



★ July - September 2017

HEALTH Matters

Join UH experts for health events designed to create healthy communities and empower individuals to take control of their health.

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UH Locations

UH Ahuja Medical Center

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

UH Elyria Medical Center

440-329-7500
630 E River St
Elyria, OH 44035

UH Portage Medical Center

330-297-0811
6847 N Chestnut St,
Ravenna, OH 44266

UH Bedford Medical Center

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

UH Gauga Medical Center

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

UH Richmond Medical Center

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

UH Cleveland Medical Center

216-844-1000
11100 Euclid Ave
Cleveland, OH 44106

UH Geneva Medical Center

440-466-1141
870 W Main St
Geneva, OH 44041

UH St. Johns Medical Center

440-835-8000
29000 Center Ridge Rd,
Westlake, OH 44145

UH Conneaut Medical Center

440-593-1131
158 W Main Rd
Conneaut, OH 44030

UH Parma Medical Center

440-743-3000
7007 Powers Blvd,
Cleveland, OH 44129

UH Samaritan Medical Center

419-289-0491
1025 Center St.
Ashland, Ohio 44805

Dear Age Well. Be Well. Member,

I'm so grateful to be on board with University Hospital's Wellness Program. You will notice some new and exciting changes in this publication and with our hospital featured events. This is your club and we are dedicated to making it work with your lifestyles and for the health of both body and mind.

Beginning with this newsletter we will be spotlighting a rehabilitation facility each quarter. When you understand what these centers are all about, they become much less daunting places. Our first highlight will be Altercare of Kent. Look forward to articles from other Skilled Nursing Facilities in the future and be educated in the event you or a loved one ever need this service. Knowledge is Power!

We have established a University Hospital provider guest column. T Gallo is a UH Nurse Practitioner. This month she and her mother, Barbara Gubanyar, an Age Well. Be Well member, are co contributors. My thanks to Gallo and her mom for being such a great asset to our health system and for supporting our membership. We appreciate you!

Lastly, we will be focusing on caregivers with each newsletter. This segment of our 55 and older population is ever growing and this time of life can be very stressful. Did you know an average of 31 hours per week is spent when an adult over 55 is engaged in a caregiving situation? These members need relief! There will be articles, blurbs throughout the newsletter and events designed to support relaxation, understanding, ideas to assist and services with which someone in need can connect.

With this edition of our newsletter we are sending online communication to those who have provided emails. If you have an email, and got this newsletter in the mail, we would ask that you please contact our offices at 1-844-312-LIFE (5433) and update our records. If you do not have an email, get connected with a "Get Connected" class and we will provide you with help to understand the internet and set up an email account. The classes are scheduled throughout the system, check your calendar. We are doing our part at UH to save trees and protect the environment.

So... enjoy this newsletter. Engage in our social and educational events. Enjoy the bounty of the healthy summer harvest in your diet. Reach out with any questions or suggestions. Most of all, have a happy, healthy and productive summer!

Best,



Kristin Idone
Program Coordinator, Age Well. Be Well.



A dialog between a daughter, UH Nurse Practitioner, and her mother, an Age Well Be Well participant:

Beginning with UH Nurse Practitioner T Gallo who states...

Daughters know at an early age one day they will be caring for their mothers. It was nearly two years ago when I received "the call." Your mom is in the ICU... I had been living in San Francisco for twenty plus years but I knew the day would arrive. And it did, sooner than I had expected. So I did what any self-respecting nurse practitioner would do - I jumped on a plane and headed for NE Ohio...beautiful, green and bountiful Ashtabula County!

So, what did Mom, (Barbara) think of this?

Oh, I knew the day would come. I do watch "The Doctors" on TV and know all about Role Reversal. I chose not to believe it. But Karma had other plans...

Gallo...

After a nasty Chronic Obstructive Pulmonary Disease (COPD) diagnosis and pneumonia on both lungs, physical therapy at a local nursing home, and a few months later, I had to laugh when my mother asked, "But why do I need to make any changes for my health? I have been doing the same things for 70 years!"

Barbara...

Seventy years, eh? At which point Darling Daughter asked how well that was working? So convinced, I put down the cigarettes, Big Gulp sodas and picked up stretchy exercise bands. All the while pretending to not hear or understand plant based dietary changes. I am, after all, at the top of the food chain. KALE??? WHAT THE ????? NO WAY, BACK OFF! GET OUT MY KITCHEN!

Gallo...

Clearly transitioning to a healthier lifestyle would take some time. Making change does not come easily. I decided to remain in Ohio. Barbara decided to stop smoking, exercise regularly and try to make better food choices. We are both looking to be good teammates in the partnership for better health. UH Age Well, Be Well is additional and great support.

Apparently we still have some work to do. Stay tuned for more episodes!

EAST REGION

Age Well Be Well Classes and Clubs

Ahuja Medical Center Prostate Cancer Information Session

For Men (only) diagnosed within the last 6 months. Connect with prostate cancer survivors, ask questions, learn about resources.

The Gathering Place East

23300 Commerce Park, Beachwood
Thursdays, July 13th, August 10th & September 14th, 5:30-6:15 pm
No registration required

Ahuja Medical Center -Exercise for Chemobrain

Learn exercises to enhance cognitive function after chemotherapy. Participants are encouraged to attend all 4 weeks. Advance registration with Beth Bennett required at beth.bennett@uhhospitals.org.

The Gathering Place East

23300 Commerce Park, Beachwood:
Tuesdays and Thursdays
1:30-2:15 pm.
September 5 - September 28
RSVP: 216-595-9546

Ahuja Medical Center- Moving Forward: Emotional & Physical Recovery

A 9 week program for men and women who are currently in cancer treatment or have finished treatment within the last year. The program includes twice weekly fitness training, healthy cooking classes and a weekly support group. Permission from your physician is required.

The Gathering Place East

23300 Commerce Park, Beachwood
Orientation Wed, September 6.
6:00-7:00 pm followed by 8-week program on Mondays 6:00-8:30 pm and Wednesdays, 7:30-8:30 pm, September 11-November 1.
RSVP: 216-595-9546

UH Portage Medical Center Water Exercise Classes

RSVP/Info: 330-297-2770

Advanced Senior Wellness

Monday, Wednesday and Friday
11:00 am-11:45 am

Basic Senior Wellness

Monday and Friday
12:00 pm-12:45 pm
Tuesday and Thursday
11:00 am-11:45 am
\$30.00 per 10 visit punch pass

Open Swim

Tuesday, Wednesday, Thursday:
12:00 pm-12:45 pm
Monday and Wednesday:
6:30 pm-7:15 pm
Friday: 5:30 pm-6:15 pm
Saturday: 10:00 am-10:45 am
\$3.00 per visit

Water Aerobics

Tuesday and Thursday:
7:00-7:45 am, 5:30-6:15 pm and 6:30-7:15 pm
Monday and Wednesday:
4:30-5:15 pm and 5:30-6:15 pm
Friday: 4:30-5:15 pm
Saturday: 9:00-9:45 am
\$24.00 per month for classes offered twice a week
\$12.00 per month for classes offered once a week

UH Portage Smoking Cessation Classes

Five week series starting date to be announced.
Contact 330-297-2576 for information about this life saving series.

UH Geneva and Conneaut Weight Loss Support Group

Mondays all summer:
July 3, 10, 17, 24, 31
August 7, 14, 21, 28
September 4, 11, 18, 25

Snap Fitness

236 Main Avenue, Conneaut
8:30-9:30 am Info: 440-998-0107

UH Conneaut Summer Walk Program Jefferson

Free t-shirt to all walkers
Wednesdays in July- 5, 12, 19, 26 and August- 2, 9, 16, 23, 30.
8:00-9:00 am
Starting point: Dr. Howe's Office
38 Dorset Rd. Info: 440-998-0107

UH Geneva Summer Walk Program

Free t-shirt to all walkers
Wednesdays in July 5, 12, 19, 26 and August 2, 9, 16, 23, 30
8:00-9:00 am
Starting point: The Geneva Lodge by the cabins. 4888 North Broadway (SR 534). Geneva-on-the-Lake.
Info: 440-998-0107

UH Conneaut Smokeless Program-Smoking Cessation

Introductory Session-Tuesday, September 19. \$45.00 refundable fee. Classes beginning on Monday, September 25- Thursday, September 28

YMCA Ashtabula

263 West Prospect Road, Ashtabula.
Info: 440-997-5321.

EAST REGION

Age Well Be Well Classes and Clubs

Are you taking full advantage of your membership?

- Are you feeling left behind by the computer age?
Connect Well Be Well.
- Are you feeling stressed, or need to find a peaceful spot within?
Meditate Well Be Well.
- Would you like that extra reminder, or some education on how to eat for life?
Eat Well Be Well.
- Are you a caregiver with a need for some support and answers?
Care Well Be Well.
- Did you have a health setback, and need rehab to get back home?
Rehab Well Be Well.

You can do all of these and more with your Age Well. Be Well membership. There are events scheduled, classes beginning and articles in our newsletter which will help you enjoy your life and connect with needed services. The Center of Lifelong Health is passionate about this program and keeping our over 55 population vibrant, healthy and most of all, enjoying and connecting with the world.

Summer Walk Program UH Conneaut

Free t-shirt to all walkers
Tuesday July 4, 11, 18, 25 and
August 1, 8, 15, 22, 29
8:00 am – 9:00 am

Conneaut Township Park
Lower pavilion 480 Lake Road,
Conneaut. Info: 440-998-0107

UH Bedford Walking Club

New walkers will receive a T-shirt, cooling towel and Virtual Walking Tour DVD Mondays in July: 3, 10, 17, 24, 31, August: 7, 14, 21, 28 and September- 11, 18, 25. Weather Permitting 9:30-10:00 am. Meet outside of the Patient Concierge Office at the Medical Office Building. Register: 440-735-4200

UH Bedford Stretch & Swing Class

Mondays in July: 3, 10, 17, 24, 31,
Fridays in July: 7, 14, 21, 28
Mondays in August: 7, 14, 21, 28,
Fridays in August: 4, 11, 18, 25
Mondays in September: 11, 18, 25,
Fridays in September: 1, 8, 15, 22, 29
11:00 am-12:00 pm

Oakwood Village Community Center
23023 Broadway Avenue, Oakwood
Village. Register: 440-735-4200

UH Bedford Chair Exercise

Tuesdays in July: 11, 18, 25
Tuesdays in August: 15, 22, 29,
Tuesdays in September: 5, 12, 19, 26
10:30-11:15 am

Light of Hearts Villa
283 Union Street, Bedford
Space is limited. To register, please
call: 440-735-4200

UH Geauga Senior Strength and Weights

Tuesdays in July: 11, 18, 25.
Thursdays in July: 6, 13, 20, 27.
Tuesdays in August: 1, 8, 15, 22, 29
Thursdays in August: 3, 10, 17, 24, 31
Tuesdays in September: 5, 12, 19, 26
Thursdays in September: 7, 14, 21, 28
10:00-11:00 am

West Geauga Senior Center
12646 West Geauga Plaza
Chesterland, Ohio 44026
Info: 440-214-3180

UH Geauga Boxing

Tuesdays in July: 11, 18, 25
Tuesdays in August: 1, 8, 15, 22, 29
Tuesdays in September: 5, 12, 19, 26
8:30 - 9:30 am

West Geauga Senior Center
12646 West Geauga Plaza
Chesterland
Info: 440-214-3180

UH Geauga Matter of Balance: Fall Prevention Class

Tuesdays and Thursdays, August 15 -
September 7, 1:30 – 3:30 pm

Briar Cliff Manor
14807 North State Street, Middlefield
RSVP: 440-214-3180

Use your membership
card at any
UH cafeteria for
a 10% discount
on your meal.

