



# University Hospitals

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

## AGE WELL. BE WELL. EVENTS SEPTEMBER, 2023

If you are not a member of the **AGE WELL. BE WELL.** Club and would like to join, please visit our website <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well> to register.

### UH Locations

#### AVON HEALTH CENTER

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

#### GEAUGA MEDICAL CENTER

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

#### PORTAGE MEDICAL CENTER

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

#### AHUJA MEDICAL CENTER

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

#### GENEVA MEDICAL CENTER

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

#### RICHMOND MEDICAL OFFICE BUILDING

27155 Chardon Road  
Richmond Hts., OH 44143  
440-735-2559

#### BEDFORD MEDICAL OFFICE BUILDING

88 Center Road  
Bedford, OH 44146  
440-735-2559

#### LAKE WEST MEDICAL CENTER

36000 Euclid Avenue  
Willoughby, OH 44094  
440-553-8443

#### ST. JOHN MEDICAL CENTER, *A Catholic Hospital*

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

#### CONNEAUT MEDICAL CENTER

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

#### TRIPOINT MEDICAL CENTER

7590 Auburn Road  
Painesville, OH 44077  
440-375-8100

#### SAMARITAN MEDICAL CENTER

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

#### ELYRIA MEDICAL CENTER

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

#### PARMA MEDICAL CENTER

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

If you no longer wish to receive the Age Well Be Well Calendar of Events, please email [Concierge@uhhospitals.org](mailto:Concierge@uhhospitals.org)

## HEALTH SCREENINGS **BIOMETRIC SCREENING EVENTS**

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

**Saturday, September 2**  
12-3 p.m.

**John Adams Rebels Roll Call  
Luke Easter Park**  
3090 Martin Luther King Jr. Dr.  
Cleveland, OH 44101

**Wednesday, September 6**  
2-4 p.m.

**Beachwood Library Biometrics  
Beachwood Library**  
25501 Shaker Blvd.  
Beachwood, Ohio 44122

**Wednesday, September 20**  
9-11:30 a.m.

**Solon Senior Fall Wellness Expo  
Solon Senior Center**  
35000 Portz Parkway  
Solon, OH 44139

## **BLOOD PRESSURE SCREENING EVENTS**

**Thursday, September 7**  
10:30- 11:30 a.m.

**Warrensville Heights YMCA**  
44333 Northfield Road  
Warrensville Heights, OH 44128

**Thursday, September 7**  
12:30 - 1 p.m.

**Beachwood Senior Center**  
25325 Fairmount Blvd  
Beachwood, OH 44122

**Wednesday, September 13**  
10- 11 a.m.

**Solon Senior Center**  
35000 Portz Parkway  
Solon, OH 44139

**Thursday, September 14**  
1:30 - 2:30 p.m.

**Mayfield Village Senior Center**  
6621 Wilson Mills Road  
Mayfield Village, OH 44139

**Thursday, September 28**  
4 - 6:30 p.m.

Mayfield Village Resource Fair  
**Mayfield Village Senior Center**  
6621 Wilson Mills Road  
Mayfield Village, OH 44139

## SUPPORT GROUPS **STROKE SURVIVOR SUPPORT GROUP**

University Hospitals Rehabilitation offers a free support group for stroke survivors and their families or caregivers. This group, facilitated by rehabilitation specialists can assist in navigating life after a stroke.

**Second Tuesday of each Month**  
5 - 6 p.m.

**UH Rehabilitation Hospital**  
23333 Harvard Road  
Beachwood, OH 44122

## **BRAIN INJURY CAREGIVER SUPPORT GROUP**

University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support.

**Fourth Wednesday of each Month**  
5 – 6:00 p.m.

**University Hospitals Rehabilitation  
Hospital**  
23333 Harvard Road  
Beachwood, OH 44122



## Avon Health Center

1997 Healthway Drive  
Avon, OH 44011

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

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

## COMMUNITY PROGRAMS

### **WALK WITH A DOG WALK**

**Friday, September 15**

5:30 p.m.

You and your pooch will get great exercise while making new friends. No dog, no problem, join us for this outdoor walk which will be approximately 3/4 mile loop in the adjacent neighborhood. All walking speeds are welcome. Please be sure to keep your dog on a leash.

## EXERCISE & FITNESS

### **IRON YOGA**

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

**Friday, September 1**

8 - 8:45 a.m.

### **OUTDOOR BOOT CAMP**

The outdoor bootcamp will consist of 8 to 10 stations with various cardio, strength and plyometric moves for a full body workout. The stations will be timed with rest in between each set of exercises. We will utilize our own body weight, BOSUs, ropes and free weights to accomplish a good morning workout. There is no shade so be sure to protect yourself by wearing sunscreen and hat/sunglasses.

**Saturday, September 16**

8-8:55 a.m.

### **LES MILLS BODYBALANCE**

Yoga-based class that also includes exercises from Pilates and Tai Chi. The workout is designed to center the body while lengthening and strengthening the muscles. Body Balance aims to strengthen the core, promote flexibility and focus the mind. Bring a yoga mat. If you do not own them, we have plenty available for use.

**Saturday, September 23**

10:45-11:40 a.m.

### **BEGINNER YOGA**

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

**Saturday, September 16**

11 - 11:55 a.m.

### **DANCING CHAIR YOGA**

This class will offer a mix of both Seated and Standing "chair dance." Simple choreography to uplifting music from all eras. Dances are offered seated or standing using the chair for support, with the option to remain seated throughout the class. Gentle stretching both before and after the dance segment. A fun way to work on flexibility, strength, balance, coordination and memory. All levels.

**Tuesday, September 19**

9:15-10:10a.m.

### **AQUA PILATES**

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

**Monday, September 11**

12:30 p.m.



### **BENEFITS OF YOGA**

The potential health benefits of yoga are numerous and include stress reduction, increased fitness, management of chronic health conditions and weight loss. While not a cure, yoga can help some health conditions when combined with standard treatment, or can be an enjoyable supplement to a regular fitness routine.

## COMMUNITY PROGRAMS

### **WALKING CLUB**

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

**Thursdays, September 7, 14, 21, 28**  
9:30 - 10:30 a.m.

**Ellenwood Center  
Willard Pavilion**  
124 Ellenwood Avenue  
Bedford, OH 44146  
*Call 440-735-2559 to register*



### **RISK ASSESSMENT AND SCREENING**

UH Bedford Outpatient Campus offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke.

Based on your answers, recommendations are made for scheduling the recommended testing.

**Thursdays, September 8, 22**  
2 - 4 p.m.

**UH Bedford Medical Office Building**  
88 Center Street  
Suite 210  
Bedford, OH 44146  
*Call 440-735-2559 to schedule an appointment*

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Thursday, September 14**  
10:45 a.m. - 12:30 p.m.

