



## University Hospitals

**1-866-UH4-CARE** (1-866-844-2273)  
[Uhhospitals.org](http://Uhhospitals.org)

## **AGE WELL. BE WELL. EVENTS** **DECEMBER, 2021**

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**

## EDUCATION

### **DIABETES EDUCATION**

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

#### **Tuesdays and Wednesdays**

Late afternoon and evening hours available.

Call 440-284-5709 Kim Horvath, MEd, RDN, LD, CDCES

### **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.

#### **Tuesdays and Wednesdays**

Late afternoon and evening hours available.

Call 440-284-5709 Kim Horvath, MEd, RDN, LD, CDCES

## EXERCISE CLASSES

### **Avon Health Center**

1997 Healthway Drive  
Avon, OH 44011

*These group exercise classes are free and open to non-members aged 15 and older. Pre-registration is required. Please call 440-988-6801 or email*

*Renee.Barrett@uhhospitals.org for information and to sign up.*

*All 45-minute group exercise classes are free and open to non-members aged 15 and older. Pre-registration is required. Please call 440-988-6801 or Renee.Barrett@uhhospitals.org. for information and to sign up.*

### **IRON YOGA**

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

#### **Friday, December 3**

8 - 8:45 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, December 13**

10 - 10:45 a.m.

### **SPRINT®**

Les Mills Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

#### **Tuesday, December 14**

6:00 - 6:30 p.m.

### **BEGINNER PILATES**

Posture is often the first thing people notice about a person, and those who carry themselves with poise display grace and confidence. This class will help teach the basic fundamentals of Pilates and establish proper form that will benefit you for a lifetime.

Exercises can be done on a mat or a chair.

#### **Saturday, December 11**

10:30 - 11:15 a.m.

### **BEGINNER SPINNING**

Learn the proper way for bike set-up in this beginner level Spinning (Group Cycling) exercise class. Instructor will go through basic class formats, including hill and race training, and train teaching watts (power generated from your cycling).

#### **Saturday, December 18**

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, December 18**

11 - 11:45 a.m.

**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 Bedford Medical Center

## CHRISTMAS IN BEDFORD FALLS

Come celebrate the Holidays in Bedford

Refreshments, holiday lights, music, ice sculpting, photo opportunity with Santa and Mrs. Claus and crafts for kids sponsored by UH Bedford Medical Center.

**Saturday, December 11**  
12 - 3 p.m.

**Bedford Commons**  
Bedford, OH 44146



## 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, you will receive follow-up recommendations.

To schedule a risk assessment with an RN Patient Navigator call **440-735-2559**.

# UH Conneaut and Geneva Medical Centers

## 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., CDCES at 440-593-0373*

## HEALTH SCREENINGS

### MAMMOGRAM PROGRAM

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

## SUPPORT GROUPS

### CANCER SUPPORT GROUP

**Wednesday, December 15**  
5 – 6 p.m.

#### UH Geneva Medical Center

Training Center  
830 West Main Street  
Geneva, OH 44041  
Call **440-593-0364**



# UH Elyria Medical Center

## HEALTH EDUCATION

### **DIABETES EDUCATION**

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

#### **Tuesdays and Wednesdays**

Late afternoon and evening hours available.

Call 440-284-5709 Kim Horvath, MEd, RDN, LD, CDCES

## **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.

#### **Tuesdays and Wednesdays**

Late afternoon and evening hours available.

Call 440-284-5709 Kim Horvath, MEd, RDN, LD, CDCES

## 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, December 21**

12:30 – 2 p.m.

