  
440-585-6500

### BEDFORD MEDICAL CENTER

44 Blaine Avenue  
Bedford, OH 44146  
440-735-3900

### GENEVA MEDICAL CENTER

870 West Main Street  
Geneva, OH 44041  
440-466-1141

### ST. JOHN MEDICAL CENTER,

*A Catholic Hospital*  
29000 Center Ridge Road  
Westlake, OH 44145  
440-835-8000

### CONNEAUT MEDICAL CENTER

158 West Main Road  
Conneaut, OH 44030  
440-593-1131

### PARMA MEDICAL CENTER

7007 Powers Boulevard  
Parma, OH 44129  
440-743-3000

### SAMARITAN MEDICAL CENTER

1025 Center Street  
Ashland, OH 44805  
419-289-0491

If you no longer wish to receive the Age Well Be Well Calendar of Events, please call **1-844-312-5433**

# UH Ahuja Medical Center

## COMMUNITY PROGRAMS

### **BLOOD DRIVES**

Ahuja Medical Center will be hosting two blood drives during the month of April. Please make sure to eat before your donation and bring your photo ID and list of medications you take.

#### **Friday, April 1**

11:30 a.m. – 5 p.m.

To register, go to

[vitalant.org/OhioDonorPortal](https://vitalant.org/OhioDonorPortal) and

enter the group code 3191.

#### **Friday, April 8**

10 a.m. – 3 p.m.

To register, go to [Red Cross](#) and enter sponsor code: UH

#### **Ahuja Medical Center**

Rosenburg AB Room

3999 Richmond Road

Beachwood, OH 44122

## HEALTH EDUCATION

### **NUTRITION LUNCH & LEARN**

#### **Wednesday, April 27**

12 – 1 p.m.

#### **Reminderville Heritage Hall**

3601 Glenwood Boulevard

Reminderville, OH 44202

Call **330-562-1234** to register. *Space is limited. Lunch provided*

### **AFTER HOURS COCKTAILS & CONVERSATION: HEALTH, WELLNESS & SELF CARE FOR WOMEN**

#### **Wednesday, April 28**

4:30 – 7 p.m.

#### **Solon Recreation Center**

35000 Portz Parkway

Solon, OH 44139

## HEALTH SCREENINGS

### **BIOMETRIC SCREENING EVENT**

Ahuja Medical Center will be providing health screenings including blood pressure, non-fasting blood sugar and non-fasting cholesterol.

#### **Wednesday, April 13**

10 a.m. – 12 p.m.

#### **Nordonia Hills Senior Center**

9691 Valley View Road

Macedonia, OH 44056

#### **Tuesday, April 26**

12 – 3 p.m.

#### **Mayfield Village Senior Center**

6622 Wilson Mills Road

Mayfield Village, OH 44143

### **BLOOD PRESSURE SCREENS**

#### **Thursday, April 7**

5:30 – 7 p.m.

#### **Warrensville Heights YMCA**

4433 Northfield Road

Warrensville Heights, OH 44128

#### **Thursday, April 14**

1:30 – 3 p.m.

#### **Mayfield Village Senior Center**

6622 Wilson Mills Road

Mayfield Village, OH 44143

# UH Avon Health Center

## EXERCISE & FITNESS

#### **Avon Health Center**

1997 Healthway Drive

Avon, OH 44011

*All 45-minute group exercise classes and presentations are free and open to non-members aged 15 and older.*

*Pre-registration is required for all classes and health education events.*

*Email [Renee.Barrett@uhhospitals.org](mailto:Renee.Barrett@uhhospitals.org)*

*or call 440-988-6801 for information*

*and to register.*

### **IRON YOGA**

Energetic yoga class incorporating breath and postures which flow from one to the other with addition of light dumbbells

#### **Friday, April 1**

8 - 8:45 a.m.

### **BRAIN HEALTH**

This class will combine cardiovascular fitness with cognitive tasks to give participants a workout for both their bodies and minds. Exercises to help you think faster, focus better and remember more, all while having fun.

#### **Saturday, April 9**

11 - 11:45 a.m.

### **AQUA PILATES**

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.

#### **Monday, April 11**

10 - 10:45 a.m.

### **BEGINNER YOGA**

Class is designed for those new to yoga. It is ideal for beginning flexibility and breathing conditioning. The exercises are done on a mat (please bring your own). Standing and seated postures included.