**Maple Hts. Senior Center**  
15901 Libby Road  
Maple Heights, Ohio 44137

**Wednesdays, September 13, 27**  
11:00 a.m. - 1:00 p.m.

**Ellenwood Recreation Center**  
124 Ellenwood Avenue  
Bedford, OH 44146

**Wednesdays, September 6, 20**  
10:30 a.m. - 1:00 p.m.

**Bedford Heights Community Center**  
5615 Perkins Road  
Bedford Heights OH 44146  
*(Bedford Heights 60+ community members only)*



### **CARESOURCE FLU ROADSHOW**

UH & CareSource are collaborating on 4 Health and wellness events for our patients! We are dedicated to promoting the health and well-being of our patients and the communities they reside in. We believe that by partnering together we can reach many individuals who can benefit from these services. Several UH Pop Health team members and the UH Community Health Engagement teams have been working very closely with CareSource to coordinate these events. Services will include flu shots, blood pressure screenings, a mammogram van, diabetes education and resources, BMI screenings, colorectal cancer screening education and resources, nutrition counseling, Cutler Center for Men, and more!  
**Open to the general public.**

**Friday, September 8**  
8 a.m.-4 p.m.

**National Church Residences**  
11500 Detroit Ave  
Cleveland, OH 44102

**Thursday, September 21**  
8 a.m.-4 p.m.

**Silver Connections**  
15825 Lakeshore Blvd  
Cleveland, OH 44110

**Friday, September 29**  
8 a.m.-4 p.m.

**Green Ridge Apartments**  
22140 Euclid Avenue  
Euclid, OH 44117

**Friday, October 13**  
8 a.m.-4 p.m.

**Euclid Hills Apartments**  
100 Richmond Road  
Euclid, Ohio 44123



## COMMUNITY PROGRAMS

### **UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY**

**Monday - Friday**  
9 a.m. – 5:30 p.m.

Provides retail pharmacy services for outpatient prescriptions. *If you are interested in filling your prescription at this location, call 440-361-6111 for information.*

### **MEDICATION THERAPY MANAGEMENT CLINIC**

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

**Monday – Friday**  
8 a.m. – 4:30 p.m.

### **UH Geneva Outpatient Pharmacy**

870 West Main Street  
Geneva, OH 44041

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

### **BREAST CANCER UPDATE 2023**

Please join us for an evening of appetizers and drinks while you gain a better understanding of your health from leading experts across your community. Seating is limited. Please RSVP by September 6<sup>th</sup> to Denise Brown at 440-593-0206.

**Provider Spotlight;** Amitabh Goel, MD, Director of Surgical and Critical Care at UH Geneva Medical Center  
**Wednesday, September 13**  
5-7 p.m.

### **Purola's BSP**

5205 Lake Road W.  
Ashtabula, OH 44047

### **SLEEP MEDICINE**

Detailed sleep studies are conducted by an experienced team of UH sleep medicine specialists and technicians to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleep walking/night terrors), Pediatric and Adult Sleep Studies, Pulmonary related sleep issues, Excessive Snoring, and Insomnia.

### **University Hospitals - Center for Advanced Sleep Medicine**

810-A West Main Street  
Geneva, OH 44041

*Schedule a sleep consultation by calling 440-415-0153*

### **WALK FOR THE CURE™ Breast Cancer Walk, Survivor Ceremony & Celebration of Life**

**Sunday, September 17**

11 a.m. – 3 p.m.  
**Geneva High School**  
1301 South Ridge Rd. E.  
Geneva, OH 44041

*For more information or to register, call Lori Slimmer @ 440-593-0373*

### **COPYCAT MRS. DASH**

*Learn how to make your own Mrs. Dash*

**Tuesday, September 5**  
11:30 a.m. – 12:30 p.m.

### **Andover Community Center**

181 South Main Street  
Andover, OH 44003  
*For more information, call 440-593-0364.*

### **COPYCAT MRS. DASH**

*Learn how to make your own Mrs. Dash*

**Monday, September 11**  
10:00 a.m. – 12:00 p.m.

### **Orwell Country Neighbor**

39 South Maple St.  
Orwell, OH 44076  
*For more information, call 440-593-0364.*

### **COPYCAT MRS. DASH**

*Learn how to make your own Mrs. Dash*

**Wednesday, September 13**  
10:30 – 11:30 a.m.

### **Conneaut Human Resource Center**

327 Mill Street  
Conneaut, OH 44030  
*For more information, call 440-593-0364.*

### **GRAPE JAMBOREE**

*Stop by our UH booth – Come and have a “Grape” time – filled family-friendly activities. Fun for all ages!*

**Saturday September 23**  
**Sunday, September 24**

### **Center of Town**

Geneva, OH 44041

## HEALTH SCREENINGS

### **FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)**

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

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

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

### **Urgent Care**

### **UH Ashtabula Health Center**

3315 N. Ridge Road, E  
Suite 700A  
Ashtabula, OH 44004  
*Call 440-992-0759 for information*

## HEALTH EDUCATION

### **DIABETES EDUCATION**

Individualized education, focus areas include: self-monitoring of blood glucose, medication management, meal planning, and prevention of complications.

*Call 440-593-0373 Lori Slimmer, RN, M.Ed., CDCES for information.*

# UH Conneaut and Geneva Medical Centers, (con't)

## EXERCISE & FITNESS

### **WALKING PROGRAM**

Join us at our weekly walking program. Step out for some fresh air, exercise, socialization and health focused education tips.

**Mondays, September 11, 18, 25**  
8-9 a.m.

#### **Smith Field Ball Park**

1900 West Avenue  
Ashtabula, OH 44004

Call **440-593-0373 Lori Slimmer**  
for Information

## SUPPORT GROUPS

### **BETTER BREATHERS CLUB**

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group.

**Wednesday, September 6**  
(*First Wednesday of every month*)  
4 – 5:30 p.m.

#### **UH Geneva Medical Center**

1<sup>st</sup> Floor Pulmonary Rehab Dept.  
870 West Main Street  
Geneva, OH 44041  
Call **440-415-0243** for information

**Tuesday, September 12**

5 – 6 p.m.

#### **The Crow's Nest**

1257 Harmon Road  
Ashtabula, OH 44004

Call **440-593-0364** for Information

# UH Elyria Medical Center

## COMMUNITY PROGRAMS

### **Monday through Thursday**

(Late afternoon and evenings on  
Tuesdays and Wednesdays)

Call **440-284-5709**

### **DIABETES EDUCATION**

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

Call Sara Deal MS, RDN, CNSC, LD  
at **440-284-5709** for information

## HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-827-5440**. Closed on all holidays or in inclement weather.

### **BLOOD PRESSURE SCREENING**

**Tuesday, September 19**

12:30 – 2 p.m.

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

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

## **HEALTH FAIR SCREENINGS**

(*Cholesterol, Glucose, Blood Pressure*)

**Monday, September 18**

10 a.m. – 12 p.m.

#### **Wesleyan Meadows**

5400 Meadow Lane Court  
Sheffield, OH 44035

**Tuesday, September 19**

10 a.m. – 12 p.m.

#### **LCCC Wellington Center**

151 Commerce Drive  
Wellington, OH 44090

**Wednesday, September 20**

10 a.m. – 12 p.m.

#### **LaGrange Village Hall (Parking In back)**

301 Liberty Street- Room 107  
LaGrange, OH 44050

## **FAMILY SAFETY FAIRS**

Join us for health and safety exhibits, games, giveaways, music and much more at either of these Family Safety fairs

**Saturday, September 9**

10 a.m. – 2 p.m.

#### **Avon Aquatic Center**

36265 Detroit Road  
Avon, OH 44011

**Saturday, September 16**

10 a.m. – 2 p.m.

#### **Elyria Home Depot Parking lot (Midway Market Square)**

50 Market Drive  
Elyria, OH 44035



## COMMUNITY PROGRAMS

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

### **THE GREAT GEAUGA COUNTY FAIR**

Stop by the UH Geauga Medical Center tent for blood pressure screenings, health education, resources and MORE.

**Thursday, August 30 through**

**Monday, September 4**

9 a.m. - 11 p.m.