EAST REGION

Age Well Be Well Classes and Clubs

UH Geauga Diabetes Self-Management Education

Thursdays: July 6, 20, 27
10:00 am-12:00 pm
Tuesdays: August 1, 8, 15, 22
2:00-4:00 pm
Wednesdays: September 6, 13, 20, 27
6:00-8:00 pm

UH Geauga Medical Center
Info/ Register 440-214-3143

UH Geauga Aphasia Support Group

Monday, July 3, Monday, August 7,
Monday, September 11
6:00-8:00 pm

Outpatient Rehabilitation Center at Geauga YMCA
12360 Bass Lake Road, Chardon 44024
Info: 440-214-3101. No registration required

UH Richmond Walking Club

9:30-10:30 am
Thursdays
July: 6, 13, 20, 27
August: 3, 10, 17, 24, 31.
September 7, 14, 21, 28
Weather permitting our walking club will meet every Thursday. We will walk through the beautiful wooded neighborhood surrounding Governor's Village for 20-30 minutes. If weather is not favorable, we will NOT walk. New walkers will receive a complimentary T-shirt.

Location: Governor's Village
280 North Commons Blvd. Mayfield Village. To register please call: Lori Robinson – 440-735-4200
Stephanie Parker – 440-449-8788

UH Geauga Kidney 101

Monday, July 17
Monday, August 21
Monday, September 11
2:00-3:00 pm

UH Geauga Medical Center
To register: 440-214-3143

UH Geauga Stroke Support Group

Wednesday, July 12, Wednesday,
August 9, Wednesday, September 13
1:00 -2:00 pm

West Geauga Senior Center
12646 West Geauga Plaza,
Chesterland
Info/ To register: 440-285-6724

UH Geauga Stress Management Lunch and Learn

Tuesday, July 18, Thursday August 24
10:00 am-12:00 pm
Thursday, August 24
11:00 am – 1:00 pm
Tuesday, September 26
11:00 am-1:00 pm

UH Geauga Medical Center
Info/Register: 440-214-3143

UH Geauga Ostomy Support Group

Thursdays July 27, August 24,
September 28. 6:30-8:00 pm

UH Geauga Medical Center
Info: 440-285-6210
No registration required

UH Richmond Health & Wellness Talks

Wednesdays
July 5, August 2, September 6
10:00 - 11:30 am
UH Richmond Medical Center in collaboration with the Community Partnership on Aging will be offering Health & Wellness Talks and Health Screenings the first Wednesday of each month.

UH Geauga High Blood Pressure Clinic Lunch and Learn

Friday, July 7, Friday, August 4 and
Friday, September 8
11:00 am-1:00 pm

UH Geauga Medical Center
Info/Register: 440-214-3143

UH Portage Diabetes Self-Management Education

August Thursdays: 10, 17, 14.
September Fridays: 15, 22, 29
2:00-4:00 pm

Portage Medical Arts Building
Suite 150
RSVP/Info: 330-297-2576

Ross DeJohn Community Center
6306 Marsol Road, Mayfield Hts.
To register, please call: 440-735-4200 or Lori.Robinson@uhs hospitals.org.
July 5 – Brainersize: How to Exercise your Brain. Beverly Fertel, Certified Dementia Practitioner, Community Relations & Education Director, Governor's Village
August 2 – Gardening Abundance. Brenda Junkin, Office Coordinator, UH Bedford Medical Center
September 6 - Aging in Place. Bridget McQuaide, CARE Program Coordinator

EAST REGION

Social, Support and Educational Events

WEDNESDAY JULY 5

UH Bedford Wednesday Afternoon Book Discussion

Title: Snapshot by Lix Wiehl. Meets in the library meeting room from 1:30-3:00 pm

Cuyahoga County Library SE Branch
70 Columbus Street, Bedford

THURSDAY JULY 6

UH Conneaut Walk with an Expert

Denise Brown from the Hospital to Home program leads this group.
8:00-10:00 am

Beginning at Ashtabula Towne Square

3315 North Ridge East Ashtabula.
RSVP: 440-998-0107

UH Conneaut Becoming Aware of Lyme Disease and Ticks

11:00 am– 12:00 pm

Ashtabula Senior Center
4148 Main Avenue Ashtabula
RSVP: 440-998-0107

MONDAY JULY 10

UH Portage Look Good Feel Better Women's Cancer Support

Meets in the conference room at UH Portage Seidman Cancer Center Suite 310. Contact Michelle Bosak 330-235-7056. Get tips on wig styling, makeup, the wearing of scarves and receive complimentary makeup for your skin tone. Refreshments served.

TUESDAY JULY 11

UH Ahuja Lecture Series: Benefits of Acupuncture by Christine Kaiser

"How Acupuncture can improve quality of living by helping with acute and chronic ailments" RSVP: 216-285-4069. Rosenberg Suite C

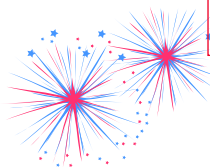
UH Portage Alzheimer's Care Support Group

UH Portage Medical Center
Meeting Room A from 6:30-8:30 pm
Reservations not required.

UH Bedford Dinner and a Movie

3:00-5:00 pm

UH Bedford Medical Center Café
Reservations accepted **ONLY a week** before at 440-735-4200



Ladies- Look Good Feel Better While Going Through Cancer Treatment. This program is co sponsored by University Hospitals and the American Cancer Society.

What will I learn by going to a group program that I can't learn at home?

Group programs are step-by-step makeover learning sessions led by trained cosmetology professionals. Any questions you may have – such as how to fill in or draw in your eyebrows or how to camouflage particular types of pigmentation – will be answered firsthand. You'll receive a free makeup kit with brand-name cosmetics to use during the session and to take home, helping minimize shopping time and expense. You will have the opportunity to experiment with various wigs, hats, and turbans in a comfortable, supportive atmosphere. And, perhaps most valuable of all, you will receive the support of other women coping with cancer treatment – those about to go through it, those experiencing it, and those who've been there. Put all these factors together and you've got a pretty powerful reason to sign up for a group program. Time after time, women who considered staying home tell us how glad they are to have made the effort to come. They say that the impact on their looks and outlooks is immeasurable. And those who care about them say so, too.

Look for dates throughout this newsletter, or call the American Cancer Society at 1-888-227-6446.

Care Well. Be Well.

There's no getting around it. Our population is aging. With that fact comes many others. As our population gets to the age where chronic diseases need to be managed, family members take over. That translates into this statistic... 80% of caregiver population is non medical. These undefined caregivers range from spouses to extended family to friends. What a staggering number!

These informal caregivers sometimes do not even self identify as a "caregiver". The fact is that anyone who provides care to an ill spouse, partner, aging parent or family member falls into the Caregiver category. In recognizing their role, caregivers can look for and obtain the support they need.

A shift in roles is certain when giving care to a loved one. A roller coaster of emotions is to be expected, as are guilt feelings, anger and frustration. Caregivers often feel alone, sad and exhausted. This is defined as Caregiver Stress. It is both emotional and physical. It is also quite normal.

Caregiving can also be a gift. For most family members it is a service they are happy to provide. Being there when someone you love needs you is a core value. But it comes with a set of changes and awareness is crucial. Sometimes a caregiver is so focused on their loved one that these signs are ignored. Mental and physical wellness suffer. Be aware of the following signs:

- Feeling overwhelmed or constantly worried
- Feeling tired or sad most of the time
- Sleeping too much or too little
- Gaining or losing unexplained weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications

Too much stress can harm your health. As a caregiver, you're more likely to experience symptoms of depression or anxiety. You may not be getting enough sleep or exercise or even eating properly. All of these factors put you more at risk for medical issues.

So... consider these stress management tools:

- Admit you need help and ask for assistance. Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do.
- Focus on what you can give. Believe that you are doing the best you can and making the best decisions you can at any given time.
- Set realistic goals. Break large tasks into smaller steps that you can do one at a time.
- Get connected with your UH Age Well Be Well program. Utilize the education, services, and support groups provided.
- Seek social support. Set aside time each week for connecting, even if it's just a walk with a friend.
- Set personal health goals. For example, set a goal to establish a good sleep routine or to find time to be physically active on most days of the week. It's also critical to fuel your body with healthy foods and plenty of water.
- See your doctor. Get recommended immunizations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

Consider this- If you don't care for yourself it is difficult to care for someone else. Emotional and physical demands tangle with caregiving and will tax even the strongest person. It's important to take advantage of the many resources available to help you. Care Well and Be Well. Help and support is available if you know where to look.

EAST REGION

Social, Support and Educational Events

TUESDAY JULY 11

UH Geauga Balance Screening

Outpatient Rehabilitation Center at the Geauga YMCA
12360 Bass Lake Rd, Chardon
Info: 440-214-3180

UH Conneaut Cooking Under Pressure

10:30-11:00 am

Albion Senior Center

9 Academy Street Albion, PA 16401
RSVP: 440-998-0107

UH Conneaut Hearing Loss Presentation

11:15 am- 12:00 pm

YMCA Ashtabula

263 West Prospect Road, Ashtabula
Info: 440-998-0680

UH Geauga Balance Screenings

1:00- 4:30 pm

Outpatient Rehabilitation Center at Geauga YMCA

12360 Bass Lake Road, Chardon.
Info/Register: 440-214-3100

UH Geauga Guess Who's Coming to Dinner

Therapeutic Benefits of Pets
4:30 - 5:30 pm in the Education Center

WEDNESDAY JULY 12

UH Portage Sharing Journeys Cancer Support Group

UH Portage Medical Center
Oncology Lounge
6:00-8:00 pm

UH Geauga Gardening for Lifelong Health

3:00-4:00 pm UH Geauga Medical Center Conference Center

UH Conneaut Hearing Loss Presentation

9:30- 10:00 am New Leaf Church
110 Gateway Ave Conneaut
RSVP: 440-998-0680

SATURDAY, JULY 15

UH Conneaut Family Health and Safety Days

9:00 am – 1:00 pm

UH Ashtabula Health Center

3315 North Ridge Road East
Ashtabula, Ohio 44004

Join us in our new expanded location with the same exceptional services and celebrate wellness with free health screenings, education, and demonstrations. Physicians will be on hand throughout the day to answer questions. Free gift to the first 500 in attendance. Pre-registration is required for select health screenings. For more information or to register, call 1-800-883-3674.