#### **Saturday, April 23**

11 - 11:45 a.m.

# UH Bedford Medical Center

## COMMUNITY PROGRAMS

### **VEGETABLE GARDENING**

All you need to know  
**Thursday, April 21**  
7 - 8:30 p.m.

**Maple Heights Library**  
5225 Library Lane  
Maple Heights, OH 44137

### **NATIONAL MEDICATION "TAKE BACK DAY"**

**Saturday, April 30**  
10 a.m. - 2 p.m.

**Bedford Medical Center  
(Outside Main Entrance)**  
44 Blaine Avenue  
Bedford, OH 44146  
Call 440-735-3699 for information

### **\*\*SAVE THE DATE\*\* SENIOR NETWORK SPRING WELLNESS LUNCHEON**

**Friday, May 13**  
**Holiday Inn Independence**  
Offered to area seniors at no charge.  
Due to space limitations tickets are  
required. **Completed ticket lottery  
form must be received by Friday,  
April 22** to be included in drawing for  
tickets.

To receive a ticket lottery form, email  
[deborah.zupkovich@uhhospitals.org](mailto:deborah.zupkovich@uhhospitals.org)

## HEALTH EDUCATION

### **DIABETES SELF- MANAGEMENT CLASSES**

Participants attend one Nutrition for  
Diabetes Class and one Diabetes Self-  
Management Class in any order then  
follow up with a diabetes educator.

### **NUTRITION FOR DIABETES**

**Tuesday, April 12**  
10:30 a.m. - 12:30 p.m.

### **DIABETES SELF- MANAGEMENT**

**Tuesday, April 26**  
10:30 a.m. - 12:30 p.m.

**Bedford Medical Center**  
Medical Office Building  
Conference Room on Lower Level  
Bedford, OH 44146  
Doctor referral required.  
Check with your insurance for  
coverage  
Call 440-735-4700 to register

# UH Conneaut and Geneva Medical Centers

## COMMUNITY PROGRAMS

### **NATIONAL MEDICATION "TAKE BACK" DAY**

**Saturday, April 30**  
10 a.m. - 2 p.m.  
Call 440-593-0206 for information

**UH Conneaut Medical Center  
(Route 20 Entrance under the  
Canopy)**  
158 West Main Road  
Conneaut, OH 44030

**UH Geneva Medical Center  
(Driveway Turnaround by Main  
Entrance)**  
870 West Main Street  
Conneaut, OH 44041

### **MAMMOGRAM PROGRAM**

(Un-insured and Under-insured  
Call 440-593-0374 to see if you  
qualify for this program

## HEALTH EDUCATION

### **DIABETES EDUCATION**

Individualized diabetes education,  
focusing on:

- self-monitoring of blood
- glucose
- medication management
- meal planning
- prevention of complications

For information, call Lori Ann  
Slimmer, RN, M.Ed., and CDCES at  
440-593-0373

### **MEDICATION THERAPY MANAGEMENT CLINIC**

This pharmacist-led clinic offers  
medication education and  
management for the following  
diseases: Diabetes, Hypertension,  
Heart Failure, Dyslipidemia, Asthma,  
COPD, Tobacco Cessation, and  
Anticoagulation. If you are interested  
in taking better control of your health  
and would like to participate in this  
service, a referral from a physician is  
required.

### **Monday – Friday**

8 a.m. – 4:30 p.m.  
**UH Geneva Outpatient Pharmacy**  
870 West Main Street  
Geneva, OH 44041

Call 440-415-9548 Rachel Norris,  
Pharmacist, for more information.

## HEALTH SCREENINGS

### **FREE WALK-IN BLOOD PRESSURE SCREENING**

**Monday - Friday** 9 a.m. - 9 p.m.  
**Saturday - Sunday** 9 a.m. - 5 p.m.

### **Urgent Care**

**UH Ashtabula Health Center**  
3315 N. Ridge Road, E  
Suite 700A  
Ashtabula, OH 44004  
Call 440-002-0759 for information

# UH Elyria Medical Center

## COMMUNITY PROGRAMS

### **SPRING FLING-DRIVE-THRU SCAVENGER HUNT FOR SENIORS**

This drive-thru event includes four stops to pick up summer goodie bags. This is a free event but RSVP required. Call 440-596-3797 to register. If your name is not on the list, you will not be given a bag.

**Tuesday, April 26**

1 - 3 p.m.