### **Gauga County Fairgrounds**

14373 N. Cheshire Street

Burton, OH 44021

### **SENIOR DAY AT THE FAIR \_ FALL PREVENTION TENT**

Stop by the UH Geauga Medical Center Fall Prevention tent to meet with our Clinical Pharmacy Specialists, Trauma and Geriatric teams. Fall Prevention education, resources and MORE will be provided.

**Friday, September 1**

9 a.m. - 1 p.m.

### **Gauga County Fairgrounds (located near the Vernon Howard Pavilion)**

14373 N. Cheshire Street

Burton, OH 44021

### **LUNCH AND A MOVIE**

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

**Thursday, September 7**

12 - 2:30 p.m.

### **West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

### **BALANCE, SAFETY & EXERCISE**

Join UH Rehab Services to learn more about how balance, safety and exercise are critical aspects of our daily livings. Staying active can delay our help prevent many disease and disabilities. Balance Screenings will be provided.

**Tuesday, September 5**

1 -12 p.m.

### **West Farmington Senior Center**

150 College Street

West Farmington OH 44491

### **FALL PREVENTION AWARENESS DAY**

Falls are the leading cause of injury-related deaths and hospital admissions for trauma in older adults. The Gauga County Department on Aging and UH Geauga Medical Center present a day dedicated to helping older adults learn more about risk factors, ways to reduce your risk of falling and identify potential hazards in your home. A panel discussion with UH Trauma Services, UH Clinical Pharmacy Specialists, Matter of Balance Coaches and Personal trainer begins at 11 a.m.

*Lunch will be provided*

**Registration required**, call Melissa at **440-279-2167** to register.

**Friday, September 22**

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

### **Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

### **GARDENING FOR LIFELONG HEALTH: CREATING A COLORFUL FALL GARDEN**

**Wednesday, September 20**

3 - 4 p.m.

### **UH Geauga Medical Center Conference Center**

13207 Ravenna Road

Chardon, OH 44024

### **HEALTHY LIVING BINGO**

**Tuesday, September 19**

11 a.m.-12 p.m.

### **Middlefield Senior Center**

15820 Ridgewood Drive

Middlefield, OH 44062

### **ELDERBERRIES ASTRONOMY NIGHT**

**Thursday, September 21**

6:30 – 9:30 p.m.

*Light meal provided*

Join us for a special Elderberries Astronomy Night with Gauga Parks. There will be two groups rotating between a planetarium show and an outdoor astronomy activity. Then, we will finish the evening with night sky viewing (weather permitting)

UH Resource table provided with health education Information, upcoming programs & Blood Pressure Screenings Provided. *Registration required. , Call 440-214-3180 to register*

### **Observatory Park**

10610 Clay Street

Montville, OH 44064

### **IMPORTANCE OF IMMUNIZATIONS**

Immunizations help decrease the risk of infection by working with the body's natural defense to safely develop immunity to the disease. Please join us and learn more about the importance of immunizations.

**Friday, September 8**

12 - 1 p.m.

### **West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

## **SAVE THE DATE: LUNCH & LEARN SEASONAL AFFECTIVE DISORDER**

*Spotlight Speaker; Karen Ogle, BSN, RN*

Seasonal Affective Disorder (SAD) affects nearly half a million Americans each year. As the days get shorter and shift from summer to fall, many Individuals experience physical and psychological symptoms.

**Wednesday, October 18**

11:30 a.m.-1 p.m.

**Chardon Senior Center**

620 Water Street

Chardon, OH 44024

Call **440-821-0023** to register

## **A WOMEN'S DAY** (In collaboration with Geauga County Department on Aging)

Come join us and “unplug” for a day as we head to the wooded acres & camp setting of Ho Mita Kota where you can relax in nature and enjoy some of the many activities a camp offers. You can participate in archery & hatchet throwing, hiking, crafts, kayaking, a scavenger hunt and more. Kathryn Kantura, Physical Therapist with UH Rehab Services will present on Pelvic floor exercises and therapy. Moring pastries and lunch Included.

**Cost \$20.00**

**Wednesday, September 13**

9:30 a.m. - 2:30 p.m.

**Ho Mita Kota**

14040 Auburn Road

Newbury, OH 44024

Call Sandy McLeod at **440-279-2137** to register. \*Must be registered with the Dept. on Aging



## HEALTH SCREENINGS **BLOOD PRESSURE SCREENING**

**Monday, September 25**

10:00 a.m. -12 p.m.

**Gauga YMCA**

12460 Bass Lake Road

Chardon, OH 44024

## **SAVE THE DATE: SENIOR HEALTH & WELLNESS FAIR**

Please join us for a health and wellness fair at the YMCA. Health screenings health education and resources will be provided.

**Monday, October 2, 2023**

9 a.m. - 1 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

## EXERCISE & FITNESS **GAUGA CYCLISTS**

**Tuesdays | 9 a.m.**

**September 5, 12, 19,**

**Maple Highland Trail**

Park and meet at Eagles Baseball Field on Park Avenue (Chardon)

Must have your own bike and transportation to park.

Helmets are required

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

## **WALKING FOR WELLNESS**

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals (In collaboration with Geauga Dept. on Aging)

**Thursdays | 9 a.m.**

**September 7**

**Headwaters Park**

15055 Mayfield Road

Huntsburg, OH 44046

**September 14**

**Girdled Road Reservation**

12840 Girdled Road

Concord, OH 44077

**September 21**

**Burton Wetlands Nature Preserve**

15681 Old Rider Road

Burton, OH 44021

**September 28**

**Veteran's Legacy Woods**

14085 Ravenna Road

Newbury, OH 44065

## **FIGHTING AGAINST PARKINSON'S**

(In collaboration with Geauga Dept. on Aging)

Non-contact Boxing & Fitness Class. Class is for seniors diagnosed with Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms through a variety of exercises and core conditioning. *Cost \$45*

**Mondays, September 11, 18, 25**

**Wednesdays, September 6, 13, 20, 27**

**Fridays, September 8, 15, 22, 29**

**Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

Call **440-279-2137** for Information

## SUPPORT GROUPS

### **STROKE SUPPORT GROUP**

**Monday, September 11**

6 p.m.

**Outpatient Rehab Services at YMCA**

12460 Bass Lake Road

Chardon, OH 44024

Call **440-214-3101** for information

### **PARKINSON'S SUPPORT GROUP**

**Tuesday, September 19**

12:30-1:30 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

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



## DIABETES SUPPORT GROUP

Tuesday, September 19  
2 -3 p.m.

Chardon Senior Center  
470 Center Street Bldg. 8  
Chardon, OH 44024  
Call 440-279-2137 for information

## LIVING WITH LYMPHEDEMA

Wednesday, September 20  
6-7 p.m.

Concord Health Center  
Community Room  
7500 Auburn Road  
Concord, OH 44077  
Call 440-214-3100 for information

## OSTOMY SUPPORT GROUP

Thursday, September 21  
6:30-8 p.m.

UH Geauga Medical Center  
Conference Center  
13207 Ravenna Road  
Chardon, OH 44024  
Call 440-285-6210 for Information

## CARDIAC SUPPORT GROUP: HEART FAILURE

Wednesday, Separate 27  
6-7 p.m.

