



## University Hospitals

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

### AGE WELL. **BE WELL.** EVENTS MARCH, 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

## HEALTH EDUCATION

### **STROKE LUNCH & LEARN**

Join us for a FREE presentation on Stroke awareness hosted by Ahuja Medical Center's Stroke Coordinator  
**Tuesday, March 22**  
12 – 1 p.m.

### **Reminderville Recreation Center**

3382 Glenwood Boulevard  
Reminderville, OH 44202  
Call 330-562-1234 to register. Space is limited. Lunch provided



### **BIOMETRIC SCREENING EVENT**

Ahuja Medical Center will be providing health screenings including blood pressure, non-fasting blood sugar and non-fasting cholesterol.  
**Saturday, March 12**  
10 a.m. – 1 p.m.

### **Warrensville Heights YMCA**

4433 Northfield Road  
Warrensville Heights, OH 44128

# UH Avon Health Center

## EXERCISE CLASSES

### **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, March 4**

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, March 14**

10 - 10:45 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, March 19**

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, March 26**

11 - 11:45 a.m.

## COMMUNITY EVENT

### **IS YOUR DIET AGING YOU? PRESENTATION**

**Wednesday, March 9**

6 - 6:45p.m.

We all know that an unhealthy diet causes internal inflammation and is related to so many health problems, but does it age us on the outside, too? About half of our aging process may be genetic, but diet and exercise

contribute to the other half. Some foods are better to keep our skin more youthful, while others can promote wrinkles. Come and learn why we recommend eating a Mediterranean type diet and how it can help slow the aging process. Enjoy a sample of an easy recipe that may be used as a side dish or a meal. Presented by Registered Dietitian, Kim Horvath, MEd, RDN, LD, CDCES. Pre-registration via email to [Renee.Barrett@UHHospitals.org](mailto:Renee.Barrett@UHHospitals.org) or Call 440-988-6801

### **NUTRIENT TIMING AND EXERCISE PRESENTATION**

**Tuesday, March 15**

6:30-7:00p.m.

Not sure what to eat and when to eat it? This presentation will include information on the three macronutrients (carbohydrates, fat, and proteins) and which macronutrients are better than others. Determine when it's best to consume each type and how to compliment your exercise strategy. Presented by Sean Moran, Senior Exercise Science Student Intern, Cleveland State University.

# UH Avon Health Center

## **BALANCE PRESENTATION**

**Thursday, March 24**

5:30 - 6:00 p.m.

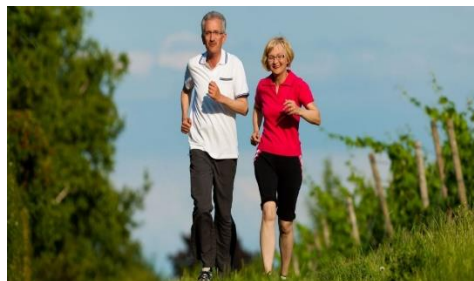
Join Fitness Specialist/Personal Trainer Ashlee Sanchez to learn about the importance of balance and some exercises that you can do to improve it.

## **GROUP FUN RUN WITH JORDAN SMITH, LONG DISTANCE RUNNING COACH**

**Wednesday, March 16**

**6:00 p.m.**

Join our community of all levels runners. There's no concern about pace, the most important part is showing up and putting one foot in front of the other. All paces are welcome. Bring flashlight or headlamp and dress for the weather. We will head into the community of Avon. There is a 1 mile or 3 mile route. There are runners of varying pace (typically 9-13 minute mile pace). For questions, email [Jordan.Smith@UHHospitals.org](mailto:Jordan.Smith@UHHospitals.org)



## **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.

### **Monday through Thursday**

(late afternoon and evenings on Tuesday and Wednesday)

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

## University Hospitals Pharmacy Locations to serve you

University Hospitals' retail pharmacies provide a comprehensive range of outpatient prescription/discharge prescription services. [Click here for pharmacy by location](#)

### **Ashland**

UH Samaritan Medical Center Pharmacy  
1025 Center Street, Ashland  
419-289-9636

### **Chardon**

UH Geauga Medical Center Pharmacy  
13207 Ravenna Road, Chardon  
440-285-6000

### **Cleveland**

Bolwell Pharmacy  
11000 Euclid Avenue, Cleveland  
216-844-7270

### UH Rainbow Pharmacy

5805 Euclid Avenue, Cleveland  
216-675-6640

### **Elyria**

Gates Pharmacy  
125 E Broad Street - 1st Floor, Elyria  
440-329-7300

### **Geneva**

UH Geneva Pharmacy  
870 W Main Street, Geneva  
440-361-6111

### **Mentor**

UH Mentor Retail Pharmacy  
9000 Mentor Avenue, Mentor  
440-890-6949

### **Orange Village**

UH Minoff Retail Pharmacy  
3909 Orange Place, Orange Village  
216-699-8116

### **Ravenna**

UH Portage Medical Center Pharmacy  
6847 N Chestnut Street, Ravenna  
234-544-3779