The 4 stops in any order:

**1) Danbury Senior Living**

33770 Bagley Road  
North Ridgeville, OH 44039

**2) Home Instead**

35590 Center Ridge Road  
North Ridgeville, OH 44039

**3) The Avenue**

**Care and Rehabilitation Center**

6200 Lear Nagle Road  
North Ridgeville, OH 44039

**4) North Ridgeville Senior Center**

7327 Avon-Belden Road  
North Ridgeville, OH 44039

## HEALTH EDUCATION

**Monday through Thursday**

(late afternoon and evenings on  
Tuesdays and Wednesdays)

Call **440-284-5709** Kim Horvath,  
MED, RDN, LD, CDCES

### **DIABETES EDUCATION**

Comprehensive individualized education on blood glucose monitoring, medication management, nutrition and preventing complications. A physician referral is required. Check your insurance to verify coverage.

### **OUTPATIENT NUTRITION COUNSELING**

Offering either virtual or in-person. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health.

## HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-284-5709**. Closed on all holidays or in inclement weather.

### **BLOOD PRESSURE SCREENINGS**

**Tuesday, April 19**

12:30 – 2 p.m.

**Avon Lake Senior Center**

Old Firehouse Community Center  
100 Avon Belden Road  
Avon Lake, OH 44012

## Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. In response to community requests, UH Rainbow is making it easier for westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at five area fire stations. The service is provided free-of-charge, at the following fire departments:

**Thursday, April 7**

2 – 5 p.m.

**Olmsted Falls Fire Station**

9274 Columbia Road  
Olmsted Falls, OH 44138

*Appointment required.*

Call **440-827-5440** to schedule

**Thursday, April 14**

2 – 5 p.m.

**North Royalton Fire Station**

7000 Royalton Road  
North Royalton, OH 44133

*Email Kathy Salvo for scheduling*

[ksalvo@northroyalton.org](mailto:ksalvo@northroyalton.org)

**Thursday, April 28**

2 – 5 p.m.

**North Olmsted Fire Station**

24291 Lorain Road  
North Olmsted, OH 44070

*Appointment required.*

Call **440-827-5440** to schedule

**Thursday, April 14**

2 – 5 p.m.

**North Ridgeville Fire Station**

7000 Ranger Way  
North Ridgeville, OH 44039

*Appointment required*

Call **440-827-5440** to schedule

**Thursday, April 21**

2 – 5 p.m.

**Bay Village Fire Station**

28100 Wolf Road  
Bay Village, OH 44140

*Appointment required.*

Call **440-827-5440** to schedule



# UH Geauga Medical Center

## COMMUNITY PROGRAMS

Call 440-214-3180 to register for these community programs

### **LUNCH & MOVIE**

**Thursday, April 7**

12 – 2:30 p.m.

**West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

*Due to very limited space, and to ensure a fun experience for all, registration is required. Reservations will only be accepted beginning March 24.*

### **BONE HEALTH**

**Tuesday, April 5**

12 - 1 p.m.

**West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

### **GARDENING FOR LIFELONG HEALTH**

**Wednesday, April 13**

3 - 4 p.m.

**UH Geauga Medical Center**

Conference Center

13207 Ravenna Road

Chardon, OH 44024

### **AGING GRACEFULLY**

**Monday, April 18**

3 - 4 p.m.

**Bainbridge Library**

15222 Snyder Road

Bainbridge, OH 44023

### **CREATING & ACHIEVING YOUR BUCKET LIST**

**Thursday, April 21**

12 - 1 p.m.

**UH Geauga EMS Woodiebrook**

602 South Street

Chardon, OH 44024

*Lunch provided*

### **MEDICATION MANAGEMENT**

**Monday, April 25**

12 - 1 p.m.

**Geauga YMCA**

12460 Bass Lake Road

Chardon, OH 44024

### **WELLNESS THROUGH THE SENSES AND POWER OF MEDITATION**

**Tuesday, April 26**

12 - 1 p.m.