UH Geauga Medical Center  
Conference Center  
13207 Ravenna Road  
Chardon, OH 44024  
Call 440-285-6824 for Information

## SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

UH Geauga Medical Center  
Norma N. Chapman Senior  
Assessment Program  
13207 Ravenna Road

Chardon, OH 44024  
Call 440-285-6408 to schedule an  
Assessment

## RISK ASSESSMENTS

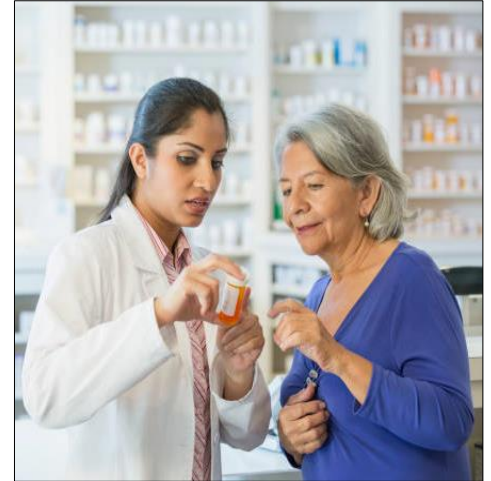
Call Wellness Coordinator at 440-214-3330

## Diabetes Self-Management Education

For newly diagnosed or for anyone just looking for additional information on how to live well with diabetes. Call Diabetes Educator at 440-214-8233

## Medication Management Clinic

This clinic is staffed by pharmacists who are highly trained experts in the following areas: Diabetes, high blood pressure, high cholesterol, heart failure and smoking cessation. Pharmacists will help you organize your medications, answer questions about your health condition or medications. Call 440-214-3122 for information



## COMMUNITY PROGRAMS

### **PERRY FALL FESTIVAL SCREENINGS & PRODUCE GIVEAWAY**

Join us at the fantastic Perry Fall Festival! There will be fun festival activities, auctions, fire service displays, hayrides, 50/50 drawings, talent shows and more with fireworks at 9 pm. For complete festival information go to:

<https://www.perrytownship-lake.com/>

University Hospitals will provide health screenings such as blood pressure, cholesterol and glucose. University Hospitals Lake Health Community Outreach with support from the Lake Health Foundation will be conducting a fresh seasonal produce give-away for the first 100 participants. Learn about the health benefits of eating locally grown produce. Produce will be freshly harvested by local grower Rainbow Farms of Madison, Ohio. For more information about Rainbow Farms produce go to:

<https://rainbowfarmsonline.com/>

**Saturday, September 9**

11 a.m. – 9 p.m.

#### **Lee Lydic Park**

3954 Call Road  
Perry, OH 44081

### **LAKE COUNTY CENTRAL YMCA FALL INTO HEALTH & WELLNESS FAIR**

Stop by our University Hospitals table for glucose and cholesterol health screenings! This will be a holistic health fair, offering everything from screenings to chair massages and mental health resources. For additional health fair information contact Meghan King at [mking@lakecountnymca.org](mailto:mking@lakecountnymca.org).

**Thursday, September 7**

10:00 a.m. – 1 p.m.

#### **Lake County YMCA (Central)**

933 Mentor Ave  
Painesville, OH

### **HEART HEALTHY COOKING DEMONSTRATION**

Join University Hospitals community outreach, dietitian, and chefs for an enjoyable and informative dinner program. You will be provided with a delicious meal, the recipe, as well as information to inspire and empower you to prepare your own heart healthy meals at home. The event will be held in UH Tripoint's Lubrizol Conference Rooms. Seating is limited, call Bridgett at: 440-313-2030 by September 8<sup>th</sup> to reserve your spot!

**Wednesday, September 13**

5 – 7 p.m.

#### **UH Tripoint Medical Center**

7590 Auburn Road  
Painesville, OH 44077

### **SENIOR DAY AT LAKE FARM PARK**

Seniors 55 and older are invited for a free, fun, and informative day! There will be activities from BINGO and fishing to demonstrations, speakers and lunch. We will have blood pressure checks, glucose and cholesterol screenings available as well health education resources. Registration is highly recommended for lunch and health screenings. Please call 440-358-7275 to register. Seniors ages 55 and older enjoy free admission to the Farmpark.

<https://www.lakemetroparks.com/events-activities/events/senior-day-at-farmpark/?banner=/KenticoTemplate/media/LakeMetroparks/Events>

**Thursday, September 14**

9 a.m. – 5 p.m.

#### **Lake Metroparks Farmpark**

8800 Euclid-Chardon Road  
Kirtland, OH 44094

### **SUPPORT OUR SENIORS PANCAKE BREAKFAST**

Join us for the 5<sup>th</sup> annual pancake breakfast to support Lake County seniors. University Hospitals will be on hand with health information and blood pressure checks. Presale \$10 event tickets are available at any Lake County Senior Center, Council on Aging, or Lifeline. For more information contact the Lake County Council on Aging 440-205-8111

### **CONCORD TOWNSHIP SUMMER CONCERT**

Catch an outdoor concert, rescheduled from the summer program. Stop by our University Hospitals table for blood pressure checks and health information while enjoying a night of upbeat music at the Concord Town Hall Gazebo. For additional concert information:

<https://concordtwp.com/community/activities/summer-concerts/>

**Thursday, September 14**

7 – 9 p.m.

#### **Concord Township Town Hall Gazebo**

7229 Ravenna Road  
Concord Township, OH 44077

### **PICNIC & MOVIE NIGHT**

Concord Township's first outdoor family movie night! Bring the grandchildren and enjoy the Super Mario Bros movie. Stop by our University Hospitals table for blood pressure checks and health information while enjoying time at the beautiful Concord Town Hall Gazebo. For more information: 440-639-4650.

**Thursday, September 16**

6 – 9 p.m.

#### **Concord Township Town Hall Gazebo**

7229 Ravenna Road  
Concord Township, OH 44077

## FALL PREVENTION DAY

Prevent falls with University Hospitals and the Lake County Council on Aging! Take part in glucose and cholesterol screenings as well as blood pressure and BMI. Talk with a pharmacist! Take part in fall prevention education and balance screenings as well as risk and memory assessments.

**Thursday, September 21**

11:00 a.m. – 2 p.m.

### Lake County Council on Aging

8520 East Avenue  
Mentor, OH 44060

## 2023 WALK TO END ALZHEIMER'S IN LAKE COUNTY

More than 6 million Americans are living with Alzheimer's. University Hospitals will be a part of the Walk to End Alzheimer's with education, blood pressure checks and more. This event begins with entries taken at 8:00 a.m., a ceremony will take place at 9:30 am, and the walk at 9:45 am. To learn more about the event:

[https://act.alz.org/site/TR;jsessionid=0000000.app20001a?fr\\_id=16771&pg=en&try&NONCE\\_TOKEN=B3B9073F50621F15570929F55DDD288B](https://act.alz.org/site/TR;jsessionid=0000000.app20001a?fr_id=16771&pg=en&try&NONCE_TOKEN=B3B9073F50621F15570929F55DDD288B)

The event contact is Ashley Hendricks: 216-342-5604 or ashendricks@alz.org

**Saturday, September 23**

8 a.m. – 12 p.m.

### Lake Metroparks Farmpark

8800 Kirtland Chardon Road  
Kirtland, OH 44094

## HEALTH SCREENINGS

### BLOOD PRESSURE SCREENING EVENTS

No appointment necessary! UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

**Saturday, September 2**

9 a.m. – 12 p.m.

### Tripoint Medical Center

7590 Auburn Road  
Painesville, OH 44077

**Saturday, September 16**

9 a.m. – 12 p.m.

### Lake West Medical Center

36000 Euclid Avenue  
Willoughby, OH 44094

Call 440-313-2030 for information



## SUPPORT GROUP

### BREAST CANCER SUPPORT GROUP

Open to all patients with breast cancer or who are recovering from breast cancer. Meetings will be held in person. Call 440-375-8121 to register or for information

[Melissa.Loop@UHhospitals.org](mailto:Melissa.Loop@UHhospitals.org)

**Wednesday, September 20**

6 – 7 p.m.