MONDAY JULY 17

UH Geauga West Side Market Trip

\$20 per person. Leaves from the Chardon Senior Center at 9:00 am 12555 Ravenwood Dr. Chardon. Bring a cold bag for purchases. Cost includes lunch. Deadline for registration is July 6. RSVP: 440-279-2131

TUESDAY JULY 18

UH Portage Blood Pressure Screening

Streetsboro Senior Center
1:00 pm

UH Portage Parkinsons Support Group

Portage Medical Arts Building
Suite 150 from 1:00-3:00 pm
UH Portage Medical Center
Stroke Support Group

Portage Medical Arts Building
Suite 25 from 4:00-5:00 pm

UH Geneva Hearing Loss Presentation

11:30 am

Madison Senior Center

2938 Hubbard Road Madison, Ohio.
RSVP: 440-428-6664

TUESDAY JULY 18

Ahuja Medical Center Lecture Series: Healthcare costs in retirement

by Nancy Zajac. "You need to factor health care costs into your retirement savings strategy. Learn what costs you can expect so you can plan effectively" Rosenberg Suite C. RSVP: 216-285-4069

UH Portage Parkinsons Support Group

Portage Medical Arts Building.
Suite 150. 1:00-3:00 pm

EAST REGION

Social, Support and Educational Events

TUESDAY JULY 18

UH Portage Stroke Support Group

Portage Medical Arts Building
Suite 150. 4:00-5:00 pm

Blood Pressure Screening

Streetsboro Senior Center
9184 State Route 43. Streetsboro.
12:30-1:00 pm

WEDNESDAY JULY 19

UH Geauga Senior Day in the Park

Headwaters Park
13365 Old State Rd. Huntsburg
Ohio. Pancake breakfast 9:00-10 am.
Kayaking and UH Wellness Program
10:00 am-12:00 pm.
RSVP- 440-214-3180

UH Geneva Health Forum and Luncheon/Norma N. Chapman Senior Assessment Program

11:30 am -1:00 pm

Geneva Community Center
72 West Main Street, Geneva. Info:
440-998-0680

FRIDAY JULY 21

UH Geauga Aging Gracefully Lunch and Learn

Dr. Kathleen Rogers.
11:00 am-1:00 pm

Chardon Senior Center
12555 Ravenwood Dr. Chardon.
RSVP: 440-214-3180

SATURDAY JULY 22

UH Portage Family Health and Safety Days

UH Portage
9:00 am-1:00 pm
Screenings, games and education!
Info/ RSVP: 330-297-2576

UH Richmond Primary Care Residents Clinic

9:00am -12:00pm
Blood Pressure, Glucose, Cholesterol
Screenings

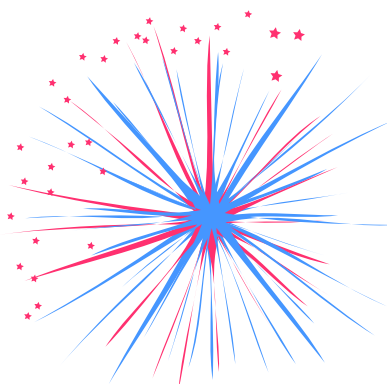
UH Richmond Medical Center
Main Lobby. 27100 Chardon Road.
Richmond Heights. Info/RSVP:440-
585-6385 or 440-735-4200

MONDAY JULY 24

UH Bedford Community Music Exploration

2:30-3:30 pm
Join Paul T. Ousley, MT-BC, UH
Bedford Medical Center and Connor
Integrative Health Network, to
learn and grow while uncovering
new ways of using music to enrich
your life holistically. No prior music
experience required

UH Bedford Medical Office Building
Conference Room 1.
RSVP: 440-735-4200



TUESDAY JULY 25

Ahuja Medical Center Alzheimer's Association Healthy Living for Your Brain and Body: Tips from the Latest Research

Speaker: Cynthia Davenport.
Join us to learn about research in
the areas of diet and nutrition,
exercise, cognitive activity and social
engagement, and use hands-on
tools to help you incorporate these
recommendations into a plan for
healthy aging.

UH Richmond Community Music Exploration

2:30-3:30 pm
Presenter: Seneca Block MT-BC will
help you learn and grow while
uncovering new ways of using music
to enrich your life holistically.

Governor's Village
280 North Commons Blvd. Mayfield
Village.
RSVP: Lori Robinson – 440-735-4200

WEDNESDAY JULY 26

UH Geauga Dinner and a
Movie
3:00-6:00 pm

UH Geauga Conference Center
Reservations accepted ONLY a week
before. RSVP: 440-214-3180

UH Geauga Blood Pressure &
Body Mass Index Screenings
10:00 am- 12:00 pm

Gauga YMCA
12460 Bass Lake Road
Info: 440-214-3180

EAST REGION

Social, Support and Educational Events

UH Geneva Free Mammogram Screening

for underinsured and uninsured women age 40-64.
7:00-11:00 am
Call-ahead scheduling is required.
440-415-0261

THURSDAY JULY 27

UH Conneaut and Geneva Sip and Paint

Sponsored by UH Conneaut Medical Center

Conneaut Arts Center

1025 Buffalo Street, Conneaut
1:00-3:00 pm
\$25.00 per person will include canvas, art supplies and materials.
Minimum 6 registrations.
RSVP: Call 440-593-5888

TUESDAY AUGUST 1

Ahuja Medical Center Lecture Series: Heart Health

Speaker: Don Neu. 6:00-8 pm.
Rosenberg Suite C. "Learn the Steps to Better Heart Health"
RSVP: 216-285-4069

UH Portage Diabetes Support Group

Portage Medical Arts Building

Suite 150.
5:00-6:00 pm.
No reservations necessary

UH Portage Alzheimer's Caregiver Support Group

UH Portage Meeting Room A

6:30-8:30 pm
No reservations necessary

UH Conneaut and Geneva: BP/Cholesterol/Blood Sugar Screening

8:30-9:30 am

Ashtabula YMCA

263 West Prospect, Ashtabula.
Info: 998-0680

WEDNESDAY AUGUST 2

UH Bedford Wednesday Afternoon Book Discussion

Title: To be announced. Meets in the library meeting room from
1:30-3:00 pm

Cuyahoga County Library SE Branch

70 Columbus St. Bedford

UH Geauga Simple Cooking with Heart

3:00-5:00 pm

UH Geauga Conference Center

RSVP: 440-214-3143

THURSDAY AUGUST 3

UH Conneaut Walk with an Expert

Tiffany Ferl
8:00-10:00 am

Ashtabula Town Square

North Ridge East Info: 440-998-0107

UH Conneaut and Ashtabula Senior Center sponsor: West Nile Virus- Protect Yourself

11:00 am-12:00 pm

Ashtabula Senior Center

4148 Main Ave, Ashtabula.
Info: 440-998-0107

SATURDAY AUGUST 5

Mary's Diner Cars and Coffee. Walk for the Cure Fund Raiser.

7:00 am – 12:00 pm

Mary's Diner East Main Street

Geneva

TUESDAY AUGUST 8

Ahuja Medical Center Lecture Series. Managing Diabetes

Speaker: Pam Brys. 6:00-8:00 pm
Rosenberg Suite C. "Easy step to take to improve your numbers"
RSVP: 216-285-4069

UH Geauga Department on Aging Programs / Services

UH Geauga Cafeteria

4:30 - 5:30 pm
No reservations necessary. Come and learn about how these services and programs can benefit you.

UH Geauga Diabetes Support Group

UH Geauga Medical Center

6:30-8:00 pm
Info/RSVP: 440-214-3143

UH Conneaut and the Albion Senior Center Present- West Nile Virus- Protect Yourself

10:30- 11:00 am

Albion Senior Center

9 Academy Street. Albion, PA 16401.
Info: 440-998-0107

EAST REGION

Social, Support and Educational Events

TUESDAY AUGUST 8

UH Conneaut and Geneva Osteoporosis and Bone Loss Screening

11:15 am

YMCA Ashtabula

263 West Prospect Road. Ashtabula.
Info: 440-998-0680

WEDNESDAY AUGUST 9

UH Portage Sharing Cancer Support Group

UH Portage Medical Center
Oncology Lounge

6:00-8:00 pm

UH Geauga Gardening for Lifelong Health

UH Geauga Conference Center

3:00-4:00 pm

No reservations necessary.

UH Conneaut Blood Pressure/Cholesterol/Blood Sugar Screening

8:30-9:30 am

New Leaf Church

110 Gateway Ave. Conneaut.
Info: 440-997-5321

UH Conneaut and Geneva Osteoporosis and Bone Loss Screening

9:30-10:00 am

New Leaf Church

110 Gateway. Conneaut.
Info: 440-998-0680

THURSDAY AUGUST 10

UH Geauga Hydrate Your Heart

West Farmington Senior Center

150 College St. Chester.

Info/ RSVP: 440-214-3180

Saturday August 12

UH Richmond Family Health & Safety Day

9:00am-1:00 pm

Celebrate wellness this summer,
with free health screenings,
education and refreshments.
Preregistration is required for select
health screenings. Call 1-800-883-
3674 for more information.

UH Richmond Medical Center

27100 Chardon Road. Richmond
Heights

SUNDAY AUGUST 13

Ahuja Medical Center Retreat for Women of Color with Cancer

Tend to the mind, body and spirit
and navigate the challenges women
of color face while on the cancer
journey. Continental breakfast
and lunch provided. Register early
because space is limited.

The Gathering Place East

23300 Commerce Park in
Beachwood.

8:30 am registration; program

9:00 am-3:30 pm.

RSVP: 216-595-9546

MONDAY AUGUST 14

UH Conneaut Free Mammogram Screening

for underinsured and uninsured
women age 40-64.

7:00-11:00 am.

Call-ahead scheduling is required.
440-415-0261

TUESDAY AUGUST 15

UH Portage Parkinsons Support Group

Portage Medical Arts Building

Suite 150.

1:00-3:00 pm

UH Portage Stroke Support Group

Portage Medical Arts Building

Suite 150.

4:00-5:00 pm

Blood Pressure Screening

Streetsboro Senior Center

9184 State Route 43. Streetsboro.

12:30-1:00 pm

UH Geauga Memory Screening

West Geauga Senior Center

12650 W. Geauga Plaza.

Chesterland.

9:00-11:30 am.

Info/ RSVP: 440-214-3180

EAST REGION

Social, Support and Educational Events

WEDNESDAY AUGUST 16

UH Geauga Exercise Fundamentals and Maintenance Lunch and Learn

UH Geauga Lobby Conference Room
12:00-1:00 pm.
RSVP: 440-214-3180

THURSDAY AUGUST 17

UH Geauga Senior Day in the Park

Observatory Park
10610 Clay St. Montville Township
Pancake breakfast from
9:00-10:00 am. Astronomy and
UH Wellness Program
10:00 am-12:00 pm
RSVP- 440-214-3180

MONDAY AUGUST 21

UH Bedford Community Music Exploration

2:30-3:30 pm
Join Paul T. Ousley, MT-BC, UH Bedford Medical Center and Connor Integrative Health Network, to learn and grow while uncovering new ways of using music to enrich your life holistically. No prior music experience required.

UH Bedford Medical Office Building
Conference Room 1
RSVP: 440-735-4200

North Union Farmers Market at Lakeside Garden
It's growing season in Ohio, so get out and enjoy some fresh local food! This year's farmers' market will occur every Thursday through September 21. Hours: 10:30 am - 1:30 pm, rain or shine. Location: University Hospitals Cleveland Medical Center Lakeside Garden.

TUESDAY AUGUST 22

Healthy Eating/ Cooking Demo

Chardon Senior Center
12555 Ravenwood Dr. Chardon.
11:00 am -12:00 pm
Info/ RSVP: 440-214-3180

UH Geneva and Conneaut Osteoporosis and Bone Loss Screening

11:30 am

Madison Senior Center
2938 Hubbard Road. Madison.
Info: 440-428-6664

UH Richmond Community Music Exploration

2:30-3:30 pm
Presenter: Seneca Block MT-BC will help you learn and grow while uncovering new ways of using music to enrich your life holistically.

Governor's Village
280 North Commons Blvd. Mayfield Village. RSVP: Lori Robinson – 440-735-4200

WEDNESDAY AUGUST 23

UH Geauga Dinner and a Movie

3:00-6:00 pm
UH Geauga Conference Center.
Reservations accepted ONLY a week before. RSVP: 440-214-3180

UH Geauga Aging Gracefully Lunch and Learn

Dr. Kathleen Rogers.
11:00 am-1:00 pm
UH Geauga Lobby Conference Room
RSVP: 440-214-3180

UH Geneva Health Forum and Luncheon

11:30 am -1:00 pm

Geneva Community Center
72 West Main, Geneva
Info/RSVP: 440-998-0680

THURSDAY AUGUST 24

UH Bedford Lifelong Health & Safety Day

Celebrating the active older adult. Join us for an evening of health screenings, refreshments, education, raffle prizes and entertainment. Everything is free! Preregistration is required for select health screenings. Call 1-800-883-3674 for more information.
4:00-8:00 pm
UH Bedford Medical Center

MONDAY AUGUST 28

UH Conneaut and Geneva Bone Density Screening

8:00-10:00 am

YMCA Madison
730 North Lake Street. Madison

UH Richmond Dinner and a Movie

3:00-5:00 pm

UH Richmond Medical Center
4th Floor Auditorium.
Reservations are ONLY accepted during the week prior to each event. To register: 440-735-4200

EAST REGION

Social, Support and Educational Events

TUESDAY AUGUST 29

Ahuja Medical Center Lecture Series. Managing Diabetes

Speaker: Pam Brys.