### **Willoughby**

UH Lake West Hospital Medical Center Pharmacy  
36000 Euclid Avenue, Willoughby  
440-375-8790

# UH Bedford Medical Center

## COMMUNITY PROGRAMS

### **DIABETES EDUCATION CLASS SERIES**

Empower yourself with knowledge to prevent complications from diabetes. Join us for the remaining weekly classes taught by Jennifer Lattur, MS, RDN, CDCES, and Dietitian from Bedford Medical Center

#### **Thursdays**

**March 3, 10, 17**

10 - 10:45 a.m.

#### **Maple Heights Senior Center**

15901 Libby Road, 2<sup>nd</sup> Floor

Maple Heights, OH 44137

*Call 216-587-5481 to register.*

#### **Wednesdays**

**March 2, 9, 16, 23**

11 a.m. - 12 p.m.

#### **Ellenwood Recreation Center**

124 Ellenwood Avenue

Bedford, OH 44146

*Call 440-735-6570 to register.*

## 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, March 8**

3 - 5 p.m.

### **DIABETES SELF-MANAGEMENT**

**Tuesday, March 22**

3 - 5 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*

## **HOW TO PREVENT FALLS**

Falls can happen at any age as accidents happen, but many can be prevented by being prepared. Learn more about balance training, safety in the home, who is at risk, exercises to improve balance, and how physical therapy can help train a person for the unexpected.

Join our physical therapist from UH Rehabilitation Services, as she addresses these issues and answers your questions.

#### **Wednesday**

**March 23**

1:30 p.m.

#### **Ellenwood Recreation Center**

124 Ellenwood Avenue

Bedford, OH 44146

## 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](https://UHhospitals.org/AgeWell) Under the Virtual Events tab

# UH Conneaut and Geneva Medical Centers

## HEALTH EDUCATION

### **SENIOR ABUSE AWARENESS**

**Monday, March 7**  
11 a.m. – 12 p.m.

#### **Orwell Country Neighbor**

39 S. Maple Street  
Orwell, OH 44076  
Call **440-593-0364** for information

### **SENIOR ABUSE AWARENESS**

**Wednesday, March 16**  
10:30 – 11:30 a.m.

#### **Conneaut Human Resource Center**

327 Mill Street  
Conneaut, OH 44030  
Call **440-593-0364** for information

### **SENIOR ABUSE AWARENESS**

**Wednesday, March 30**  
11:30 a.m. – 12:30 p.m.

#### **Andover Senior Center**

181 South Main Street  
Andover, OH 44003  
Call **440-593-0364** for information

## **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***

## **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 CHECKS**

**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

### **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, March 16**  
5 – 6 p.m.

#### **Harbor Perk**

1003 Bridge Street  
Ashtabula, OH 44004  
Call **440-593-0364** for information

# 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, March 15**  
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, March 3**  
2 – 5 p.m.  
**Olmsted Falls Fire Station**  
9274 Columbia Road  
Olmsted Falls, OH 44138  
*Appointment required.*  
*Call 440-827-5440 to schedule*

**Thursday, March 10**  
2 – 5 p.m.  
**North Ridgeville Fire Station**  
7000 Ranger Way  
North Ridgeville, OH 44039  
*Appointment required.*  
*Call 440-827-5440 to schedule*

**Thursday, March 10**  
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, March 17**  
2 – 5 p.m.  
**Bay Village Fire Station**  
28100 Wolf Road  
Bay Village, OH 44140  
*Appointment required.*  
*Call 440-827-5440 to schedule*

**Thursday, March 24**  
2 – 5 p.m.  
**North Olmsted Fire Station**  
24291 Lorain Road  
North Olmsted, OH 44070  
*Appointment required.*  
*Call 440-827-5440 to schedule*



## UH Geauga Medical Center

### COMMUNITY PROGRAMS

*Call 440-214-3180 to register*

### **LUNCH & MOVIE**

Due to very limited space, and to ensure a fun experience for all, registration is required. Reservations will only be accepted beginning February 17