### UH Mentor Health Center

Main Lobby (The entrance with the large flagpole.)  
9485 Mentor Avenue  
Mentor, OH 44094

### STROKE SUPPORT GROUP

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. Join us for our FREE, family friendly, all-inclusive stroke support group. All ages are welcome. **Benefits of Joining include:** Educational topics, guest support through your journey, cooking demonstrations, helpful tips, connection with others, speakers, music therapy, fun contests.

Call 440-759-5114 to register or for information

[Alecia.Crognale@UHhospitals.org](mailto:Alecia.Crognale@UHhospitals.org) |

**Wednesday, September 6**

6 – 8 p.m.

### UH Brunner Sanden Dietrick

Wellness Center (Conf. Room A)  
8655 Market Street  
Mentor, OH 44060

## COMMUNITY PROGRAMS

### **DIABETES AND NUTRITIONAL COUNSELING**

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This program is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage.

Call Allison Danko, MS, RD, LD at **440-743-2155** for information.

### **HEARTBURN CENTER**

**Chronic conditions like heartburn and GERD will be treated in a comprehensive way by centralizing specialties of Gastroenterology, thoracic and surgical.** This center will streamline services for patients. Click [here](#) to read more about the Heartburn Center at Parma Medical Center. *Call 216-758-8611 to schedule an appointment at the Heartburn Center*

### **EARLY LUNG NODULE DETECTION WITH LOW – DOSE CT SCANS**

The earlier we identify lung cancer, the stronger the outcomes. That's why University Hospitals Parma Medical Center offers low-dose CT screening as part of our Lung Nodule Program. We evaluate high-risk individuals, such as long-term smokers, and screen them to look for suspicious nodules before they become problematic.

*Call 440-743-8520 to schedule an appointment at the Lung Nodule Center*

### **COMPREHENSIVE PAIN CENTER**

Patients suffering from chronic pain will find many more options at Parma Medical Center, with its proven interventional pain management. The pain center builds on existing treatments for management of chronic pain (such as injections, spinal cord stimulators and infusion therapy). UH Connor Integrative Health Network offers chiropractic care, lifestyle and integrative health medical consults, massage therapy and guided meditation to complement its integrated approach to pain management. To schedule an appointment with the UH Comprehensive Pain Center at Parma call **440-743-4333**

### **University Hospitals Science of Health Podcast MANAGING CHRONIC PAIN – WHERE TO START**

Speaker is Kutaiba Tabbaa, MD, Director of University Hospitals Parma Medical Center's Comprehensive Pain Center.

Click [here](#) to listen to this informative podcast

### **UH CONNOR WHOLE HEALTH**

Our dedicated health care professional are experts with the highest credentials whether in conventional medicine, integrative health, medical massage or traditional Chinese medicine. They will work closely with your primary care or specialty physicians to ensure that the care you receive is coordinated and safe.

Services Offered

- Chiropractic care
- Massage Therapy
- Acupuncture

### **UH Parma Medical Center**

Medical Arts Building 4  
6115 Powers Boulevard  
Parma, OH 44129

[Click here](#) for more information  
*Call 216-877-9651 to schedule an appointment*

### **PROMOTING WELLNESS WITH SLEEP HEALTH**

Learn about sleep health & sleep as a pillar of wellness. Learn how daily routines can hinder or promote sleep and importance of managing stress to improve quality of sleep.

[Click here](#) to open the presentation. Must have Zoom to view this.

### **SLEEP SERVICES AT UH PARMA MEDICAL CENTER**

We offer in person and virtual visits. [Click here](#) for more information about University Hospital's Sleep lab or to find a sleep lab near you.

*Call 216-844-7378 to schedule an appointment*



### **ORTHOPEDIC SERVICES AND SURGERY AT UNIVERSITY HOSPITALS PARMA MEDICAL CENTER**

At UH Parma Medical Center in Parma, our surgeons provide the most advanced orthopedic surgical care in the region. Our experienced team of orthopedic surgeons offers comprehensive, specialized services for a range of bone and joint conditions providing one-stop shopping for all your orthopedic needs.

Click on the web address to read more

<https://www.uhhospitals.org/locations/uh-parma-medical-center/services/orthopedics>



## HEALTH SCREENINGS

### **COMMUNITY BLOOD PRESSURE SCREENINGS**

Free Blood Pressure Screenings at these locations (walk in).  
Call **440-743-4932** for information

#### **Tuesday, September 5**

10 a.m. - 12 p.m.

#### **Cuyahoga County Public Library**

Parma Snow Road Branch  
2121 Snow Road  
Parma, OH 44134

#### **Wednesday, September 6**

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

**(Glucose Screening Included)**

#### **UH Parma Health Education Ctr.**

7300 State Road  
Parma, OH 44134

#### **Wednesday, September 6**

9 - 10:30 a.m.

#### **North Royalton Office on Aging**

13500 Ridge Road  
North Royalton, OH 44133

#### **Friday, September 8**

10 - 11:30 a.m.

#### **Independence Senior Center**

6363 Selig Drive  
Independence, OH 44131

#### **Friday, September 8**

10-11:30 a.m.

#### **Donna Smallwood Activity Center**

7010 Powers Boulevard  
Parma, OH 44129

#### **Tuesday, September 12**

8:30 - 10 a.m.

#### **Broadview Hts. Senior Center**

9543 Broadview Road  
Broadview Hts., OH 44147

#### **Wednesday, September 13**

8 - 9:30 a.m.

#### **Seven Hills Recreation Center**

7777 Summit View Driv  
Seven Hills, OH 44131

#### **Thursday, September 14**

9:30 - 11 a.m.

#### **Brooklyn Senior Center**

7727 Memphis Avenue  
Brooklyn, OH 44144

#### **Tuesday, September 26**

9 - 10:30 a.m.

#### **North Royalton Y.M.C.A.**

11409 State Road  
North Royalton, OH 44133

## EXERCISE & FITNESS

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

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

**Wednesdays September 6, 13, 20, 27**  
12:30 – 2 p.m.

#### **UH Parma Health Education Ctr.**

7300 State Road  
Parma, OH 44134  
Call **440-743-4932** for information

## SUPPORT GROUPS

### **UH Parma Health Education Ctr.**

7300 State Road  
Parma, OH 44134  
Call **440-743-4932** for information

### **PARKINSON'S DISEASE**

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month.

#### **Tuesday, September 12**

1 – 2:30 p.m.

### **STROKE & ARTHRITIS SUPPORT GROUP**

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month. *For more information and / or question, call **440-743-4127***

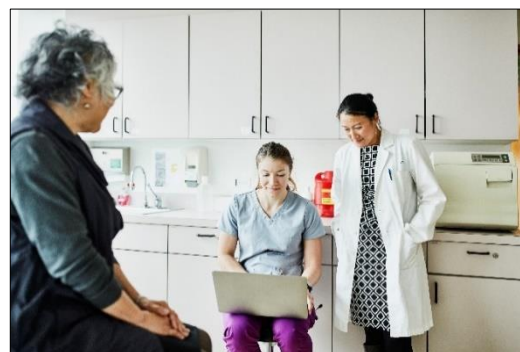
#### **Monday, September 11**

12:30 – 2 p.m.