6:00-8:00 pm

Rosenberg Suite C. "Small steps to
improve overall health."

RSVP: 216-285-4069

THURSDAY AUGUST 31

UH Conneaut Sip and Paint

Sponsored by UH Conneaut Medical
Center

Conneaut Arts Center

1025 Buffalo Street, Conneaut

1:00-3:00 pm

\$25.00 per person will include
canvas, art supplies and materials.

Minimum 6 registrations.

RSVP: Call 440-593-5888

TUESDAY SEPTEMBER 5

Ahuja Medical Center Cancer Treatment Side Effects: Chemobrain and Neuropathy

Presenter: Beth McLaughlin, MD.

Learn strategies to manage these
common side effects.

The Gathering Place East

23300 Commerce Park, Beachwood

6:30-8:00 pm. RSVP: 216-595-9546

UH Portage Alzheimer's Care Support Group

UH Portage Medical Center Meeting
Room A

6:30-8:30 pm

Reservations not required.

UH Conneaut- Fall into Healthy Desserts

10:30-11:00 am

Albion Senior Center

9 Academy Street, Albion, PA 16401

Info: 440-998-0107

WEDNESDAY SEPTEMBER 6

UH Bedford Wednesday Afternoon Book Discussion

Title: The Summer Before the War.

Meets in the library meeting room
from 1:30-3:00 pm

Cuyahoga County Library SE Branch 70 Columbus St. Bedford

UH Geneva Free Mammogram Screening

for underinsured and uninsured
women age 40-64.

7:00-11:00 am

Call-ahead scheduling is required.

440-415-0261

THURSDAY SEPTEMBER 7

UH Conneaut Walk with an Expert

Sarah Repasy from the American

Heart Association.

8:00-10:00 am

Ashtabula Town Square

3315 North Ridge East. Ashtabula.

Info: 440-998-0107

Fall Into Desserts

11:00 am- 12:00 pm

Ashtabula Senior Center

4148 Main Ave. Ashtabula

Info: 440-998-0107

SATURDAY SEPTEMBER 9

Breast Cancer A to Z: Finding Peace in Nature

Acacia Reservation

26899 Cedar Rd.

9:00-11:00 am

A morning of networking,
journaling and energy work.

Advance registration required.

216-595-9546

MONDAY SEPTEMBER 11

UH Portage Ostomy Support Group

Medical Arts Building Suite 150

6:00-8:00 pm

No reservations necessary

TUESDAY SEPTEMBER 12

UH Ahuja Lecture Series: Sleep

Presenter: Christine Kaiser.

"Learn why getting the proper
amount of sleep can help you live
a more fulfilling lifestyle with less
chronic complaints"

6:00-8:00 pm

Rosenberg Suite C.

RSVP: 216-285-4069

UH Geauga Fall Prevention / Safety

UH Geauga Cafeteria

4:30 -5:30 pm.

RSVP: 440-214-3180

EAST REGION

Social, Support and Educational Events

Streetsboro Chamber of Commerce Health Fair and Screenings

UH Streetsboro Health Center
9318 State Route 14. Streetsboro.
3:00-6:00 pm
No reservations necessary

UH Conneaut and Geneva Fall Into Healthy Desserts

11:15 am

YMCA Ashtabula.
263 West Prospect Road. Ashtabula.
Info: 440-998-0680

WEDNESDAY SEPTEMBER 13

UH Portage Sharing Cancer Support Group

UH Portage Medical Center
Oncology Lounge
6:00-8:00 pm

UH Geauga Gardening for Lifelong Health.

UH Geauga Conference Center.
3:00-4:00 pm
No reservations necessary.

WEDNESDAY SEPTEMBER 13

UH Conneaut- Fall Into Healthy Desserts

9:30-10:30 am

New Leaf Church
110 Gateway. Conneaut
Info: 440-998-0680

THURSDAY SEPTEMBER 14

UH Portage and the Alzheimer's Association present: Know the Ten Signs

Portage Medical Arts Building
Suite 150.
6:30-7:30 pm
Info/ RSVP: 330-297-2576

SATURDAY SEPTEMBER 16

Strategies for Success with Heart Health

Tri-C Eastern campus
4250 Richmond Road. Highland Hills, 9:00 am-1 pm Keynote Speaker: Dr. Wolf, UH Cardiologist will speak on Coronary Artery Disease. A heart healthy brunch will be served from 8 am-10 am free of charge. Education, resources, panel discussions and demonstrations will help you better understand the importance of heart health. Registration is required: 216-285-4069

SUNDAY SEPTEMBER 17

UH Geneva Walk for the Cure

Geneva High School
11:00 am-3:30 pm
Walk for this great cause.
Info/ Registration 440-338-0680

MONDAY SEPTEMBER 18

UH Bedford Community Music Exploration

2:30-3:30 pm
Join Paul T. Ousley, MT-BC, UH Bedford Medical Center and Connor Integrative Health Network, to learn and grow while uncovering new ways of using music to enrich your life holistically. No prior music experience required.

UH Bedford Medical Office Building
Conference Room 1.
RSVP: 440-735-4200

TUESDAY SEPTEMBER 19

UH Ahuja Lecture Series: Chronic Disease and Integrative Therapy

Presenter: Dawn Miller.
"Integrative therapy is in conjunction with modern medicine to help you become the healthiest version of yourself. By combining these modalities, acute and chronic illness can be combated with a systematic approach, followed and guided by your primary care physician."
6:00-8:00 pm
Rosenberg Suite C.
RSVP: 216-285-4069

UH Portage Parkinsons Support Group

Portage Medical Arts Building.
Suite 150.
1:00-3:00 pm



EAST REGION

Social, Support and Educational Events

TUESDAY SEPTEMBER 19

UH Portage Stroke Support Group

Portage Medical Arts Building
Suite 150.
4:00-5:00 pm

UH Portage Blood Pressure Screening

Streetsboro Senior Center
9184 State Route 43. Streetsboro.
12:30-1:00 pm

UH Conneaut Lunch and Learn- Fall into Healthy Desserts

11:30 am

Madison Senior Center
2938 Hubbard Road. Madison, Ohio
44057. Info/ RSVP: 440-428-6664

WEDNESDAY SEPTEMBER 20

UH Geneva Lunch and Learn- Fall Into Healthy Desserts

11:30 am -1:00 pm

Geneva Community Center
72 West Main Street. Geneva.
Info/ RSVP: 440-998-0680

THURSDAY SEPTEMBER 21

Get Connected Class for Seniors

Learn to navigate the internet-classes taught by high school student volunteers. An I pad is provided for class use.
4:00- 6:00 pm
Rosenberg C
Limited space, RSVP: 216-285-4069

UH Portage Community Blood Pressure Screening and Food Demo

UH Portage Community Room
4:30-6:00 pm
Info/RSVP: 330-297-2576

FRIDAY SEPTEMBER 22

Orange Community Health Fair

32000 Chagrin Blvd, Pepper Pike
Learning Center
9:00 am-1:00 pm
Health screenings, flu shot, resources, education. Free-no registration is required. Call for information: 216-831-8600 ext:5700

SATURDAY SEPTEMBER 23

UH Ahuja Walking into Fall

Join The Gathering Place for a community labyrinth walk as we focus on the changing of seasons. We will meet in Rosenberg A/B, off the lobby of Ahuja for some discussion and then go out to the labyrinth together to walk and reflect. Limited to 25 people so register early. Dress comfortably and for the weather. Cancelled if there is inclement weather.

MONDAY SEPTEMBER 25

UH Geneva and Conneaut Abuse/Neglect/Violence

Come to a safe place. 8:00-10:00 am

YMCA Madison
730 North Lake Street, Madison 44057

TUESDAY SEPTEMBER 26

UH Bedford Dinner and a Movie

3:00-5:00pm

UH Bedford Medical Center Café
Reservations accepted ONLY a week before at 440-735-4200

Eat vegetarian meals one day a week. It requires large amounts of energy, land, water and grain to feed animals raised for consumption. A balanced, vegetarian diet coupled with exercise has many positive health effects and can help you to save money when shopping for food. When you do eat meats, choose antibiotic free.

EAST REGION

Social, Support and Educational Events

UH Ahuja: Alzheimer's

Know the 10 Signs: Early Detection Matters. This workshop that will stress the importance of early detection for Alzheimer's disease and other dementias.

Ahuja Medical Center

Rosenberg Suite C. 6:00 pm-7:00 pm

RSVP: 216-285-0469

WEDNESDAY SEPTEMBER 27

UH Geauga Dinner and a Movie

3:00-6:00 pm

UH Geauga Conference Center

Reservations accepted ONLY a week before. RSVP: 440-214-3180

THURSDAY SEPTEMBER 28

UH Conneaut Sip and Paint

Come and free your inner Rembrandt. Sponsored by UH Conneaut Medical Center

Conneaut Arts Center

1025 Buffalo Street, Conneaut

1:00-3:00 pm

\$25.00 per person will include canvas, art supplies and materials.

Minimum 6 registrations.

RSVP: 440-593-5888

Iced Tea and Lemonade will be served.

Drink water, preferably tap. Tap water is much more energy efficient, less wasteful and just as safe as using bottled water. In fact, up to 40 percent of the time, bottled water is just bottled tap water. Producing the plastic bottles can release phthalates and other harmful chemicals into the environment as well. So stay hydrated and choose tap water!

Calcium Scoring: The No-Cost Test that can Help Predict Heart Attacks

Have you made a resolution to take better care of your health in 2017? If so, University Hospitals Harrington Heart & Vascular Institute offers a simple X-ray test that can help predict your future risk for heart attack. CT coronary calcium scoring is performed without the use of an intravenous line or the use of X-ray contrast material, and takes just five to 10 minutes to complete.

Fast, easy and painless, the test measures the amount of calcium that has accumulated in the walls of your coronary arteries and provides physicians with a coronary artery calcium score. The higher your score is, the greater your risk of experiencing a cardiovascular event within the next decade.

Cardiac CT imaging is recommended for men 45 years of age and older and women 55 and older who do not have a history of coronary artery disease. Additionally, patients should have one or more risk factors for heart disease, such as high blood cholesterol, low HDL cholesterol, high blood pressure, cigarette smoking,

type 2 diabetes, a family history of heart disease, or are age 40 and older diagnosed with a chronic inflammatory condition.

This technology has been available for many years, but few people have had the test due to its relatively high cost – it is not typically covered by insurance. UH is offering CT coronary calcium scoring at no cost due to its significant potential to positively impact the health of the patients we serve.

Depending upon your score, you may be referred to a UH Harrington Heart & Vascular Institute physician to discuss prevention strategies that can help reduce your risk for a cardiac event.

Call Radiology Patient Access at 216-844-1700 to schedule the test at one of 18 convenient locations across the UH system. A doctor's order is required to perform the test.

Learn more at UHhospitals.org/Calciumscore.

Age Well. Be Well: Quarterly Featured Care Center

Featured Skilled Nursing Center: Altercare of Kent

By: Erin Fromwiller, Administrator

During the time of healing following a hospital stay individuals today can access customized rehabilitation with specialized experts, transition support and the independence and comfort of home-like amenities.

A great example of how post-acute rehabilitation care has evolved, Altercare Post-Acute Rehabilitation Center in Kent, Ohio, offers patients transitioning from a hospital setting nationally recognized care with a personal touch. The team strives to treat patients as they would their own family.

That starts with a transitional care nurse who connects with patients and families before even leaving the hospital, answering questions and reassuring families as a constant presence through the transition. The transitional care nurse also serves as a patient advocate with the entire medical team, standing as a voice for a family's priorities throughout the stay and even checking in once they move to at-home health care.