**UH Geauga EMS Woodiebrook**

602 South Street

Chardon, OH 44024

*Lunch provided*

## EXERCISE & FITNESS

### **WALKING FOR WELLNESS**

*(In collaboration with Geauga Dept. on Aging)*

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals

**Wednesdays**

**1 – 2:30 p.m.**

*Call 440-279-2167 to register*

**Wednesday, April 6**

**Russell Uplands**

15200 Russell Road

Chagrin Falls, OH 44023

**Wednesday, April 13**

**Girdled Road Reservation**

12926 Radcliffe Road

Concord, OH 44070

**Wednesday, April 20**

**Headwaters Park**

13365 Old State Road

Huntsburg, OH 44046

**Wednesday, April 27**

**Thompson Ledges**

16755 Thompson Road

Thompson, OH 44086

### **FIGHTING AGAINST PARKINSON'S**

*(In collaboration with Geauga Dept. on Aging)*

Non-contact Boxing & Fitness Class.

For seniors diagnosed with Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms.

**Mondays, April 4, 11, 18, 25**

**Wednesdays, April 6, 13, 20, 27**

**Fridays, April 1, 8, 15, 22, 29**

Everybodies Gym

357 Washington Street

Chardon, OH 44024

Cost \$45

*Call 440-279-2137 for information*

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, April 4**

8:30 - 10 a.m.

**West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

**Tuesday, April 19**

10 a.m. – 12 p.m.

**Geauga YMCA**

12460 Bass Lake Road

Chardon, OH 44024

### **UH MOBILE HEALTH SCREENINGS PROGRAM**

Providing advanced 3-D mammograms. Additional Screenings Available:

- Blood glucose
- Blood pressure
- Bone Density (Women Only)
- Total Cholesterol

**Wednesday, April 27**

9 a.m. - 3 p.m.

**Middlefield Village Hall**

14860 North State Avenue

Middlefield, OH 44062

*Call 440-629-3484 to schedule*

## PREVENTATIVE HEALTH

### **SENIOR ASSESSMENTS**

Memory Loss and Aging – When to seek help?

**Geauga Health Center**

Norma N. Chapman

Senior Assessment Program

13221 Ravenna Road

Chardon, OH 44024

*Call 440-285-6408 to schedule*

### **RISK ASSESSMENTS**

*Call Wellness Coordinator at*

**440-904-0064**

## UH Geauga Medical Center (cont.)

### **MEDICATION MANAGEMENT CLINIC**

This clinic is staffed by pharmacists who are highly trained experts in the following areas:

- Diabetes
- High blood pressure
- High cholesterol
- Heart failure
- Smoking cessation

Pharmacists will help you organize your medications, answer questions about your health condition or medications.

Call **440-285-6015** for information.

### **DIABETES SELF-MANAGEMENT EDUCATION**

For newly diagnosed or for anyone just looking for additional information on how to live well with diabetes

Call *Diabetes Educator at*  
**440-214-8233**

### SUPPORT GROUPS

#### **PARKINSON'S DISEASE**

**Tuesday, April 19**

12:30 - 1:30 p.m.

**Chardon Senior Center**

12555 Ravenwood Drive

Chardon, OH 44024

Call **440-279-2137**

#### **LIVING WITH LYMPHEDEMA**

**Wednesday, April 20**

6 - 8 p.m.

**Concord Health Center**

Community Room

7500 Auburn Road

Concord, OH 44077

Call **440-214-3100**

## MAKING A HOME COMFORTABLE, SAFE AND A GREAT FIT FOR OLDER ADULTS

By 2030, one in five people in the U.S. will be age 65 or over. And it's projected that by 2034, such older adults will outnumber children under 18 for the first time ever. AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. But America's housing stock doesn't fit its rapidly changing and rapidly aging population. The AARP HomeFit Guide was created to help people make their current or future residence age-friendly.

Most houses and apartments are designed for young, able-bodied adults and don't meet the needs of older residents or people with disabilities. In fact, in many parts of the United States, most housing units were built more than a generation ago to serve a population of family households, generally consisting of two parents and at least two children. But two decades into the 21st century, America is a nation in which the dominant household type - accounting for about 30 percent of all households - consists of single adults living alone. Another 20 percent of Americans reside in a home that's occupied by three or more generations (a grandparent, an adult child and a grandchild) under one roof.

Barely 1 percent of the nation's housing supply contains any "universal design" elements - such as single-story living or a sink that can be reached from a wheelchair. Having a no-step way for getting into or out of a home clearly benefits older residents and people who use a wheelchair. But a step-free entrance also helps a parent who's pushing a stroller, or a teenager with a sports injury, or anyone carrying heavy grocery bags. The reality is few people have the resources to build their perfect home. And it isn't realistic to expect that a large enough quantity and broad enough variety of housing options will be built soon enough to meet the nation's diverse and changing needs. That's where the AARP HomeFit Guide comes in. When possible, "home-fitting" a residence should take place before easier-to-use home spaces and features become must-haves. The AARP HomeFit Guide examines what makes a home aging-friendly. And it suggests the kinds of designs and modifications that can make a home safer, more comfortable and a better "fit" for its residents.