### **REGISTER TO BECOME A MEMBER TODAY**

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email [concierge@uhhospitals.org](mailto:concierge@uhhospitals.org) or visit the website to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>



### UH PARMA SCORES TOP SAFETY GRADE FROM LEAPFROG GROUP

University Hospitals Parma Medical Center received an “A” Hospital Safety Grade from The Leapfrog Group, a national nonprofit upholding the standard of patient safety in hospitals and ambulatory surgery centers. This national distinction celebrates UH Parma Medical Center’s achievements in prioritizing patient safety by protecting patients from preventable harm and errors. The new grades reflect performance primarily during the height of the pandemic.

“Most hospitals took a decade-long step back during the pandemic era in terms of patient experience and quality, and patient perception followed,” said James Hill, MD, Chief Operating Officer of UH Parma Medical Center. “The COVID-19 pandemic in some ways may have been our finest hour, because UH Parma had put the people and processes in place to be hyper-focused on Zero Harm with proactive measures to benefit patients. This is a story we are excited to tell. It’s the power of intentional change.”

Leapfrog’s publicly available hospital grades are an important tool that empowers patients, Dr. Hill added. UH Parma closely monitors quality measures like hospital-acquired infections and readmission rates. All caregivers, including nurses and physicians, are encouraged to actively advocate for their patients, which leads to a culture of shared responsibility and accountability.

The Leapfrog Group, an independent national watchdog organization, assigns an “A,” “B,” “C,” “D” or “F” grade to general hospitals across the country based on over 30 national performance measures reflecting errors, accidents, injuries and infections, as well as systems hospitals have in place to prevent harm.

“This new update of Hospital Safety Grades shows that, at the national level, we saw deterioration in patient safety with the pandemic,” said Leah Binder, president and CEO of The Leapfrog Group. “But this hospital received an ‘A’ despite those challenges. I congratulate all the leaders, staff, volunteers and clinicians who together made that possible.”

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harm to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

To see UH Parma Medical Center’s full grade details and to access patient tips for staying safe in the hospital, visit [HospitalSafetyGrade.org](https://HospitalSafetyGrade.org) and follow The Leapfrog Group on Twitter, Facebook and via its newsletter.

## COMMUNITY PROGRAMS

### **RED CROSS BLOOD DRIVE**

**Monday, September 25**

11 a.m. – 5 p.m.

**UH Portage Medical Arts Building,**  
Atrium

Ravenna, Ohio 44266

To make an appointment, visit

[RedCrossBlood.org](http://RedCrossBlood.org) or scan QR code:



### **SAIL FALLS PREVENTION CLASS**

**SAIL – Stay Active & Independent for Life**

A new class that is an evidence based falls prevention program to build strength, balance & flexibility. It will be offered at two locations:

#### **Streetsboro Senior Center**

9307 State Route 43

Streetsboro, OH 44241

*INFO/RSVP: 330-626-2398*

#### **Portage County Senior Center**

705 Oakwood Street,

Ravenna, OH 44266

*INFO/RSVP: 330-297-3456*

### **AMPUTEE WALKING CLINIC**

**Thursday, September 7**

3 - 5 p.m.

**UH Portage Medical Arts Building,**

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

### **HEALTH & WELLNESS RESOURCES & EDUCATION**

Stop by for valuable health information provided by University Hospitals Physical Therapy & Rehabilitation department.

**Saturday, September 16**

9 a.m. – 1 p.m.

#### **Haymaker Farmer's Market**

*Franklin Avenue in Downtown Kent*

*(Outdoor market under the Haymaker overpass between Main St. & Summit*

### **THE AURORA CHAMBER OF COMMERCE PRESENTS: WALK WITH AN EXPERT**

Take a walk through beautiful Sunny Lake Park with UH Portage Medical Center's Outpatient Dietitian, David Yakunich to ask questions and learn more about nutrition and health.

Brought to you by UH Portage Medical Center and the Aurora Chamber of Commerce

**Wednesday, September 13**

5:30 – 6:30 pm

#### **Sunny Lake Park**

885 E Mennonite Road

Aurora, OH 44202

*Call 330-297-2576 to register*

### **VIRTUAL SMOKING CESSATION CLASSES**

*Call 330-297-2576 for information*

### **QPR – A SUICIDE PREVENTION GATEKEEPER TRAINING**

Open to the community, QPR is a 90-minute lifesaving, evidence-based, suicide intervention training. Become a "Gatekeeper"; someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

**Thursday, September 21**

8 a.m. – 9:30 p.m.

**UH Portage Medical Arts Building,**  
**Room 150**

6847 N. Chestnut Street

Ravenna, OH 44266

Pre-Registration is required, call **330-297-2576**

### **AURORA SENIOR HEALTH EXPO**

The Aurora Senior Center in partnership with UH Portage Medical Center will be hosting a variety of health fair featuring health related information and the following walk-up screenings.

**Monday, September 25**

11 a.m. – 2 p.m.

#### **The Atrium at Anna Maria**

800 N. Aurora Road

Aurora, OH

*For more information contact the Aurora Senior Center at 330-995-9148*

### **PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH AN EXPERT**

Enjoy another opportunity to hike with UH Portage Medical Center's Outpatient Dietitian, David Yakunich to ask questions and learn more about nutrition and health.

Brought to you by UH Portage Medical Center and the Aurora Chamber of Commerce

**Wednesday, September 27**

10 – 11 a.m.

#### **Morgan Park**

8828 OH-44

Ravenna, OH 44266

*Call 330-297-2576 to register*

## SUPPORT GROUPS

Call 330-297-2576 for Information

### **BEYOND STROKE SUPPORT GROUP** (Virtual quarterly meetings)

### **PARKINSON'S SUPPORT GROUP**

**Tuesday, September 19**  
2 - 4 p.m.

#### **UH Portage Medical Arts Building**

Room 150  
6847 N. Chestnut Street  
Ravenna, OH 44266

### **DIABETES SUPPORT GROUP**

**Tuesday, August 1**  
4 - 5 p.m.

#### **UH Portage Medical Arts Building**

Room 150  
6847 N. Chestnut Street  
Ravenna, OH 44266

### **SUPPORT FOR GRIEVING ADULTS**

**The Grief Place**  
INFO: [www.thegriefcareplace.org](http://www.thegriefcareplace.org)  
**330-686-1750**

#### **Kelly's Grief Center**

INFO: [ww.kellysgriefcenter.com](http://ww.kellysgriefcenter.com)  
Call **330-593-5959** for Information

## WOMEN'S HEALTH

### **FREE MAMMOGRAMS**

For underinsured or uninsured women.

UH Portage Medical Center  
6847 North Chestnut Street  
Ravenna, Ohio 44266

Call **330-297-2338** to see if you qualify for this screening.

To schedule an appointment with a breast surgeon, call UH 4 Care: **(844)763-3298**

To schedule a medical oncology appointment, call **(216)844-3951** and press option 1

To reach the UH Patient Navigator at UH Portage Medical Center call **(330)297-2873**

Find a Primary Care Provider or Specialist online at <https://www.uhhospitals.org/doctors> or call **(877) 251-0176**

For COVID-19 information, testing and vaccine sites, visit <https://UHhospitals.org/healthcare-update> or call **(216) 273-3218**

UH Virtual Events and Health Talks <https://www.uhhospitals.org/Health-Talks>

## **HEALTHY@UH PODCASTS**

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to

<https://www.uhhospitals.org/healthy-at-UH> and have the opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>





## COMMUNITY PROGRAMS

### **WALKING CLUB**

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

**Tuesdays, September 5, 12, 19, 26**  
12 – 1 p.m.

#### **Richmond Heights City Hall**

26789 Highland Road  
Richmond Heights, OH 44143  
Call **440-735-2559** to register



### **PROTECT YOUR AMAZING BRAIN - LEARN ABOUT BIKE SAFETY/BIKE HELMET GIVEAWAY**

UH and Richmond Library presents learn how wearing a bike helmet prevents brain injuries and receive your very own, free bike helmet! For grades K-8. Stop by the UH table for health and wellness information.