Multidisciplinary teams provide focused, compassionate physical therapy, including programs specifically designed for orthopedic, cardiovascular and after-stroke care. Residents in need of physical, occupational or speech therapy receive specialized short-term rehabilitation. Skilled nursing care offers extended support of both basic and medically complex daily care needs following a hospital stay. With today's field emphasis on quality care, specialized therapists and medical teams are motivated to apply best practices to minimize infection rates and hospital readmissions. Patients and families are included in goal-setting and treatment plans and receive regular progress reports.

In addition to high care standards, patients can expect an enriching daily experience as a sense of peace and comfort positively affect healing. Patients might check their email, get a haircut and attend a painting party, all onsite. Altercare places a premium on maintaining serene environments and offering the convenience amenities, dining options and independence that patients desire.

For more information or a tour, call Erin Fromwiller at 330.677.4550 or email aprc@altercareonline.net.

Too often we underestimate the power of:

A touch- A smile- A kind word- A listening ear- An honest compliment or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia, Author



University Hospitals
Center for Lifelong Health

University Hospitals
11100 Euclid Avenue
Cleveland, Ohio 44106

Age Well Be Well Events 2017
1-844-312- LIFE (5433)
[UHhospitals.org/Age Well](http://UHhospitals.org/AgeWell)

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Our Locations

UH Ahuja Medical Center

UH Bedford Medical Center

UH Conneaut Medical Center

UH Cleveland Medical Center

UH Elyria Medical Center

UH Geauga Medical Center

UH Geneva Medical Center

UH Parma Medical Center

UH Portage Medical Center

UH Richmond Medical Center

UH St. John Medical Center

UH Samaritan Medical Center

Age Well Be Well Events
July - September 2017

Dear Age Well. Be Well. Member,

I'm so grateful to be on board with University Hospital's Wellness Program. You will notice some new and exciting changes in this publication and with our hospital featured events. This is your club and we are dedicated to making it work with your lifestyles and for the health of both body and mind.

Beginning with this newsletter we will be spotlighting a rehabilitation facility each quarter. When you understand what these centers are all about, they become much less daunting places. Our first highlight will be O'Neill North Ridgeville. Look forward to articles from other Skilled Nursing Facilities in the future and be educated in the event you or a loved one ever need this service. Knowledge is Power!

We have established a University Hospital provider guest column. T Gallo is a UH Nurse Practitioner. This month she and her mother, Barbara Gubanyar, an Age Well. Be Well member, are co contributors. My thanks to Gallo and her mom for being such a great asset to our health system and for supporting our membership. We appreciate you!

Lastly, we will be focusing on caregivers with each newsletter. This segment of our 55 and older population is ever growing and this time of life can be very stressful. Did you know an average of 31 hours per week is spent when an adult over 55 is engaged in a caregiving situation? These members need relief! There will be articles, blurbs throughout the newsletter and events designed to support relaxation, understanding, ideas to assist and services with which someone in need can connect.

With this edition of our newsletter we are sending online communication to those who have provided emails. If you have an email, and got this newsletter in the mail, we would ask that you please contact our offices at 1-844-312-LIFE (5433) and update our records. If you do not have an email, get connected with a "Get Connected" class and we will provide you with help to understand the internet and set up an email account. The classes are scheduled throughout the system, check your calendar. We are doing our part at UH to save trees and protect the environment.

So... enjoy this newsletter. Engage in our social and educational events. Enjoy the bounty of the healthy summer harvest in your diet. Reach out with any questions or suggestions. Most of all, have a happy, healthy and productive summer!

Best,



Kristin Idone
Program Coordinator, Age Well. Be Well.



A dialog between a daughter, UH Nurse Practitioner, and her mother, an Age Well Be Well participant:

Beginning with UH Nurse Practitioner T Gallo who states...

Daughters know at an early age one day they will be caring for their mothers. It was nearly two years ago when I received "the call." Your mom is in the ICU... I had been living in San Francisco for twenty plus years but I knew the day would arrive. And it did, sooner than I had expected. So I did what any self-respecting nurse practitioner would do - I jumped on a plane and headed for NE Ohio...beautiful, green and bountiful Ashtabula County!

So, what did Mom, (Barbara) think of this?

Oh, I knew the day would come. I do watch "The Doctors" on TV and know all about Role Reversal. I chose not to believe it. But Karma had other plans...

Gallo...

After a nasty Chronic Obstructive Pulmonary Disease (COPD) diagnosis and pneumonia on both lungs, physical therapy at a local nursing home, and a few months later, I had to laugh when my mother asked, "But why do I need to make any changes for my health? I have been doing the same things for 70 years!"

Barbara...

Seventy years, eh? At which point Darling Daughter asked how well that was working? So convinced, I put down the cigarettes, Big Gulp sodas and picked up stretchy exercise bands. All the while pretending to not hear or understand plant based dietary changes. I am, after all, at the top of the food chain. KALE??? WHAT THE ????? NO WAY, BACK OFF! GET OUT MY KITCHEN!

Gallo...

Clearly transitioning to a healthier lifestyle would take some time. Making change does not come easily. I decided to remain in Ohio. Barbara decided to stop smoking, exercise regularly and try to make better food choices. We are both looking to be good teammates in the partnership for better health. UH Age Well, Be Well is additional and great support.

Apparently we still have some work to do. Stay tuned for more episodes!

By: Barbara Gubanyar and T Gallo

WEST REGION

Age Well Be Well Classes and Clubs

UH Elyria Grandparenting Today Class

This free class helps transition to the new role of a grandparent by discussing changes in infant care and a safe home environment. Topics include infant diapering, breastfeeding, and car seats, as well as what it is like being a grandparent.

Mondays: 6:30-8:00 pm

July 24, August 28, September 25

UH Elyria Medical Center

630 East River St, Elyria

UH Elyria and Avon Diabetes Education

Call: Kim Horvath, MEd, RDN, LD, CDE at 440-284-5709 for more information

The diabetes education program at UH Elyria and Avon Health Center provides information and support for anyone with diabetes. Whether diabetes is a new diagnosis or better blood sugar control is needed, we are here to help. We offer both individual and group sessions in Elyria and individual sessions only in Avon. UH Elyria and Avon Health Center Diabetes Program is recognized by the American Diabetes Association. A physician referral is required. Many insurance plans cover diabetes education. Contact your insurance provider to verify coverage. Must have at least 5 participants to hold classes. For information: 440-284-5709.

Wednesdays September 13, 20, 27
6:00-8:00pm

UH Elyria Medical Center

(Individual and Group)

630 East River St. Elyria.

UH Avon Health Center

NO GROUP CLASSES.

1997 Healthway Dr, Avon

UH Elyria Healthy Habits for a Healthy Lifestyle

Tuesdays September 19 and 26.

6:00-7:00 pm

Diet and exercise are the key to good health. Losing 5-10 percent of your weight can provide many health benefits. Join us for an 8-week weight management program that will offer a nutrition plan, health topics, group support, and weekly weigh-ins. Blood pressure, blood sugar, and waist measurements will be taken at the beginning and ending of the program. Must have at least 5 participants to hold classes.

1997 Healthway Drive, Avon (Healthy Lifestyle Office- Take "A" elevator to basement, turn left off elevator, office on the left) Call Kim Horvath, MEd, RDN, LD, CDE at 440-284-5709 for more information

UH Parma Medical Weight Loss Information Session

6:00-7:00pm

July 5, August 2, September 6

Learn about our New Directions Medically Supervised Weight Loss program.

UH Parma Medical Center

Metabolic Clinic, Medical Arts Center 2. 6707 Powers Boulevard, Suite 303 Parma. Info/ RSVP 440-743-2995.

UH Parma Beyond Driving with Dignity

In this session, a certified professional will help you make appropriate driving-related decisions. The three-hour self-assessment includes a workbook and resources. Call 440-743-2777 for information and registration.

UH Parma Chair Yoga

These sessions are for people with physical limitations and who feel they cannot keep pace in a regular yoga class. The focus will be on body awareness, breath and relaxation.

Four sessions: \$32.

Tuesdays

6:30-7:30 pm

Beginning on July 11, Ending on August 8

Six sessions: \$48 Beginning on September 11, ending October 23

Tuesdays

6:30 – 7:30 pm

UH Parma Yoga

Attain body awareness, relaxation and body/mind balance. Yoga mats are provided.

Sign up for two days a week and receive a \$5 discount.

Beginners / gentle. Four sessions:

\$40. Wednesdays beginning on July 12 and ending on August 9.

7:00 – 8:30 pm

Six sessions: \$60. Mondays

beginning on September 11 and

ending on October 23. 7:00-8:30pm

Or on Wednesdays beginning

on September 13 and ending on

October 25. 7:00-8:30

Moderate

Four sessions: \$40/ Thursdays

beginning on July 13 and ending on August 10 7:00-8:30pm

Six sessions: \$60/ Thursdays

beginning on September 14 and

ending on October 26 7:00-8:30pm

WEST REGION

Age Well Be Well Classes and Clubs

UH Parma Grandparenting Today Class

This free class helps transition you to the new role of a grandparent by discussing changes in infant care and what creates a safe home environment.

6:30-8:00 pm

July 24, August 28, September 25

Low-Cost Immunizations

Offered by the Cuyahoga County Board of Health

5550 Venture Drive, Parma

For an appointment call

216-201-2041 or visit:

ccbh.net/immunization-clinics

UH Parma FREE SCREENINGS

Appointments are required by calling 440-743-4932. All screenings are held at UH Parma Health Education Center unless otherwise noted.

Blood Pressure Screening

(Walk-In). 1:00-2:00pm

July 5 and 19. • August 2 and 16, September 6 and 20. July 19 and September 20. 5:00-7:00pm.

Glucose Screening

(Walk-In). 1:00-2:00 pm

July 5, August 2, September 6

5:00-7:00 pm: July 19, September 20

UH Parma FREE SCREENINGS (continued)

Prostate Cancer Screening

September 18: 6:00-7:30 pm

September is National Prostate Cancer Awareness Month. This screening is open to men age 50 and over who have never been screened before, or those who have not been screened within the last year and are not seeing a urologist.

UH Parma Medical Center

Seidman Cancer Center, 6525

Powers Boulevard. Parma, Medical

Arts Center 3, second floor. An

appointment is required.

Balance Screening

Thursday, October 12

10:00am-1:00pm

Conducted by a physical therapist from UH Parma Medical Center. An appointment is required.

UH Parma Shared Grief Support

This program is a seven-week grief support group offered by bereavement care providers.

Evening groups available four times a year. Contact Amy Quinlan at 440-743-4944 for location details and more information.

UH Parma Screenings With a Fee

Appointments are required by calling 440-743-4932. All screenings are held at UH Parma Health Education Center unless otherwise noted.

Bone Density Screening

July 19 and September 20

Appointment is required. Fee: \$15

9:00-11:00am and 5:00-6:30pm

Cholesterol Screening

July 19 and September 20 Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. A 12-hour fast is recommended for best results. Appointment is required.

Fee: \$30. 9:00-11:00 am

Non-Fasting Cholesterol Screening

July 19 and September 20

5:00-6:30 pm. Includes total cholesterol, HDL and blood sugar. No fasting necessary. Appointment is required. Fee: \$15

Combined Bone Density and Cholesterol Screenings

Both screenings will be completed at the same appointment.

Appointment is required.

9:00-11:00am (Fee: \$40)

5:00-6:30pm (Fee: \$25)

Pneumococcal Vaccine Clinics

Call 440-743-4932 for details and to schedule an appointment.

Eat vegetarian meals one day a week. It requires large amounts of energy, land, water and grain to feed animals raised for consumption. A balanced, vegetarian diet coupled with exercise has many positive health effects and can help you to save money when shopping for food. When you do eat meats, choose antibiotic free.