Here is the link to the **AARP HomeFit Guide**.

<https://www.aarp.org/content/dam/aarp/livable-communities/housing/2020/homefit/AARP%20HomeFit-singles-02242022.pdf>

## EXERCISE & FITNESS

### **PARKINSON'S DISEASE EXERCISE CLASS – DELAY THE DISEASE**

For those diagnosed with Parkinson's and their caregiver. Learn simple exercises that can help make daily life easier and also improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program. Masks and social distancing are required.

**Wednesdays, April 6, 13, 20, 27**

12:30 – 2 p.m.

#### **UH Parma Health Education Center**

7300 State Road

Parma, OH 44134

Call **440-743-4932** for information

## HEALTH EDUCATION

### **ANTI-INFLAMMATORY NUTRITION**

Virtual presentation by Melanie Hocker, Registered Dietitian and Nutritionist, explaining how nutrition can play a role in reducing inflammation.

**Tuesday, April 26**

4:30 p.m.

Click [here](#) to receive the link or call **440-743-4932** to receive via email

### **STRESS AND YOUR HEALTH**

View recorded presentation on stress. How do you manage the stressors in your life? Click [here](#) to view the recorded presentation.

Use Passcode: zF#XaCS7

### **DIABETES AND NUTRITIONAL COUNSELING**

Offering either virtual or in-person outpatient nutrition counseling. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by UH and may be required by your insurance. Check

with your insurance in advance regarding coverage.

Call *Melanie Hocker, MS, RD, LD at 440-743-2155*

### **UH CONNOR WHOLE HEALTH ACUPUNCTURE, CHIROPRACTIC CARE AND MASSAGE THERAPY AT UH PARMA**

Our dedicated health care professionals will work closely with your primary care or specialty physicians to ensure that the care you receive is coordinated and safe.

#### **UH Parma Medical Center**

Medical Arts Building 4

6115 Powers Boulevard

Parma, OH 44129

[Click here](#) for more information

Call **216-877-9651** to schedule an appointment

## HEALTH SCREENINGS

### **BLOOD PRESSURE**

Call **440-743-4932** for questions

**Tuesday, April 5**

9 - 10:30 a.m.

**North Royalton Office on Aging**

13500 Ridge Road

North Royalton, OH 44133

**Wednesday, April 6**

11:30 a.m. - 12:30 p.m.

**UH Parma Health Education Center**

7300 State Road

Parma, OH 44134

**Thursday, April 7**

10 - 11:30 a.m.

**Brooklyn Senior Center**

7727 Memphis Ave.

Brooklyn, OH 44144

**Friday, April 8**

10 - 11:30 a.m.

**Parma Senior Center**

Donna Smallwood Activity Center

7001 W. Ridgewood Dr.

Parma, OH 44129

**Friday, April 8**

10 - 11:30 a.m.

**Independence Senior Center**

6363 Selig Dr.

Independence., OH 44131

**Tuesday, April 12**

8:30 - 10 a.m.

**Broadview Hts. Senior Center**

9543 Broadview Rd.

Broadview Hts., OH 44147

**Wednesday, April 13**

8 - 9:30 a.m.

**Seven Hills Recreation Center**

7777 Summit View Dr.

Seven Hills, OH 44131

**Thursday, April 21**

9:30 - 11 a.m.

**Parma Heights. Senior Center**

9275 North Church Drive

Parma Heights., OH 44130

## SUPPORT GROUPS

### **UH Parma Health Education Center**

7300 State Road

Parma, OH 44134

Call **440-743-4932** for information

*Masks and social distancing are required*

### **FOOD ADDICTS ANONYMOUS**

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time?

This group can help.

**Fridays, April 1, 8, 15, 22, 29**

10 - 11 a.m.

### **PARKINSON'S DISEASE**

For those diagnosed with Parkinson's and their support person or caregiver.

**Tuesday, April 12**

1 - 2:30 p.m.

# UH Portage Medical Center

## COMMUNITY PROGRAMS

### **RED CROSS BLOOD DRIVE**

**Monday, April 18**

11 a.m. - 5 p.m.