**Register on the Richmond Heights Branch website under events.**

**Saturday, September 9**

10:30 - 11:30 am

#### **Richmond Heights Library**

449 Richmond Road  
Richmond Heights, OH 44143

### **FALL FUN FEST (GREENWOOD FARM)**

Join the city of Richmond Heights for this free community event. Bring family and friends and enjoy a day in the park with free refreshments, fun, and music. UH will have a table offering health and wellness education, blood pressure check, and giveaways.

**Saturday, September 16**

12 - 5 pm

#### **Greenwood Farm Community Park**

264 Richmond Road  
Richmond Heights, OH 44143

### **BABYSITTING FOR GRANDPARENTS**

Grandparents can refresh their baby safety skills by learning newborn care, safe sleep, childproofing, child passenger safety, and infant hands-only CPR. Presented by the Rainbow Safety Squad, part of UH Rainbow Babies & Children's Hospital's Injury Prevention Center. Stop by the UH table for health education, blood pressure screening, and giveaways.

**Register on the Richmond Heights Branch website under events.**

**Wednesday, September 27**

6:30- 7:30 pm

#### **Richmond Heights Library**

449 Richmond Road  
Richmond Heights, OH 44143

### **CARESOURCE FLU ROADSHOW**

UH & CareSource are collaborating on 4 Health and wellness events for our patients! We are dedicated to promoting the health and well-being of our patients and the communities they reside in. We believe that by partnering together we can reach many individuals who can benefit from these services. Several UH Pop Health team members and the UH Community Health Engagement teams have been working very closely with CareSource to coordinate these events. Services will include flu shots, blood pressure screenings, a mammogram van, diabetes education and resources, BMI screenings, colorectal cancer screening education and resources, nutrition counseling, Cutler Center for Men, and more!

**Open to the general public.**

**Friday, September 8**

8 - 4 p.m.

#### **National Church Residences**

11500 Detroit Ave  
Cleveland, OH 44102

**Thursday, September 21**

8 - 4 p.m.

#### **Silver Connections**

15825 Lakeshore Blvd  
Cleveland, OH 44110

**Friday, September 29**

8 - 4 p.m.

#### **Green Ridge Apartments**

22140 Euclid Avenue  
Euclid, OH 44117

**Friday, October 13**

8 - 4 p.m.

#### **Euclid Hills Apartments**

100 Richmond Road  
Euclid, OH 44123

# UH Richmond Campus, (con't).

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Monday, September 11**

10:30 a.m. - 12:30 p.m.

#### **Kiwanis Lodge Community Center**

27285 Highland Road  
Richmond Heights, OH 44143



### **RISK ASSESSMENT AND SCREENING**

UH Richmond Outpatient Campus offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Recommendations are made for scheduling the recommended testing.

**Tuesdays, September 12, 26**

10 – 11:30 a.m.

#### **UH Richmond Medical Office Building**

27155 Chardon Road Suite 106  
Richmond Heights, OH 44143

*Call 440-735-2559 to schedule an appointment*



# UH Samaritan Medical Center

## COMMUNITY PROGRAMS

### **AMERICAN HEART ASSOC. BASIC LIFE SUPPORT CPR**

**Thursday, September 7**

2-4 p.m.

#### **UH Samaritan Medical Center**

##### **Auditorium**

663 East Main Street  
Ashland, OH 44805

*Call 419-207-7856 to register*

*Class limited to 10*

### **AMERICAN HEART ASSOC. HEARTSAVER CPR**

**Wednesday, September 13**

5-7 p.m.

#### **UH Samaritan Medical Center**

##### **Auditorium**

663 East Main Street  
Ashland, OH 44805

*Call 419-207-7856 to register*

*Class limited to 10*

### **RED CROSS BLOOD DRIVE**

**Friday, September 1**

12 – 6 p.m.

**Thursday, September 27**

9 a.m. – 3 p.m.

#### **UH Samaritan Medical Center**

##### **Auditorium**

663 East Main Street  
Ashland, OH 44805

### **UH HEALTH SERIES**

What is music therapy and the benefits?

**Wednesday, September 27**

1 – 2 p.m.

#### **Ashland Co. Council on Aging Building**

240 East 3rd Street  
Ashland, OH 44805

### **ASHLAND MID-WEEK**

#### **FARMER'S MARKET**

**Every Wednesday**

4 – 6 p.m.

#### **UH Samaritan Medical Center**

663 East Main Street  
Ashland, OH 44805

*To become a vendor or for questions contact:*

*Kriss Ott at:*

[kriss.ott@uhhospitals.org](mailto:kriss.ott@uhhospitals.org) or call

**419-207-7879**

### **SMOKING CESSATION**

One on one consultations available.

*Call Amanda at 419-207-2306 for information.*

## HEALTH SCREENINGS

### **BIOMETRIC SCREENINGS**

**Tuesday, September 12**

9 - 10:30 a.m.

#### **Ashland YMCA**

207 Miller Street  
Ashland, OH 44805

## EXERCISE & FITNESS

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

Walking support group for COPD patients

**Tuesdays and Thursdays**  
10 a.m.

#### **The Keith Field House**

Ashland High School  
Ashland, OH 44805

### **ASHLAND HEART TROTTERS WALKING CLUB**

Walking support group for cardiac/pulmonary rehab patients

**Monday, Wednesday, Friday**  
11:30 a.m.-12:00 p.m.

#### **Freer Field**

Ashland, Ohio 44805

Subject to cancellation for inclement weather

*Call 419-207-2453 for Information*

### **REGISTER TO BECOME A MEMBER TODAY**

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email [concierge@uhhospitals.org](mailto:concierge@uhhospitals.org) or visit the website to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>





## COMMUNITY PROGRAMS

For more information about our programs, contact the Outreach Department at **UH St. John Medical Center at 440-827-5440**.

No screenings offered on holidays. Screenings may be canceled on days with inclement weather

## **DIABETES EDUCATION CLASSES**

The Diabetes Education Program at UH St. John Medical Center is committed to empowering the community to gain the knowledge, skills and confidence to thrive with diabetes.

### **Diabetes Self -Management**

**Classes:** Day to day management of diabetes involves a lot of decision making: checking your blood sugar, knowing your diabetes numbers, taking medication, preventing complications, learning how to cope with chronic disease and staying motivated to make changes. We will also learn how to set goals to stay motivated. Participants can choose what they would like to learn during class.

**Nutrition for Diabetes Class:** We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

### **Diabetes Educator Follow-up:**

After attending the above classes, participants schedule a one on one appointment with their diabetes educator. Together they will collaborate to track goals and discuss individual needs that may not have been covered during the group class discussions.

For scheduling or questions regarding these classes or virtual options, call DeAna Lewis **440-827-5341**

## **Individualized education sessions**

available for more personalized support. If you would like a plan based on your unique needs and preferences for meal planning, physical activity and diabetes self-management then these classes are for you. A physician referral is required.