WEST REGION

Age Well Be Well Classes and Clubs

UH Parma Alzheimer's Support

July 4, August 1, September 5
7:00-8:30 pm For Caregivers Only.
Call 440-743-2660 for details.
July 14, August 11, September 12.
1:30-3:00 pm.
For Both Caregivers and Memory
Impaired Individuals. Call 440-743-
4847 for details

UH Parma Creative Connections Through Art

2:00-3:00pm
July 10, August 14, September 11
This free program offers a monthly
arts enrichment session to engage
individuals affected by dementia,
as well as their care partner (spouse,
child or other caregiver) Each session
provides hands-on experiences in
visual arts, music and storytelling. The
program is sponsored by the Carolyn L.
Farrell Foundation. Please register by
calling 440-414-0434. Space is limited;
early registration is encouraged.

UH Parma -The Well-Being Retreat

The Well-Being Retreat helps relieve
suffering through psychosocial
support, spiritual care and renewal
in a comfortable, convenient setting.
This special retreat area is offered
to those using UH Seidman Cancer
Center at UH Parma Medical Center,
6525 Powers Boulevard in Parma.
For more information, 440-743-4748.

UH Parma Post-LSVT Speech Therapy Support

July 11, August 8, September 12
11:30am-12:30pm
This support group is designed for
people with Parkinson's disease who
have completed the Lee Silverman
Voice Treatment Program. Info/
RSVP: 440-743-4160

UH St. Johns Grief Recovery Program

Wednesdays; September 6, 13, 20, 27
12:30 – 2:00pm
Sponsored by Crossroads Hospice.
Grief is a normal and natural
reaction to loss. This 10-week
program will guide those who wish
to resolve their loss.

UH SJMC Community Outreach

29160 Center Ridge Road Suite R,
Westlake For more information call
John Monnin, M.Ed. at 216-654-9300

UH Parma Look Good ... Feel Better® Program

This program is designed for women
undergoing cancer treatment to
help with appearance-related side
effects. Info/RSVP: 1-800-227-2345

**Use your Age Well Be Well Membership for a
10% discount on your meal in any UH cafeteria.**

Ladies- Look Good Feel Better While Going Through Cancer Treatment.
This program is co sponsored by University Hospitals and the American Cancer Society.

What will I learn by going to a group program that I can't learn at home?

Group programs are step-by-step makeover learning sessions led by trained cosmetology professionals. Any questions you may have – such as how to fill in or draw in your eyebrows or how to camouflage particular types of pigmentation – will be answered firsthand. You'll receive a free makeup kit with brand-name cosmetics to use during the session and to take home, helping minimize shopping time and expense. You will have the opportunity to experiment with various wigs, hats, and turbans in a comfortable, supportive atmosphere. And, perhaps most valuable of all, you will receive the support of other women coping with cancer treatment – those about to go through it, those experiencing it, and those who've been there. Put all these factors together and you've got a pretty powerful reason to sign up for a group program. Time after time, women who considered staying home tell us how glad they are to have made the effort to come. They say that the impact on their looks and outlooks is immeasurable. And those who care about them say so, too.

**Look for dates throughout this newsletter, or call the American Cancer Society
at 1-888-227-6446.**

WEST REGION

Age Well Be Well Classes and Clubs

UH St. Johns "Bring It On" Senior Walking Challenge

Who has the best Senior Center around? Join the Senior Walking and Wellness Challenge and find out! Seven Senior Centers will be participating!

Please register with your area Senior Centers.

Thursday August 3rd

Westlake Senior Center

9:00-11:00am

Lakewood Senior Center

11:00am-12:00pm

Rocky River Senior Center

11:30am-12:30p

North Olmsted Senior Center

12:30-3:30pm

Friday August 4th

North Ridgeville Senior Center

9:00am-12:00pm

Avon Senior Center

12:00-1:00pm

Bay Village Senior Center

1:00-4:00pm

Begin and end this 6 week walking challenge with a free pedometer and health screenings: cholesterol, glucose, blood pressure, BMI, waist circumference. Prizes awarded for improvements in screenings and most steps taken.

UH St John Medical Center

29000 Center Ridge Rd, Westlake OH Auditorium B Building 2

Ending dates for program and rescreening; 9/14 and 9/15 in the same location. Awards ceremony to be announced. For questions contact; UH SJMC Community Outreach 440-827-5440

WALK FOR WELLNESS! UH SJMC Mall Walkers Program

Wednesdays July 12, August 9 and September 13

9:00-10:00 am: Program with Guest Speaker

9:00-10:30 am: Blood Pressure Screenings. Walk for Wellness! In a collaborative effort, Great Northern Mall and UH SJMC are launching a Mall Walking program. The mall is walker friendly, climate controlled, has level surfaces and is a safe environment. One lap around the mall is .96miles. Follow the footsteps on the floor to

learn other UH SJMC health tips.

Meet near the Food Court

4954 Great Northern Mall.

North Olmsted, OH 44070

UH St. Johns Roundtable Health Talk Series

Thursday July 27: Obesity and Bariatric Surgery.

Thursday August 24: Failure of

Imagination, The Opiate Problem

Thursday September 28: Alternative

health therapies including: Music, Art and Herbal.

6:00-8:00 pm

UH St. John Medical Center

Building 2 Auditorium B. RSVP

Required: 1-877-597-6348

UH St Johns DIABETES CLASSES

Tuesdays July 5, 11, 18, 25

(First class on Wednesday due to holiday).

September 5, 12, 19, 26

6:00-7:00pm

This four-week series will include education on diabetes self-management, including what diabetes is and how it is diagnosed- Teaching participants how to make healthy food choices and help with meal planning. Ways to safely incorporate physical activity to improve blood sugar control and monitoring will be discussed including what causes blood sugars to rise and how to handle these fluctuations. Lastly, we will cover ways to protect eyes, heart, blood vessels, nerves, kidney and feet.

UH SJMC Westlake Family Health Center

26908 Detroit Rd, Westlake Suite 300

One-on-one education is for individualized diet and meal planning instruction and blood glucose monitoring. Counseling for weight loss and lifestyle modification also available. Call 440-827-5668 for scheduling/pre-access.

UH SJMC Westlake Family Health Center

26908 Detroit Rd, Westlake Suite 100

If you are 50 years of age or older – and you are a current or former smoker, have diabetes or have a history of high blood pressure and/or high cholesterol – you may be at risk for vascular diseases, which affect the body's blood vessels.

Join us for Vascular Screenings at:

UH St. John July 8 10:00 am-2:00 pm

UH Parma July 29 10:00 am-2:00 pm

UH Elyria August 5 10:00am-2:00pm

UH Amherst 9:00 am-1:00 pm

Care Well. Be Well.

There's no getting around it. Our population is aging. With that fact comes many others. As our population gets to the age where chronic diseases need to be managed, family members take over. That translates into this statistic... 80% of caregiver population is non medical. These undefined caregivers range from spouses to extended family to friends. What a staggering number!

These informal caregivers sometimes do not even self identify as a "caregiver". The fact is that anyone who provides care to an ill spouse, partner, aging parent or family member falls into the Caregiver category. In recognizing their role, caregivers can look for and obtain the support they need.

A shift in roles is certain when giving care to a loved one. A roller coaster of emotions is to be expected, as are guilt feelings, anger and frustration. Caregivers often feel alone, sad and exhausted. This is defined as Caregiver Stress. It is both emotional and physical. It is also quite normal.

Caregiving can also be a gift. For most family members it is a service they are happy to provide. Being there when someone you love needs you is a core value. But it comes with a set of changes and awareness is crucial. Sometimes a caregiver is so focused on their loved one that these signs are ignored. Mental and physical wellness suffer. Be aware of the following signs:

- Feeling overwhelmed or constantly worried
- Feeling tired or sad most of the time
- Sleeping too much or too little
- Gaining or losing unexplained weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications

Too much stress can harm your health. As a caregiver, you're more likely to experience symptoms of depression or anxiety. You may not be getting enough sleep or exercise or even eating properly. All of these factors put you more at risk for medical issues.

So... consider these stress management tools:

- Admit you need help and ask for assistance. Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do.
- Focus on what you can give. Believe that you are doing the best you can and making the best decisions you can at any given time.
- Set realistic goals. Break large tasks into smaller steps that you can do one at a time.
- Get connected with your UH Age Well Be Well program. Utilize the education, services, and support groups provided.
- Seek social support. Set aside time each week for connecting, even if it's just a walk with a friend.
- Set personal health goals. For example, set a goal to establish a good sleep routine or to find time to be physically active on most days of the week. It's also critical to fuel your body with healthy foods and plenty of water.
- See your doctor. Get recommended immunizations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

Consider this- If you don't care for yourself it is difficult to care for someone else. Emotional and physical demands tangle with caregiving and will tax even the strongest person. It's important to take advantage of the many resources available to help you. Care Well and Be Well. Help and support is available if you know where to look.

WEST REGION

Age Well Be Well Classes and Clubs

UH St. Johns Overeaters Anonymous

Meeting every Sunday morning.
Auditorium B •
10:00-11:00am. UH St. John Medical Center. Bldg. 2, 29000 Center Ridge Road. Westlake

UH St. John Mood Disorder Support Group

Meets every Tuesday
7:00-8:30 pm
We offer support for those with depression and bi-polar disorders. Our message is hope.

UH SJMC Community Outreach
29160 Center Ridge Road Suite R, Westlake
Call Bobby Klinko 440-539-9415 or Laura Vanni 216-267-5923

UH St. Johns Gamblers Anonymous

Meeting every Saturday
10:00-11:00 am

UH SJMC Community Outreach
29160 Center Ridge Road Suite R, Westlake. Call Matt at 440-752-3315 or Gamblers Anonymous at 626-960-3500 for a meeting in your area, or go to gamblersanonymous.com

UH Samaritan Tobacco Cessation Classes

Every Monday through Thursday.
July through September
12:00-4:00 pm

UH Samaritan Medical Center
CardioPulmonary Services. Call 419-207-2303 for an appointment

UH St. Johns Caregiver's Club

11:30 am-1:00 pm
July 18, August 15, September 19
This group will focus on those individuals who are faced with the challenges of overseeing a parent or spouse through their senior years.

UH SJMC Community Outreach
29160 Center Ridge Road Suite R, Westlake. Info/ RSVP: Call 877-597-6348 Monday thru Friday
10:00am-6:00 pm

UH St. John Food Addicts Anonymous

Meeting every Friday evening.
Auditorium B. 7:00pm
-OR- Meeting every Sunday evening. Auditorium A. 6:00pm

UH St. John Medical Center
Bldg. 2, 29000 Center Ridge Road. Westlake. Call Kay: 216-548-3366 or Gloria: 440-327-9492 for information

UH Locations

UH Ahuja Medical Center

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

UH Bedford Medical Center

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

UH Cleveland Medical Center

216-844-1000
11100 Euclid Ave
Cleveland, OH 44106

UH Conneaut Medical Center

440-593-1131
158 W Main Rd
Conneaut, OH 44030

UH Elyria Medical Center

440-329-7500
630 E River St
Elyria, OH 44035

UH Geauga Medical Center

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

UH Geneva Medical Center

440-466-1141
870 W Main St
Geneva, OH 44041

UH Parma Medical Center

440-743-3000
7007 Powers Blvd,
Cleveland, OH 44129

UH Portage Medical Center

330-297-0811
6847 N Chestnut St,
Ravenna, OH 44266

UH Richmond Medical Center

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

UH St. Johns Medical Center

440-835-8000
29000 Center Ridge Rd,
Westlake, OH 44145

UH Samaritan Medical Center

419-289-0491
1025 Center St.
Ashland, Ohio 44805

WEST REGION

Social, Support and Educational Events

Monday July 3

UH St. John Blood Pressure Screening

North Olmsted Senior Center
10:00-11:30am
Community Meeting Room
28114 Lorain Road, North Olmsted.

