



University Hospitals

1-866-UH4-CARE (1-866-844-2273)

UHhospitals.org

AGE WELL. **BE WELL.** EVENTS JANUARY, 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 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**

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, January 7

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, January 10

10 - 10:45 a.m.

GROUP FUN RUN

Join Jordan Smith, long distance running coach, for a run through the community of Avon. No concern about pace, show up and put one foot in front of the other. Runners of varying paces are welcome. Bring a flashlight or headlamp and dress for the weather.

Wednesday, January 12

6 p.m.

Email jordan.smith@uhhospitals.org with questions.

POUND®

Pound® uses lightly weighted drumsticks for an exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-Inspired movements.

Wednesday, January 19

6:30 – 7:15 p.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, January 22

11 - 11:45 a.m.

HEALTH EDUCATION

Avon Health Center

1997 Healthway Drive
Avon, OH 44011

Monday through Thursday

(late afternoon and evenings on Tuesday and Wednesday)

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.

QUICK & EASY MEAL PREP

Kim Horvath, Med, RDN, LD, CDCES will show you how to make tasty, colorful and healthy meals for the week and help you get started with healthy eating for the New Year. Explore

sheet pan meals and find how they can simplify your life. Learn to cook entire dinners on one sheet pan in the oven.

Wednesday, January 5

6 – 6:45 p.m.

Call **440-988-6801** to register

STRENGTH TRAINING FOR THE OLDER ADULT

Ryan Gant, Fitness Specialist/Personal Trainer, will present the latest science for resistance training and how to apply it to your exercise program. Handouts will be provided.

Friday, January 7

11:30 a.m. – 12:15 p.m.

Call **440-988-6801** to register

HEALTH SCREENINGS

BLOOD PRESSURE & GLUCOSE SCREENING

Wednesday January 19

4:30 – 7 p.m.

No registration required, stop by table in lobby. Fasting 8 hours is preferred but able to test 2 hours after eating.

UH Bedford Medical Center

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**

OUTPATIENT INFUSION CENTER

The Outpatient Infusion Center at UH Bedford Medical Center provides customized services to treat a number of acute and chronic conditions, including gastrointestinal, joint and neurological disorders, infectious diseases, immune disorders, anemia and women's health. In addition, the infusion center provides hydration and replacement therapies, including iron and electrolytes, as well as blood transfusions.

Please call to inquire about additional services not listed. Our team of compassionate caregivers are committed to offering high quality care in a low-stress and relaxing environment. The infusion center allows patients to receive the infusion services they need, while avoiding a trip to the ER or hospital admission.

Conditions we treat:

Gastrointestinal

- Inflammatory Bowel Disease
- Crohn's Disease
- Ulcerative Colitis

Immune Disorders

- Asthma
- Immunodeficiencies
- Lupus
- Chronic inflammatory demyelinating polyneuropathy (CIPD)
- Thyroid eye disease

Musculoskeletal

- Osteoporosis
- Rheumatoid Arthritis

Neurological

- Migraines
- Multiple Sclerosis

Skin

- Psoriasis
- Psoriasis arthritis

Other

- Blood transfusion
- Electrolyte replacement
- Iron
- Antibiotic treatment

Urgent Conditions Treated

- Cellulitis
- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disease (COPD) / Asthma
- Dehydration
- High-risk Longitudinal Management
- Hypertension
- Hypo / Hyperglycemia
- Pneumonia
- Specialty Infusion Medications
- Urinary Tract Infection (UTI)
- Wound care

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

BLOOD PRESSURE / BLOOD SUGAR / TOTAL CHOLESTEROL

Tuesday, January 11

10 a.m. – 12 p.m.

Ashtabula County YMCA

263 West Prospect Road
Ashtabula, OH 44004

*Call **440-593-0373** for information*

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, January 19

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

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, January 18
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

COMMUNITY PROGRAMS

ELDERBERRIES:

Gauga Park Program

UH WELLNESS: BLOOD PRESSURE SCREENINGS

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

Thursday, January 20

1 - 2:30 p.m.

The West Woods

9465 Kinsman Road.

Novelty, Ohio 44072

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

Light refreshments provided.