### **UH St John Health Center**

26908 Detroit Road, Suite 100  
Westlake, OH 44145

*For scheduling or questions, call*  
**216-844-1768**

## **OUTPATIENT NUTRITION COUNSELING**

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

### **St. John Health Center**

26908 Detroit Road, Suite 100  
Westlake, OH 44145

*Call 440-835-4426 to schedule*

## **SENIOR SUPPER CLUB**

Men and women over the age 60 may apply for a Supper Club card. Seniors can pick up their card up from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have the card, they may come to the cafeteria at UH St. John Medical Center and receive a 40 percent discount on all food except bottled beverages, specialty snacks and "Simply to Go" items. There is a \$10 limit per customer for the discount: after that, the items are full price.

### **EVERYDAY**

4 – 5:30 p.m.

*For more information, call North Olmsted Senior Center 440-777-8100 or Westlake Center for Community Services 440-899-3544.*

*You must present your card to receive the discount.*

## **SAFETY AND WELLNESS DAY**

Join the city of Westlake and University Hospitals for our annual safety day event. This free community celebration offers family friendly activities, plus wellness screenings, safety tips and educational materials that promote healthy lifestyles. People of all ages are welcome! Some of the screenings include, cholesterol, glucose, blood pressure, skin cancer screenings, stroke and hearing. Free bike helmets/fitting for kids, touch a truck, and some special characters will be there. Wigs for Kids, Westlake Early Childhood PTA and the Mammogram Van will also be present. Please call 216-896-1768 to schedule a mammogram appointment. There will also be a 5K run/walk or 1mile fun walk at 8:30am. Additional race information can be found at <http://cityofwestlake.org/recreation>

### **Saturday, September 16**

10:00 a.m.- 1:00 p.m.

### **Westlake Recreation Center**

28955 Hilliard Blvd  
Westlake OH 44145

## HEALTH SCREENINGS

### **AUDIOLOGY SCREENING**

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department. *Please call 440-835-6160.*

### **BALANCE SCREENING**

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



## **AMERICAN HEART ASSOC. HEARTSAVER CPR/AED**

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

*This is a free class, but you must register at [www.uhems.org](http://www.uhems.org).  
Call 216-849-5013*



## **SUPPORT GROUPS HOPE GROUP**

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

**Wednesday, September 6**  
5:30 – 7:30 p.m.

**UH St. John Medical Center**  
Community Outreach Department  
**Suite R**  
29160 Center Ridge Road  
Westlake, OH 44145

*Call 440-827-5440 for information*

## **BLOOD PRESSURE SCREENINGS**

**Monday, September 11**

10:45-11:45 am

**Fairview Park Senior Center**

20769 Lorain Road  
Fairview Park OH 44126

**Wednesday, September 13**

9:00 – 10:30 a.m.

**Cove Community Center**

12525 Lake Avenue (enter off Clifton)  
Lakewood, OH 44107

**Thursday, September 14**

10:45 -11:45 am

**North Olmsted Senior Center**

Community Meeting Room

28114 Lorain Road

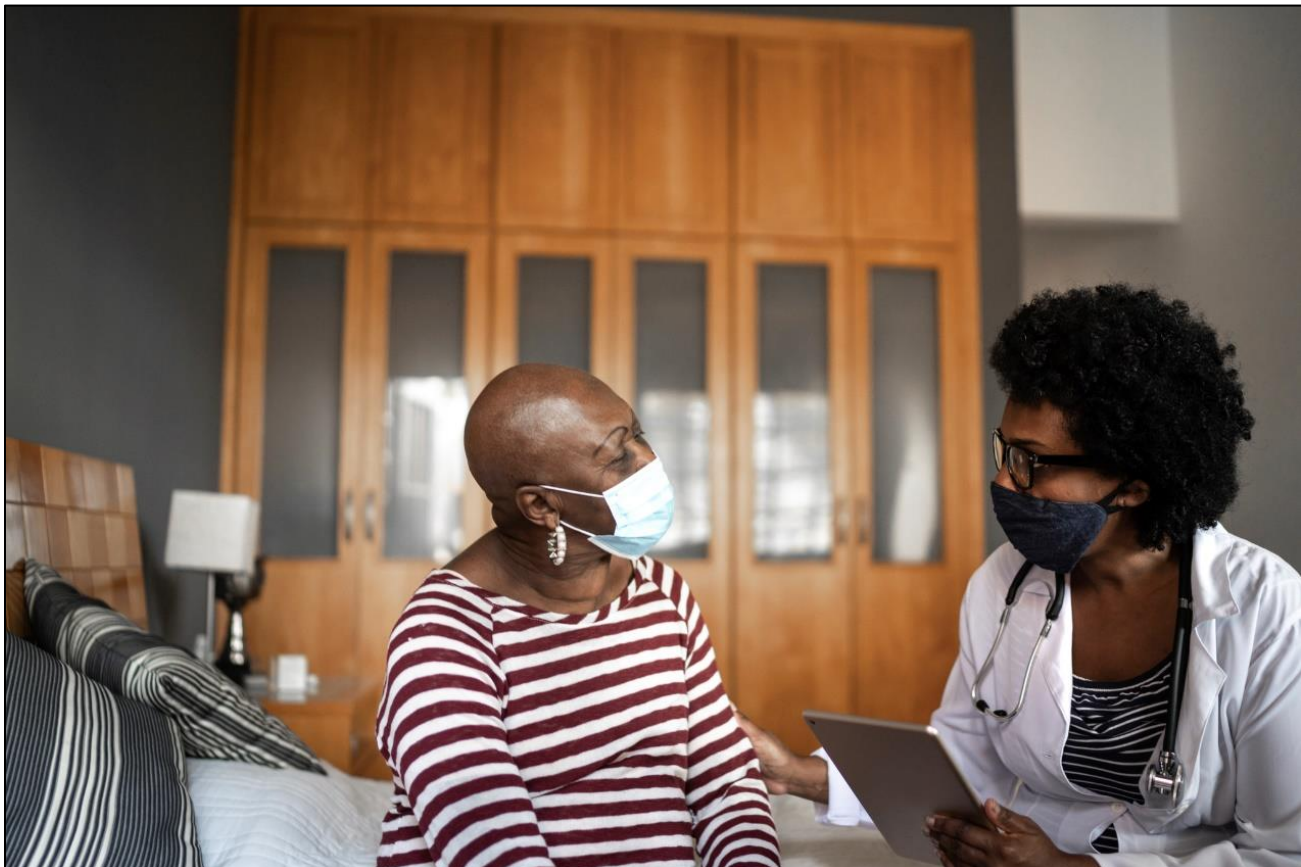
North Olmsted, OH 44070

**Thursday, September 28**

11:30 a.m. – 1 p.m.

**Westlake Center for Community  
Services- Community Room**

28975 Hilliard Blvd  
Westlake, OH 44145



# Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. In response to community requests, UH Rainbow is making it easier for Westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at area fire stations. ***The service is provided free-of-charge, at the following fire departments, but an appointment is required. Call 440-827-5440 to schedule (if not otherwise noted).***

## **Thursday, September 4**

1 – 4 p.m.

### **North Royalton Fire Station**

7000 Royalton Road  
North Royalton, OH 44133

*Email Kathy Salvo for scheduling*

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

## **Thursday, September 21**

2 – 5 p.m.

### **Bay Village Fire Station**

28100 Wolf Road  
Bay Village, OH 44140

## **Thursday, September 28**

2 – 5 p.m.

### **North Olmsted Fire Station**

24291 Lorain Road  
North Olmsted, OH 44070



## **To schedule at:**

**North Ridgeville Fire Station** located at 7000 Ranger Way, North Ridgeville, OH 44039

**Register:** <https://www.nridgeville.org/ChildSafetySeat.aspx> or call 440-327-5311.