**UH Portage Medical Arts Building**  
Room 150

6847 North Chestnut Street  
Ravenna, OH 44266

To register, go to [Red Cross](#) and enter sponsor code: UH or call 1-800-733-2767

### **CARING FOR THE CAREGIVER**

If you're providing care for a loved one, learning to properly manage your own health and mental well-being is of vital importance. Join Karen Fink, BSN, RN, HN-BC, LMT, Program Coordinator at University Hospitals Connor Whole Health Center as she presents an overview of the Stress Management and Resilience Training (S.M.A.R.T.) program which is designed to improve each participant's ability to react positively to stress. The tools and techniques include breath work, mindfulness and meditation, nutrition, physical activity, sleep, connections, positivity, gratitude, and momentum. Information about local services for caregivers and patients will also be provided. Sponsored by UH Portage, Western Reserve Hospital and Maplewood Senior Living at Twinsburg

**Wednesday, April 27**

1 - 2:30 p.m.

**Hudson Library**

96 Library Street  
Hudson, OH 44236

Please RSVP to 330-297-2576 by 4/25.  
Space is limited

## HEALTH EDUCATION

### **SPRING INTO HEALTH**

**Wednesday, April 20**

11 a.m. - 1 p.m.

**Portage Medical Center Cafeteria**

6847 North Chestnut Street  
Ravenna, OH 44266

Call 330-297-2576 for information

### **SMOKING CESSATION CLASSES**

Call 330-297-2576 for information

### **AMPUTEE WALKING CLINIC**

**Thursday, April 7**

3 - 5 p.m.

**Portage Medical Center**

Medical Arts Building, Room 150  
6847 North Chestnut Street  
Ravenna, OH 44266

Call 330-297-2576 to register

## SUPPORT GROUPS

### **DIABETES SUPPORT GROUP MEETING**

**Tuesday, April 5**

4 - 5 p.m.

**UH Portage Medical Arts Building**  
Room 150

6847 North Chestnut Street  
Ravenna, OH 44266

- **BEYOND STROKE**
- **OSTOMY SUPPORT GROUP**
- **PARKINSON'S**  
Call 330-297-2576 for info
- **HOPE AND HEALING FOR GRIEVING ADULTS**  
Call 330-241-6282

## WOMEN'S HEALTH

### **FREE MAMMOGRAMS**

For underinsured or uninsured women  
Portage Medical Center  
6847 North Chestnut Street  
Ravenna, OH 44266  
Call 330-297-2338 to find out if you qualify for this screening.

For the most up to date information and activities, check us out on



[Age Well. Be Well](#)

[UH Avon Health Center](#)

[UH Bedford Medical Center](#)

[UH Conneaut Medical Center](#)

[UH Elyria Medical Center](#)

[UH Geauga Medical Center](#)

[UH Geneva Medical Center](#)

[UH Portage Medical Center](#)

[UH Parma Medical Center](#)

[UH Richmond Medical Center](#)

[UH St. John Medical Center](#)

[UH Samaritan Medical Center](#)



# UH Richmond Medical Center

## COMMUNITY PROGRAMS

### **COMMUNITY RESOURCE FAIR**

Representatives from area community assistance programs including Community Partnership on Aging, Head Start, Cuyahoga County Library, Step Forward and Cleveland Restoration Society's Heritage Home Program

**Wednesday, April 27**

5:30 - 7:30 p.m.

**Kiwanis Lodge Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

### **LUNCH WITH A COP: SAFETY & AWARENESS TRAINING**

**Friday, April 29**

12 - 1 p.m.

**Richmond Medical Center**

4th Floor Auditorium  
27100 Chardon Road  
Richmond Heights, OH 44143  
Call 440-735-3699 to register

### **NATIONAL MEDICATION "TAKE BACK DAY"**

**Saturday, April 30**

10 a.m. - 2 p.m.

**Richmond Medical Center**

(Outside Main Entrance)  
27100 Chardon Road  
Richmond Heights, OH 44143  
Call 440-735-3699 for information

## HEALTH EDUCATION

### **DIABETES EDUCATION CLASS SERIES**

Empower yourself with knowledge to prevent complications from diabetes. Join us for 6 weekly classes taught by Crystal Seals, RDN, LD, CDCES, Clinical Nutrition Manager at Bedford and Richmond Medical Center

**Thursdays**

**April 14, 21, 28**

**May 12, 19, 26**

10 - 11 a.m.