UH SJMC Main Lobby
12:30-2:00 pm
29000 Center Ridge Road, Westlake

Wednesday July 5

UH Elyria Diabetes Awareness and Support Group

Diabetes Basics
6:00-7:00 pm
630 East River Street Elyria Diabetes Education Office – Take the “A” elevator to the basement, turn left, office is on the left. Call Kim Horvath, MEd, RDN, LD, CDE at 440-284-5709 for more information

UH St. Johns Hope Group

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors.
5:30-7:30pm

UH SJMC Community Outreach
29160 Center Ridge Road Suite R, Westlake. Info/RSVP: Call Joyce at 440-827-5459

UH St. Johns Blood Pressure Screening

French Creek YMCA
Main Lobby
10:00am-12:00pm
2010 Recreation Lane, Avon

Westshore Family YMCA
9:00-11:00 am
1575 Columbia Road, Westlake

Monday July 10

UH St. Johns Blood Pressure Screening

Rocky River Senior Center
Community Meeting Room
12:30-3:00pm
21014 Hilliard Blvd., Rocky River

UHSJMC Main Lobby
12:30-2:00 pm
29000 Center Ridge Road, Westlake

Tuesday July 11

UH Elyria Blood Pressure & Glucose Screenings

7:00-9:00 am

UH Elyria Medical Center
630 East River Street. Elyria. Main Lobby

UH Samaritan New Non Smokers Support Group
6:00-8:00 pm
UH Samaritan Medical Center
East Tower Conference Room.
Samaritan Hospital

UH Parma Parkinson's Disease Support

1:00- 2:30pm
Info/RSVP: 216-524-6354

Wednesday July 12

UH St. Johns Blood Pressure Screenings

Avon Senior Center
9:30-11:30 am
Community Meeting Room
36786 Detroit Rd, Avon

Lakewood Senior Center
9:00-11:00 am
16024 Madison Ave. Lakewood.

Monday July 17

UH St. John Medical Center Blood Pressure Screening

UH SJMC Main Lobby
12:30-2:00 pm
29000 Center Ridge Road, Westlake

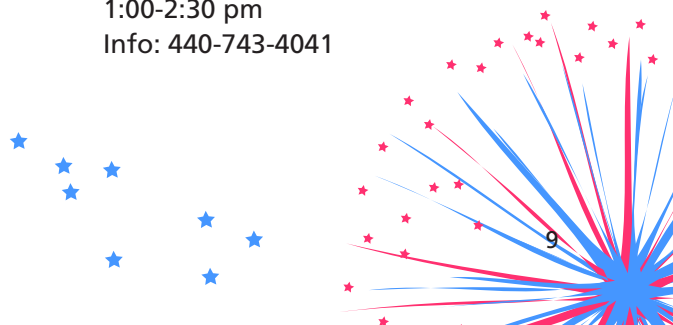
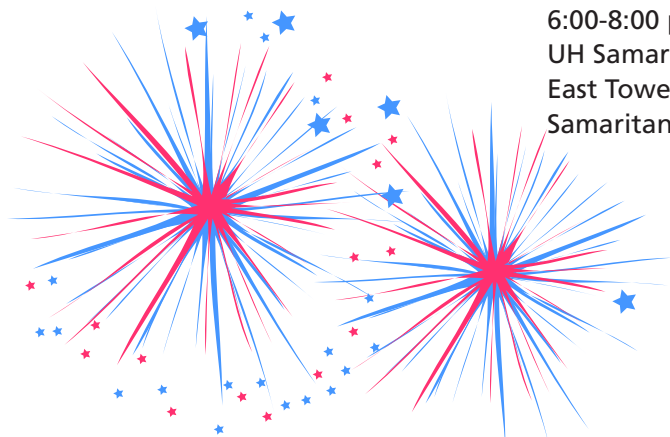
UH Samaritan Community Education with Dr. Konstantinos Toulas

As We Age, Recommended Screenings
6:30-7:30pm

UH Samaritan Medical Center
East Main Street Auditorium.
Samaritan on Main
663 East Main Street

UH Parma Stroke & Arthritis Information and Support

1:00-2:30 pm
Info: 440-743-4041



WEST REGION

Social, Support and Educational Events

Tuesday July 18

UH St Johns Blood Pressure Screenings

Old Firehouse Community Center
Avon Lake Senior Center
12:30 – 2:00pm
100 Avon Belden Road, Avon Lake

Thursday July 20

UH St. John Diabetes Support Group Picnic

UH SJMC Cafeteria Patio
6:00-7:30 pm
RSVP: 440-827-5431

Monday July 24

UH St. Johns Blood Pressure Screening

Dwyer Memorial Senior Center
Community Meeting Room
9:00-11:00am
300 Bryson Lane, Bay Village

UH SJMC Main Lobby
12:30-2:00 pm
29000 Center Ridge Road, Westlake

Westlake Recreation Center
6:00-8:00 pm
28955 Hilliard Blvd., Westlake

Wednesday July 26

UH St John Glucose and Cholesterol Screening

11:30 am-2:00 pm

North Olmsted Senior Center
28114 Lorain Road, North Olmsted

UH Parma New Perspectives: Weight Management Support

6:00-7:00 pm

This program offers education and support for bariatric surgery patients and others interested in weight loss surgery.

UH Parma Medical Center
Medical Arts Center 2, 6707 Powers Boulevard, Suite 303. Parma.
RSVP: 216- 844-5274

Thursday July 27

UH St Johns Neurological/ Stroke Support Group

3:30-4:30 pm

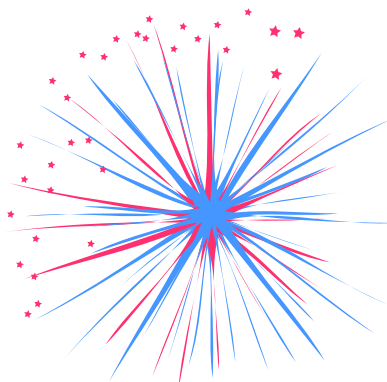
Join us in an open, supportive and relaxed environment. Patients and family members are welcome. Reservations are not required and attendance is free.

UH Avon Rehabilitation Hospital
37900 Chester Road, Avon
Group facilitator is Tanya.
Call 440-695-7111 for information

Monday July 31

UH St. John Medical Center Blood Pressure Screening

UH SJMC Main Lobby.
12:30-2:00 pm
29000 Center Ridge Road, Westlake



Tuesday August 1

UH St. Johns Better Breathers Club

1:00-2:30 pm

UH SJMC Westlake Family Health Center
26908 Detroit Rd, Westlake Suite 300
RSVP: Lynn Gorton at 440-250-2042
or Lynn.Gorton@UHhospitals.org

Lung Cancer Information Session

6:00-7:00 pm

Learn about the risk factors, screening process and treatments for lung cancer. Presented by Aryavarta Kumar, MD, Oncologist.

UH Parma Medical Center
Auditorium, 7007 Powers Boulevard in Parma.

UH Advanced Breast Cancer Support Group

10:00am-12:00 pm

Westlake Health Center
960 Clague Rd, Conference Room 2.
RSVP: Kerri Mazzone, LISW-S: 440-250-2017

Wednesday August 2

UH Elyria Diabetes Awareness and Support Group

6:00-7:00 pm

Know The ABC's of Diabetes. 630 East River Street Elyria Diabetes Education Office – Take the "A" elevator to the basement, turn left, office is on the left. Call Kim Horvath, MEd, RDN, LD, CDE at 440-284-5709 for more information

WEST REGION

Social, Support and Educational Events

UH St. Johns Hope Group

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors.
5:30-7:30 pm

UH SJMC Community Outreach

29160 Center Ridge Road Suite R, Westlake. Info/RSVP: Call Joyce at 440-827-5459

UH St. Johns Blood Pressure Screening

French Creek YMCA

Main Lobby
10:00am-12:00pm
2010 Recreation Lane, Avon

Westshore Family YMCA

9:00-11am
1575 Columbia Road, Westlake

Monday August 7

UH St. John Blood Pressure Screening

North Olmsted Senior Center

10:00-11:30 am
Community Meeting Room. 28114 Lorain Road, North Olmsted

UH SJMC Main Lobby

12:30-2pm.
29000 Center Ridge Road, Westlake

Tuesday August 8

UH Samaritan New Non Smokers Support Group

6:00-8:00 pm

UH Samaritan Medical Center

East Tower Conference Room. Samaritan Hospital

UH Parma Parkinson's Disease Support

1:00– 2:30 pm
Info/RSVP: 216-524-6354

Wednesday August 9

UH St. Johns Blood Pressure Screenings

Avon Senior Center

9:30-11:30 am
Community Meeting Room
36786 Detroit Rd, Avon

Lakewood Senior Center

9:00-11:00 am
16024 Madison Ave. Lakewood.

Thursday August 10

UH Elyria Walking the Path of Dementia

2:00-3:30 pm
Presenter: April Suva. Avon Health and Wellness Center. 1997 Healthway Dr. Avon. RSVP to Arden Courts at 440-808-9275

Mt. St. Joseph- Music Enrichment for a Healthy Life

CMT Lucille Brown will guide participants to learn tips for incorporating music for health and wellness.

10:00 am
21800 Chardon Rd. Euclid
RSVP: 216-258-7792. Light refreshments will be provided for this free community event.

Saturday August 12

UH Elyria Health and Safety Fair

9:00 am-12:00 pm
This free interactive event is a fun venue for the whole family and gives the community, healthcare, law enforcement and others a chance to meet and learn about safety and health concerns.

UH Amherst Health Center

254 Cleveland Ave. Amherst, OH

UH Samaritan Family Health & Safety Day

10:00 am-1:00 pm
Various Health Screenings, Make an Appointment with a Primary Care Physician and More

UH Samaritan Medical Center

East Main Street Auditorium. Samaritan on Main. 663 East Main Street

Monday August 14

UH St. Johns A Second Chance: A Lung Transplant Support Group

6:00 – 8:00 pm
This group is for anyone who is considering or has received a lung transplant. Family and friends are welcome.

UH SJMC Westlake Family Health Center

26908 Detroit Rd, Westlake Suite 300
RSVP: Lynn Gorton at 440-250-2042 or Lynn.Gorton@UHhospitals.org

WEST REGION

Social, Support and Educational Events

UH St. Johns Blood Pressure Screening

Rocky River Senior Center
Community Meeting Room
12:30-3:00 pm
21014 Hilliard Blvd., Rocky River

UH SJMC Main Lobby
12:30-2:00 pm
29000 Center Ridge Road, Westlake

UH Parma Cholesterol: Should I Worry?

6:00-7:00 pm
Learn the latest information about the risks and benefits of cholesterol. Presented by internal medicine physician Bradley Banko, MD, MS.

UH Parma Medical Center Auditorium
7007 Powers Boulevard in Parma.
Free, non-fasting cholesterol screenings will also be available

Tuesday August 15

UH St Johns Blood Pressure Screenings

Old Firehouse Community Center
Avon Lake Senior Center.
12:30-2:00 pm
100 Avon Belden Road, Avon Lake

UH Parma Keeping a Healthy Heart

5:30-6:30pm
Learn what you can do to keep your heart healthy. We will discuss why it is important to be aware of your numbers for blood pressure, cholesterol (total as well as LDL and HDL) and know what you can do to lower some of those numbers. The session is taught by the Nurse Manager of CICU from UH Parma.

Keeping a Healthy Heart (continued)

UH Parma Medical Center Auditorium
7007 Powers Boulevard in Parma.
Session fee: \$10.

Thursday August 17

UH St. Johns Diabetes Support Group
7:30-9:00pm

UH SJMC Westlake Family Health Center
26908 Detroit Rd, Westlake Suite 300. Call DeAna Rodriguez, RN, CDE. at 440-827-5341 for information.

Monday August 21

UH St. John Medical Center Blood Pressure Screening

UH SJMC Main Lobby
12:30-2:00 pm
29000 Center Ridge Road, Westlake

UH Parma Stroke & Arthritis Information and Support

1:00-2:30pm
Info: 440-743-4041

Wednesday August 23

UH Parma New Perspectives: Weight Management Support

6:00-7:00 pm
This program offers education and support for bariatric surgery patients and others interested in weight loss surgery.