**Thursday, March 3**  
12 – 2:30 p.m.

**West Geauga Senior Center**  
8090 Cedar Road  
Chesterland, OH 44026

### **GUT HEALTH**

**Tuesday, March 8**  
12 – 1 p.m.  
**West Farmington Senior Center**  
150 College Street  
West Farmington, OH 44491

### **GARDENING FOR LIFELONG HEALTH**

### **SEED PREP & LIVE PLANTS**

**Wednesday, March 9**  
3 – 4 p.m.

**UH Geauga Medical Center**  
Conference Center  
13207 Ravenna Road  
Chardon, OH 44024

### **CREATING MEANINGFUL ACTIVITIES FOR YOUR BRAIN**

**Thursday, March 10**  
2 – 3 p.m.

**Gauga West Library**  
13455 Chillicothe Road  
Chesterland, OH 44026

### **HEALTHY EATING**

**Friday, March 11**  
10:30 – 11:30 a.m.

**Chardon Senior Center**  
12555 Ravenwood Drive  
Chardon, OH 44024

### **AGING GRACEFULLY**

**Monday, March 14**  
11 a.m. – 12 p.m.

**West Geauga Senior Center**  
8090 Cedar Road  
Chesterland, OH 44026

### **GAUGA LOCAL HOME & GARDEN SHOW**

Health Screenings Provided  
**Friday, March 25** 9 a.m. – 7 p.m.  
**Saturday, March 26** 8 a.m. – 3 p.m.

**Hermitage Marketplace**  
15848 Nauvoo Road  
Middlefield, OH 44026

### **HEALTHY SMOOTHIES**

**Tuesday, March 29**  
12 – 1 p.m.  
**Chardon Senior Center**  
12555 Ravenwood Drive  
Chardon, OH 44024

# UH Geauga Medical Center

## HEALTH SCREENINGS

### **BLOOD PRESSURE**

**Monday, March 7**

8:30 - 10 a.m.

**West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

**Tuesday, March 15**

10 a.m. – 12 p.m.

**Gauga YMCA**

12460 Bass Lake Road

Chardon, OH 44024

### **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, March 2**

**Bessie Benner Metzenbaum Park**

7940 Cedar Road

Chesterland, OH 44026

**Wednesday, March 9**

**Walter C. Best (Sunset Shelter)**

11620 Ravenna Road

Chardon, OH 44024

**Wednesday, March 16**

**Frohring Meadows**

16780 Savage Road

Bainbridge, OH 44023

**Wednesday, March 23**

**Swine Creek**

16004 Hayes Road

Middlefield, OH 44062

**Wednesday, March 30**

**Whitlam Woods**

**15200 P**

16004 Hayes Road

Middlefield, OH 44062

### **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, March 7, 14, 28**

**Wednesdays, March 2, 9, 16, 23, 30**

**Fridays, March 4, 11, 18, 25**

**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?

**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**

### **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

### **PARKINSON'S DISEASE**

**Tuesday, March 15**

12:30 - 1:30 p.m.

**Chardon Senior Center**

12555 Ravenwood Drive

Chardon, OH 44024

Call **440-279-2137**

### **LIVING WITH LYMPHEDEMA**

**Wednesday, March 16**

6 - 8 p.m.

**Concord Health Center**

Community Room

7500 Auburn Road

Concord, OH 44077

Call **440-214-3100**

# UH Parma Medical Center

## EXERCISE CLASSES

### **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**

**March 2, 9, 16, 23, 30**

12:30 – 2 p.m.

*UH Parma Health Education Center  
7300 State Road  
Parma, OH 44134  
Call 440-743-4932 for more information*

## HEALTH EDUCATION

### **SLEEP HEALTH & SLEEP DISORDERS**

Virtual presentation will touch on symptoms of sleep disorders, impact of sleep on your overall health, sleep testing and treatment options and when to seek help from a sleep specialist.

**Wednesday, March 23**

**4:30 – 5:30 p.m.**

*To register for presentation and receive the link [click here](#), or call 440-743-4932. Space is limited.*



## **SLEEP SERVICES**

March is National Sleep month. We offer in person and virtual visits.

[Click here](#) for more information about the sleep lab or to find a sleep lab near you. Call **216-844-7378** to schedule an appointment.

## **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 are experts with the highest credentials whether in conventional medicine, integrative health, medical massage or traditional Chinese medicine. They 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

## 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, March 4, 11, 18, 25**

10 - 11 a.m.

### **PARKINSON'S DISEASE**

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

**Tuesday, March 8**

1 - 2:30 p.m.



# 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, March 3**  
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 for Grieving Adults  
Call 330-241-6282

# UH Richmond Medical Center

## HEALTH EDUCATION

### **MORNINGS WITH MEDICINE**

Join us for a morning with a presenter from University Hospitals Regional Hospitals as they address various topics and answers your questions.

**Monday, March 28**  
8:30 - 10 a.m.

**Richmond Heights Kiwanis Lodge**  
27285 Highland Road  
Richmond Heights, OH 44143

Call 440-473-5138 to register.  
Registration calls will be accepted beginning March 14th.