**Wickliffe Community Senior Center**

900 Worden Road  
Wickliffe, OH 44092  
Call 440-373-5015 to register.  
Space is limited

### **HERNIAS: DIAGNOSIS, MANAGEMENT & TREATMENT**

Presentation from John Jasper, MD about the latest management and treatments of hernias.

**Monday, April 25**

9 - 9:30 a.m.

**Kiwanis Hall Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, April 11**

11 a.m. - 12 p.m.

**Kiwanis Lodge Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

## PREVENTIVE HEALTH

### **HEALTH RISK ASSESSMENTS**

Our team of health care providers ask a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing.

To schedule a free risk assessment call 440-735-2559

### **VIRTUAL TALKS**

Virtual / Online events are Available on our website [UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell) Under the Virtual Events tab

# UH Samaritan Medical Center

## EXERCISE & FITNESS

### **S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)**

Walking support group for COPD patients

**Tuesdays and Thursdays**

10 a.m.

**The Keith Field House**

Ashland High School  
Ashland, OH 44805

## HEALTH SCREENINGS

### **BIOMETRIC, BLOOD PRESSURE, BONE DENSITY AND STROKE SCREENINGS**

Call 419-207-7856 for appointment

## HEALTH EDUCATION

### **SMOKING CESSATION**

One on one consultations available  
Call Amanda at 419-207-2306 for information

## **BLS FOR THE COMMUNITY**

**Friday, April 15**

2 - 4 p.m.

## **HEARTSAVER FOR THE COMMUNITY**

**Tuesday, April 26**

2 - 4 p.m.

**Samaritan on East Main**

663 East Main Street  
Ashland, OH 44805  
Call 419-207-7856 to register  
Class limited to 10

# UH St. John Medical Center, a Catholic Hospital

## HEALTH EDUCATION

### **OUTPATIENT NUTRITION COUNSELING**

With extensive nutrition counseling experience throughout each person's life cycle, Marge Robison, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. A physician referral is required prior to visit.

St. John Health Center  
26908 Detroit Road, Suite 100  
Westlake, OH 44145  
Call 440-835-4426

### **DIABETES EDUCATION CLASSES**

This four-week series offers comprehensive diabetes self-management education provided by the diabetes team, including a diabetes nurse and registered dietician. Services are billable to your insurance provider. A physician referral is required (we can assist with this).

**St. John Health Center**  
26908 Detroit Road, Suite 100  
Westlake, OH 44145  
Call 440-827-5341 to schedule

### **DIABETES EDUCATION**

Individualized education on blood glucose monitoring, medication management and preventing complications. A physician referral is required.

**St. John Health Center**  
26908 Detroit Road, Suite 100  
Westlake, OH 44145  
Call 216-844-1499 to schedule

## HEALTH SCREENINGS

For more information about our programs, contact the Outreach Department at UH St. John Medical Center at 440-827-5440. No screenings offered on holidays. Screenings may be canceled on days with inclement weather.

### **BALANCE SCREENINGS**

Call 440-414-6050 for an appointment. Space is limited.

### **AUDIOLOGY**

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department.

Call 440-835-6160

### **BLOOD PRESSURE SCREENINGS**

#### **Monday, April 11**

11 a.m. – 12 p.m.

#### **North Olmsted Senior Center**

Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

#### **Wednesday, April 13**

9:30 – 11 a.m.

#### **Lakewood Senior Center**

16024 Madison Avenue  
Lakewood, OH 44107

#### **Thursday, April 28**

11:30 a.m. – 1 p.m.

#### **Westlake Center for Community Services**

Community Meeting Room  
28975 Hilliard Boulevard  
Westlake, OH 44145

## **AMERICAN HEART ASSOCIATION - HEARTSAVER CPR/AED**

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided.

*This is a free class, but you must register at [www.uhems.org](http://www.uhems.org).*

Call 216-849-5013

### **SENIOR SUPPER CLUB**

Seniors-60 years of age and older may apply for a Supper Club card from:

- Westlake Center for Community Services (440-899-3544); or
- North Olmsted Senior Center (440-777-8100).

Present your card at **St. John Medical Center Cafeteria** to receive a 40 percent discount on all food except bottled beverages, specialty snacks and "Simply to Go" items. There is a \$10 limit per customer for the discount; after that, the items are full price. You must present your card to receive the discount.

Daily | 4 – 5:30 p.m.