#### **Avon Lake Senior Center**

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

# UH Geauga Medical Center

*From the Desk of Geauga County Sheriff's Office*

## ***Be Aware of Senior Scams***

*Over the past couple years, the Geauga County Sheriff's Office has received several scams targeting our senior community. One common scam is receiving a phone call from someone claiming that the senior's grandchild was arrested and needs bond money. The scammer may portray himself as the police or the grandchild. Generally, the scammer will request bond money in the form of gift cards in order for the grandchild to be released from jail.*

*Although the scams are countless, other popular scams include the caller pretending to be a Sheriff's Office employee, IRS agent, Medicare scams, overdue utilities, funeral expense and mortgage scams. Anyone receiving a phone call and is requested to provide personal information and / or payment via gift cards should immediately hang up and not provide any further information whatsoever. If you should question the legitimacy of the call or feel it was an attempted scam, please do not hesitate to call our office at 440-286-1234 and speak with a Deputy Sheriff.*

## **SAVE THE DATE**

### **Matter of Balance Classes**

Are you concerned about falling? Interested in improving balance, flexibility, and strength? Falls are prevention and this class can make a

difference! Set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance.

**January 25 – February 18**

**Every Tuesday / Friday | 1 - 3 p.m.**

UH Woodiebrook Education Center  
602 South Street  
Chardon, OH 44024  
Call 440-279-2126 to register

# UH Geauga Medical Center, *cont.*

## COMMUNITY PROGRAMS

### **ELDERBERRIES:**

#### **SENIOR DAYS IN THE PARK**

#### **GAUGA PARK PROGRAM:**

#### **FATHER OF OUR NATIONAL PARKS**

#### **UH WELLNESS: SAFETY WHEEL**

#### **/ BLOOD PRESSURE SCREENINGS**

*(in collaboration with Geauga Dept. on Aging and Geauga Park District)*

#### **Thursday, December 9**

1 - 2:30 p.m.

#### **The West Woods**

9465 Kinsman Road.

Novelty, Ohio 44072

Call **440-214-3180** to register

*Light refreshments provided.*

### **DINNER AND A MOVIE**

#### **Thursday, December 16**

3 - 5 p.m.

#### **West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

Call **440-214-3180** to register

*Due to a very limited space and to ensure a fun experience for all, registration is required.*

*Reservations will only be accepted beginning December 2*

## HEALTH SCREENINGS

### **BLOOD PRESSURE**

#### **Monday, December 6**

8:30 - 10 a.m.

#### **West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

#### **Thursday, December 16**

10 a.m. - 12 p.m.

#### **Gauga YMCA**

12460 Bass Lake Rd

Chardon, OH 44024

## 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, December 1**

#### **Holbrook Hollows**

7250 Country Lane

Bainbridge, OH 44023

#### **Wednesday, December 8**

#### **Observatory Park**

10610 Clay Street

Montville, OH 44064

#### **Wednesday, December 15**

#### **Big Creek Park**

9160 Robinson Road

Chardon, OH 44024

#### **Wednesday, December 22**

#### **Swine Creek Reservation**

16004 Hayes Road

Middlefield, Ohio 44062

#### **Wednesday, December 29**

#### **Claridon Woodlands**

11383 Claridon Troy Road

Claridon, OH 44021

### **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, December 6, 13, 20, 27**

#### **Wednesdays, December 1, 8, 15, 22, 29**

#### **Fridays, December 3, 10, 17**

#### **Everybody's Gym**

357 Washington Street

Chardon, OH 44024

Cost \$45

Call **440-279-2137** for information

## SUPPORT GROUPS

### **LIVING WITH LYMPHEDEMA**

#### **Wednesday, December 15**

6 - 8 p.m.

#### **Concord Health Center**

Community Room

7500 Auburn Road

Concord, OH 44077

### **APHASIA**

#### **Monday, December 6**

6 - 8 p.m.

#### **YMCA-Outpatient Rehab**

12460 Bass Lake Road

Chardon, OH 44024

## PREVENTATIVE HEALTH

### **SENIOR ASSESSMENTS**

Memory Loss and Aging – When to seek help?

#### **Gauga 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**

### **DIABETES SELF-MANAGEMENT EDUCATIONS**

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**

### **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 **440-285-3037** for information

## UH Parma Medical Center

### DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. 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

### BLOOD DRIVE

**Monday, December 13**  
3 - 6 p.m.

#### UH Parma Health Education Center

7300 State Road  
Parma, OH 44134  
Call 877-258-4825 to register or  
Register online at  
[Vitalant.org/OhioDonorPortal](http://Vitalant.org/OhioDonorPortal)  
Use group code: 4831



### HEALTH SCREENINGS

No health screenings at this time  
If you have any questions or would like to have your name on a list to receive a call back when screenings resume, please call 440-743-4932.