## **HOW TO PREVENT FALLS**

Falls can happen at any age as accidents happen, but many can be prevented by being prepared. Learn more about balance training, safety in the home, who is at risk, exercises to improve balance, and how physical therapy can help train a person for the unexpected.

Join our physical therapist from UH Rehabilitation Services, as she addresses these issues and answers your questions.

**Wednesday**  
**March 9**  
10 - 11:30 a.m.

**Richmond Medical Center**  
4th Floor Auditorium  
27100 Chardon Road  
Richmond Heights, OH 44143

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, March 14**  
11 a.m. - 12 p.m.

**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 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

### **PERIPHERAL VASCULAR DISEASE - CAUSE, SIGNS AND SYMPTOMS AND TREATMENT OPTIONS**

Join cardiologist and physician, Yulanka Castro-Dominguex, MD for a virtual presentation on P.A.D.

Tuesday, March 29

12 - 1 p.m.

Click [UH Health Talks](#) and search for this presentation.

### **BLS FOR THE COMMUNITY**

**Friday, March 18**

2 - 4 p.m.

### **HEARTSAVER FOR THE COMMUNITY**

**Tuesday, March 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

## **UH Health Talks**

University Hospitals is committed to helping our patients and the Northeast Ohio community manage their health and well-being. This is even more important during the current COVID-19 outbreak.

That is why UH is bringing our health experts to you through a series of virtual health talks. The virtual seminars include a presentation by physicians who are experts in their field, followed by a Q&A session. These events are free but registration is required.

**Missed a live session?** Don't worry, you can watch previously held sessions below.

[Virtual Health Talks](#)

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

[facebook](#)

[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 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 **216-844-1499** 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**

#### **Wednesday, March 9**

9:30 – 11 a.m.

#### **Lakewood Senior Center**

16024 Madison Avenue  
Lakewood, OH 44107

#### **Monday, March 14**

11 a.m. – 12 p.m.

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

Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

#### **Thursday, March 24**

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.**



# March Is Colorectal Cancer Awareness Month

## Digestive Health Institute

University Hospitals Digestive Health Institute is dedicated to providing high-quality health care for patients with digestive and liver disorders and diseases. Patient-centered experiences are focused on privacy and value. Our physicians, surgeons and advanced practitioners are located throughout our integrated system of hospitals, health centers and physician practices. Expert medical and surgical teams collaborate to provide comprehensive, compassionate care for each patient. Programs range from essential preventive screening and wellness initiatives to the most complex care for advanced diseases, such as inflammatory bowel disease and gastrointestinal cancers.

UH Digestive Health Institute is composed of gastroenterologists, hepatologists and surgeons working with nurses, dietitians and other providers – all committed to digestive health. This integrated model of health care means patients are seen by specialists from multiple disciplines, working together to provide personalized care plans. UH Digestive Health Institute programs promote the University Hospitals mission: To Heal. To Teach. To Discover.

Our institute is consistently ranked as one of the best in the country, according to U.S. News & World Report. Our specialists are national leaders in the clinical diagnosis and treatment of patients through the use of new therapies, minimally invasive surgery, and the most advanced imaging technology. UH Digestive Health Institute invites you to schedule a consultation or second opinion with one of our providers.

## Colon Cancer Screenings and Diagnosis

There are several different [colon cancer screening tests](#), the most common of which is a [colonoscopy](#). Experts recommend that adults begin getting routine colonoscopy screenings at age 45, or earlier for those with risk factors such as a family history of colorectal cancer. A colonoscopy can detect the presence of colon polyps, which may be pre-cancerous or cancerous. Colon cancer can be prevented if polyps are caught and removed before they become cancer. The earlier colon cancer is caught, the better the chance of successfully treating the cancer.

Colon cancer is the second leading cause of cancer death in this country because only two out of three people get screened. Colon polyps hide in the colon and may not cause symptoms until they have grown and potentially turned cancerous. Colonoscopy finds and removes them before they get the chance. UH is ready to provide this life-saving screening, safely. Colon cancer cases are on the rise in younger people. As a result, the American Cancer Society and University Hospitals now recommend that people at average risk\* begin routine colonoscopy screenings at age 45.

Call us for an appointment with a UH digestive health specialist:

- Office appointment with a gastroenterologist 216-770-9400
  - Office appointment with a surgeon 216-930-5279
  - To schedule your Colonoscopy 844-431-0380
  - To schedule your Endoscopy 216-844-ENDO (3636)
- Visit [UHhospitals.org/Screen45AndOver](https://UHhospitals.org/Screen45AndOver) to schedule online