UH Parma Medical Center
Medical Arts Center 2, 6707 Powers Boulevard, Suite 303. Parma. RSVP: 216- 844-5274

Thursday August 24

UH St Johns Neurological/ Stroke Support Group

3:30-4:30 pm
Join us in an open, supportive and relaxed environment. Patients and family members are welcome. Reservations are not required and attendance is free.

UH Avon Rehabilitation Hospital
37900 Chester Road, Avon
Group facilitator is Tanya.
Call 440-695-7111 for information

Saturday August 26

UH St Johns American Heart Association (AHA) Heartsaver CPR/AED

9:00 am-12:00 pm
Limited space available and need at least six participants to hold class. Cost is \$30 per person.

UH St John Medical Center
Community Outreach Dept. 29160 Center Ridge Rd, Suite R-Westlake OH 44145. RSVP: 1-877-597-6348.

Monday August 28

UH St. Johns Blood Pressure Screening

Dwyer Memorial Senior Center
Community Meeting Room
9:00-11:00 am
300 Bryson Lane, Bay Village

UH SJMC Main Lobby
12:30-2:00 pm
29000 Center Ridge Road, Westlake

Westlake Recreation Center
6:00-8:00 pm
28955 Hilliard Blvd., Westlake

WEST REGION

Social, Support and Educational Events

Tuesday August 29

UH Parma Answers for Knee and Hip Pain

5:30-6:30pm

Learn about the anatomy of the knee and hip. The causes of knee and hip pain, diagnosis, treatment, diet, exercise, medications and alternative care methods will also be covered in this one-session presentation, led by Therese Lord, Doctor of Physical Therapy from

UH Parma Medical

Session fee: \$10

Monday September 4

UH St. John Blood Pressure Screening

North Olmsted Senior Center

10:00-11:30 am

Community Meeting Room

28114 Lorain Road, North Olmsted

UH SJMC Main Lobby

12:30-2:00 pm

29000 Center Ridge Road, Westlake

Tuesday September 5

UH Advanced Breast Cancer Support Group

August 1 and Sept 5

10:00 am-12:00 pm

Westlake Health Center

960 Clague Rd, Conference Room 2.

RSVP: Kerri Mazzone, LISW-S: 440-

250-2017

Wednesday September 6

UH St. Johns Hope Group

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors.

5:30-7:30 pm

UH SJMC Community Outreach

29160 Center Ridge Road Suite R, Westlake. Info/RSVP: Call Joyce at 440-827-5459

UH St. Johns Blood Pressure Screening

French Creek YMCA

Main Lobby

10:00 am-12:00 pm

2010 Recreation Lane, Avon

Westshore Family YMCA

9:00-11:00 am

1575 Columbia Road, Westlake

Thursday September 7

UH Elyria Diabetes Awareness and Support Group – Diabetes and Diet

6:00-7:00pm

630 East River Street Elyria Diabetes Education Office – Take the “A” elevator to the basement, turn left, office is on the left. Call Kim Horvath, MEd, RDN, LD, CDE at 440-284-5709 for more information

Saturday September 9

Breast Cancer A to Z: Finding Peace in Nature

Acacia Reservation, 26899 Cedar Rd

9:00-11:00 am

A morning of networking, journaling and energy work.

Advance registration required.

216-595-9546

Monday September 11

UH St. Johns Blood Pressure Screening

Rocky River Senior Center

Community Meeting Room

12:30-3:00 pm

21014 Hilliard Blvd., Rocky River

UH SJMC Main Lobby

12:30-2:00 pm

29000 Center Ridge Road, Westlake

Tuesday September 12

UH Elyria Blood Pressure & Glucose Screenings

7:00-9:00 am

UH Elyria Medical Center

630 East River Street Elyria. Main Lobby

UH Parma Parkinson's Disease Support

1:00– 2:30 pm

Info/RSVP: 216-524-6354

UH Samaritan New Non Smokers Support Group

6:00-8:00 pm

UH Samaritan Medical Center

East Tower Conference Room. Samaritan Hospital

Being in control of your life and having realistic expectations about your day to day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life.

Marilu Henner, Actress

WEST REGION

Social, Support and Educational Events

Wednesday September 13

UH St. Johns Blood Pressure Screenings

Avon Senior Center
9:30-11:30 am
Community Meeting Room
36786 Detroit Rd, Avon

Lakewood Senior Center
9:00-11:00 am
16024 Madison Ave. Lakewood

Monday September 18

UH St. John Medical Center Blood Pressure Screening

UH SJMC Main Lobby
12:30-2:00 pm
29000 Center Ridge Road, Westlake

UH Parma Stroke & Arthritis Information and Support

1:00-2:30 pm
Info: 440-743-4041

Tuesday September 19

UH Samaritan Community Education with Dr. Alexis Powell. Peripheral Artery Disease

6:30- 7:30 pm

UH Samaritan Medical Center
East Main Street Auditorium.
Samaritan on Main

UH St Johns Blood Pressure Screenings

Old Firehouse Community Center
Avon Lake Senior Center
12:30-2:00 pm
100 Avon Belden Road, Avon Lake

Thursday September 21

United Way Health Fair and Screening

Blood Pressure/Stroke Risk Assessment, Cholesterol, Blood Sugar, and Bone Density/Flu vaccines available

El Centro
2800 Pearl Ave. Lorain OH

Mount St. Joseph- Cooking with Chef Randy

21800 Euclid Road. Euclid
2:00 pm
Enjoy a cooking demonstration with our own Chef Randy Eagles! Learn how to prepare a delicious simple and healthy cuisine. Then partake of the delicious food and take home recipes to help you re-create the dishes later. RSVP: 216-258-7791

UH Parma Hearing and the Older Adult

6:00-7:00 pm
Our ability to hear often changes as we get older. We will discuss why it is important to have your hearing checked regularly, as well as some signs and symptoms associated with hearing loss. In this single session, we will clear up common misconceptions about hearing aids and offer tips on navigating the health care system with regard to treating hearing issues. Session Fee: \$10.

UH St. Johns Diabetes Support Group

7:30-9:00 pm

UH SJMC Westlake Family Health Center
26908 Detroit Rd, Westlake Suite 300. Call DeAna Rodriguez, RN, CDE. at 440-827-5341 for information.

UH Samaritan Diabetes Support Group

7:00- 8:00 pm

UH Samaritan Medical Center
East Main Street Auditorium.
Samaritan on Main

Monday September 25

UH St. Johns Blood Pressure Screening

Dwyer Memorial Senior Center
Community Meeting Room
9:00-11:00 am
300 Bryson Lane, Bay Village

UH SJMC Main Lobby
12:30-2:00 pm
29000 Center Ridge Road, Westlake

Westlake Recreation Center
6:00-8:00 pm
28955 Hilliard Blvd., Westlake

Tuesday September 26

UH St. Johns Get Connected

4:30-6:30 pm
The Get Connected class is designed to teach members about the internet. Each class will be taught by internet-savvy high school students. The class includes information on what the internet is, the benefits and internet safety. Classes will provide one-on-one instruction to set up an email account, instructions on how to browse the internet, and how to view their personal health records via MyUHCare.

UH St John Medical Center
Education Dept. 29160 Center Ridge Rd Suite E, Westlake
(located in building next to the hospital, not at the hospital). Info/ Directions: Call 440-827-5440

WEST REGION

Social, Support and Educational Events

Wednesday September 27

UH Elyria Senior Health Fair

10:00 am-12:00 pm– Light Lunch.
12:00-2:00pm – Music Bingo with
Kenny “G” Gilder.

UH Avon Health Center
1997 Healthway Drive. Avon

UH St John Glucose, Cholesterol, Blood Pressure and Bone Density Screenings

9:00-11:00 am

Rocky River Senior Center
21014 Hilliard Blvd., Rocky River

September 27 continued

UH Parma New Perspectives: Weight Management Support

6:00-7:00 pm

This program offers education
and support for bariatric surgery
patients and others interested in
weight loss surgery.

UH Parma Medical Center
Medical Arts Center 2, 6707 Powers
Boulevard, Suite 303. Parma.
RSVP: 216- 844-5274

Thursday September 28

UH St Johns Neurological/ Stroke Support Group

3:30-4:30 pm

Join us in an open, supportive and
relaxed environment. Patients
and family members are welcome.
Reservations are not required and
attendance is free.

UH Avon Rehabilitation Hospital
37900 Chester Road, Avon
Group facilitator is Tanya.
Call 440-695-7111 for information

Age Well. Be Well: Quarterly Featured Care Center

O'Neill Healthcare North Ridgeville

By: Jenna Elliot, Administrator

Over the last several decades, nursing homes have transformed from facilities providing daily care for elderly people nearing the end of their lives to comprehensive, skilled care centers providing a vast array of healthcare services. O'Neill Healthcare, for example, offers skilled nursing care, rehab therapy, assisted living, independent living, memory support, hospice services and on-site dialysis. When lifestyle choices are in place, along with the safety net of skilled nursing if needed, peace of mind is provided for both family members and residents.

One service skilled nursing centers provides is short-term rehabilitation. Many people require additional services after their hospital stay in order to regain prior independence. Generally, those needing short-term, in-patient rehabilitation are referred to facilities such as O'Neill Healthcare. The goal of these programs is to return community members to their homes as quickly as possible with the best possible care provided en route. To achieve this, patients at O'Neill Healthcare receive physical, occupational and speech therapy from a highly skilled and compassionate team. University Hospital Physicians and Nurse Practitioners are on-site to provide high quality medical care to our shared patients. Daily enjoyment is not neglected...while at an O'Neill Healthcare facility, patients enjoy the comfortable accommodations, while socializing and participating in various daily social activities.

Ensuring a smooth transition to home, assistance is given to discharging patients for Life Alert systems, Home Choice Passport services, Meals on Wheels, transportation to appointments, medical equipment needs and more. No, it's not your grandmother's nursing home anymore... it's so much more and O'Neill Healthcare is proud to be a part of the change! For more information about this fine center, please call us at (440) 808-5500, stop in for a tour, or visit our website at www.oneillhc.com.



University Hospitals
11100 Euclid Avenue
Cleveland, Ohio 44106

Age Well Be Well Events 2017
1-844-312- LIFE (5433)
UHhospitals.org/AgeWell

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Calcium Scoring: The No-Cost Test that can Help Predict Heart Attacks

University Hospitals Harrington Heart & Vascular Institute offers a simple X-ray test that can help predict your future risk for heart attack. CT coronary calcium scoring is performed without the use of an intravenous line or the use of X-ray contrast material, and takes just five to 10 minutes to complete.

Fast, easy and painless, the test measures the amount of calcium that has accumulated in the walls of your coronary arteries and provides physicians with a coronary artery calcium score. The higher your score is, the greater your risk of experiencing a cardiovascular event within the next decade.

Cardiac CT imaging is recommended for men 45 years of age and older and women 55 and older who do not have a history of coronary artery disease. Additionally, patients should have one or more risk factors for heart disease, such as high blood cholesterol, low HDL cholesterol, high blood pressure, cigarette smoking, type 2 diabetes, a family history of heart disease,

or are age 40 and older diagnosed with a chronic inflammatory condition.

This technology has been available for many years, but few people have had the test due to its relatively high cost – it is not typically covered by insurance. UH is offering CT coronary calcium scoring at no cost due to its significant potential to positively impact the health of the patients we serve.

Depending upon your score, you may be referred to a UH Harrington Heart & Vascular Institute physician to discuss prevention strategies that can help reduce your risk for a cardiac event.

Call Radiology Patient Access at 216-844-1700 to schedule the test at one of 18 convenient locations across the UH system. A doctor's order is required to perform the test.

Learn more at UHhospitals.org/Calciumscore.