LUNCH AND A MOVIE

Thursday, January 6

12 - 2:30 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.*

CREATING & ACHIEVING YOUR BUCKET LIST

Thursday, January 20

12 - 1 p.m.

UH Woodiebrook Education Center

602 South Street

Chardon, OH 44024

Call **440-279-2126** to register

CUISINE & CULTURE- NUTRITION AROUND THE

WORLD *(in collaboration with Geauga*

Dept. on Aging)

Thursday, January 27

12 - 1:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

Call **440-279-2126** to register

*Space is limited and registration is
required by January 14.*

HEALTH EDUCATION

THYROID DISORDERS

Tuesday, January 4

12 - 1 p.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

KNOW YOUR HEALTH NUMBERS

Thursday, January 13

2 - 3 p.m.

West Geauga Public Library

13455 Chillicothe Road

Chesterland, OH 44026

Call **440-279-3180** to register

UH Geauga Medical Center, *cont.*

HEALTH SCREENINGS

BLOOD PRESSURE

Monday, January 3

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

Tuesday, January 11

10 a.m. – 12 p.m.

Gauga YMCA

12460 Bass Lake Rd

Chardon, OH 44024

EXERCISE & FITNESS

MATTER OF BALANCE CLASSES

Tuesday, January 25

Friday, January 28

1 – 3 p.m.

UH Woodiebrook Education Center

602 South Street

Chardon, OH 44024

Call **440-279-2126** to register

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, January 5

The Rookery

10110 Cedar Road

Chesterland, OH 44026

Wednesday, January 12

Chapin Forest (Pine Ridge Ski Center)

10381 Hobart Road

Kirtland, OH 44064

Wednesday, January 19

Tupelo Pod

9373 Ravenna Road

Chardon, OH 44024

Wednesday, January 26

Beartown Lakes Reservation

(North Point Shelter)

18870 Quinn Road

Bainbridge, OH 44023



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, January 3, 10, 17, 24, 31

Wednesdays, January 5, 12, 19, 26

Fridays, January 7, 14, 21, 28

Everybodies Gym

357 Washington Street

Chardon, OH 44024

Cost \$45

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

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

SUPPORT GROUPS

LIVING WITH LYMPHEDEMA

Wednesday, January, 19

6 - 8 p.m.

Concord Health Center

Community Room

7500 Auburn Road

Concord, OH 44077

Call **440-214-3100**

PARKINSON'S DISEASE

Tuesday, January 18

12:30 - 1:30 p.m.

Everybodies Gym

357 Washington Street

Chardon, OH 44024

Call **440-279-2137**

UH Parma Medical Center

COMMUNITY EVENT

CAR SEAT SAFETY CHECK

Thursday, January 13

2 - 5 p.m.

North Royalton Fire Station

7000 Royalton Road,

North Royalton, OH 44133

HEALTH EDUCATION

EARLY LUNG NODULE DETECTION WITH LOW-DOSE CT SCANS

Evaluation by the Lung Nodule Center of high-risk individuals for screening for suspicious nodules before they become problematic

Call 440-743-8520 to schedule an appointment.

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

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

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, January 7, 14, 21, 28
10 - 11 a.m.

PARKINSON'S DISEASE

Tuesday, January 11
1 - 2:30 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information
Masks and social distancing are required.

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, January 6

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

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.

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

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 Under the Virtual Events

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, January 4, 11, 18, 25
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. 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

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, January 10
11 a.m. – 12 p.m.
North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Wednesday, January 12
9:30 – 11 a.m.
Lakewood Senior Center
16024 Madison Avenue
Lakewood, OH 44107

Thursday, January 27
11:30 a.m. – 1 p.m.
Westlake Center for Community Services
Community Meeting Room
28975 Hilliard Boulevard
Westlake, OH 44145

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

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.

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

SMOKING CESSATION

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

HEARTSAVER FOR THE COMMUNITY

Tuesday, January 11

2 - 4 p.m.

BLS FOR THE COMMUNITY

Thursday, January 27

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

For the most up to date information on activities and events, 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](#)