### SUPPORT GROUPS

**Parkinson's Disease**  
**Tuesday, December 14**  
1 - 2:30 p.m.

#### UH Parma Health Education Center

7300 State Road  
Parma, OH 44134

## UH Portage Medical Center

### HEALTH EDUCATION

#### SELF-MANAGEMENT EDUCATION CLASSES

Free diabetes education for anyone newly diagnosed or who may need help.

Call 330-297-2575 for information

#### VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

#### AMPUTEE WALKING CLINIC

**Thursday, December 2**  
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

#### VIRTUAL TALKS

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

### WOMEN'S HEALTH

#### FREE MAMMOGRAMS

For underinsured or uninsured women  
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.

### SUPPORT GROUPS

- Alzheimer's Association Caregiver Support
- Beyond Stroke Support Group
- Breast Cancer Support Group
- Diabetes Support Group
- Ostomy Support Group
- Parkinson's Support Group  
Call 330-297-2576
- Hope and Healing Support Group  
for Grieving Adults  
Call 330-241-6282

# UH Richmond Medical Center

## COMMUNITY EVENT

### **COOKIES AND CAROLS**

Save yourself the trouble of baking this year and order a tray of a variety of holiday cookies provided by Community Partnership on Aging and other sponsors like Richmond Medical Center for \$10 per tray. Call 216-970-0347 to order

Order deadline:

**Monday, December 6 at 12 p.m.**

Pick up:

**Thursday, December 16 at 2 p.m.**

### **South Euclid Community Center**

1370 Victory Drive  
Cleveland, OH 44121

## HEALTH EDUCATION AND SCREENINGS

### **TINT HEALTH FAIR**

Join us for free

- Blood pressure screenings
- Ask a Doc
- Podiatry Education
- Dental education
- Stroke prevention information
- Home Instead Senior Care
- American Red Cross blood donation sign ups
- And More!

**Sunday, December 12**

10 a.m. – 3 p.m.

### **Temple Israel Ner Tamid**

1732 Lander Road  
Mayfield Heights, OH 44143

### **BLOOD PRESSURE SCREENINGS**

Free BP checks from UH Richmond Medical Center. No reservations needed for BP checks, however, call 216-970-0347 for indoor congregate meal reservations.

**Monday, December 13**

10:30 a.m. – 12:30 p.m.

### **Community Partnership on Aging and Richmond Heights Kiwanis Lodge**

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**

# UH St. John Medical Center, a Catholic Hospital

## HEALTH EDUCATION

### **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 to participate. (We can assist with this.)

Class topics include: Basic and advanced information about diabetes management, making healthy food choices and meal planning, incorporating physical activity into lifestyle, safe and

appropriate use of medications, blood sugar monitoring and management of high or low readings and how to prevent long term complications.

**Tuesdays**

**St. John Health Center**

26908 Detroit Road  
Westlake, OH 44145

*For scheduling or questions regarding these classes, call 440-827-5341*

### **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. Participants must obtain a physician's referral prior to their visit.

**St. John Health Center**

26908 Detroit Road  
Westlake, OH 44145  
Call 440-835-4426

### **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

## UH St. John Medical Center, a Catholic Hospital, cont.

### 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, December 13**

11 a.m. – 12 p.m.

**North Olmsted Senior Center**

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070

**Wednesday, December 8**

9:30 – 11 a.m.

**Lakewood Senior Center**

16024 Madison Avenue

Lakewood, OH 44107

**Thursday, December 23**

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.

## 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 EDUCATION

#### **MANAGING DIABETES THROUGH THE HOLIDAYS**

**Thursday, December 16**

[Click here to find and register](#)

### **SMOKING CESSATION**

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

#### **HEARTSAVER FOR THE COMMUNITY**

**Wednesday, December 8**

2 - 4 p.m.

#### **BLS FOR THE COMMUNITY**

**Wednesday, December 29**

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

### HEALTH SCREENINGS

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

Call **419-207-7856** for appointment

