

# Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH

**JUNE 2020 CALENDAR**



**AGE WELL. BE WELL.**

Membership club for adults 55 and older

To receive an emailed copy of our calendar, visit [www.uhhospitals.org/agewell](http://www.uhhospitals.org/agewell) and register to become a member.

## VIRTUAL HEALTH TALKS

### Know Your Risk for Coronary and Peripheral Artery Disease

Learn more about signs, symptoms, early detection and new treatment options for both CAD and PAD. Presented by James Cireddu, MD [Bedford Medical Center](#)  
[Learn more about PAD & CAD](#)

To schedule an appointment with Dr. Cireddu of Harrington Heart and Vascular Institute, please call 216-250-9833. His office is located at [Bedford Medical Center](#) 44 Blaine Ave. Bedford, OH 44146

### Urinary Incontinence in Women

The Myths, Misconceptions and Treatment of Urinary Incontinence in Women. View the webinar by Urologist/GYN, Joseph Henderson, MD, FACOG and learn about "The Myths, Misconceptions and Treatment of Urinary Incontinence in Women."  
[Learn more about Urinary Incontinence in Women](#)

To schedule an appointment with Joseph Henderson, MD, at [Bedford Medical Center](#) call 440-232-8955 or [Richmond Medical Center](#) 440-516-8700

### Prostate Concerns

Benign Prostatic Hyperplasia (BPH) The Growing Prostate Problem presented by Irina Jaeger, MD., a Board Certified Urologist, Division Chief [Richmond Medical Center](#) and leading expert in BPH  
[Learn more about BPH](#)

To schedule an appointment with Irina Jaeger, MD, at [Richmond Medical Center](#) call 440-516-8700

**"Oh my Aching Back"** a presentation by Christopher Tangen, MD of [Richmond Medical Center Sports Medicine Clinic](#) On Friday, June 19 a link will be sent to view the presentation.

To Register [RSVP HERE](#)

To schedule an appointment with Dr. Tangen, please call 440-585-7146. He has offices at [Richmond Medical Center](#) and in Warrensville Heights

### Stress Management with Lifestyle Alternatives.

Presented by Lili Lustig, DO of [Bedford Medical Center](#). On Thursday, June 18 a link will be sent to view the presentation.

To Register. [RSVP HERE](#)

**"There's a Bulge" pelvic organ prolapse** Join Joseph Henderson, MD, FACOG, from the Female Pelvic Medicine and Reconstructive Surgery area of [UH Bedford and Richmond Medical Centers](#) for a presentation on pelvic organ prolapse On Thursday, June 18 a link will be sent to view the presentation.

To Register [RSVP HERE](#)

To schedule an appointment with Joseph Henderson, MD, at [Bedford Medical Center](#) call 440-232-8955 or [Richmond Medical Center](#) 440-516-8700

## DIABETES

### Diabetes Self-Management Education Classes

Please call [Ahuja Medical Center](#) 216-593-1767 for reservation and link will be sent to you.  
Wednesdays June 10, 17, 24 5:30 p.m.

### Diabetes Support Group

Please call [Portage Medical Center](#) 330-297-2576 for information about our support groups who are staying connected and providing support in virtual and alternative ways

### Diabetes Support Group

Please call [Ahuja Medical Center](#) 216-593-1767 for reservation and link will be sent to you.  
Tuesday, June 16, 2020 6:00 p.m.

### Staying Healthy with Diabetes during the Pandemic

Call [Portage Medical Center](#) 330-297-2576 to register  
Tuesday, June 30 11:30 a.m. - 12:00 p.m.

## NUTRITION AND WEIGHTLOSS

### Cooking with Herbs

Stay healthy at home with virtual educational class. Call [Portage Medical Center](#) 330-297-2576 to register

Tuesday, June 16 11:30 a.m. - 12:00 p.m.

### **Cooking Heart Healthy Dishes**

Join Joe Horvath, **Bedford** and **Richmond Medical Centers** Executive Chef and Clinical Dietitian Jennifer Lattur as they prepare a healthy take on **Salmon Burgers with Chipotle Salad**. Jen and Joe will tips on how to prepare a healthy meal, and what specifically you should look for when selecting items at the grocery store.

On Thursday, June 18 a link will be sent to view the presentation [\*\*RSVP HERE\*\*](#)

Joe and Jen are back with **Overnight Oats and Breakfast Frittata**.

On Wednesday, July 1 a link will be sent to view the presentation. [\*\*RSVP HERE\*\*](#)

### **Virtual/Tele-Nutrition Counseling**

Outpatient Nutrition counseling, focusing on behavioral and lifestyle changes to positively affect eating habits and overall health to achieve long-term goals. Most major insurance accepted, including Medicare. A referral from your physician may be required by your insurance. Check with your insurance in advance regarding coverage.

For more information, or to schedule a session with our registered dietician, call Jennifer Lattur at **Bedford Medical Center** 440-735-4700

### **Virtual/Tele-Nutrition Counseling**

Outpatient Nutrition counseling, focusing on behavioral and lifestyle changes to positively affect eating habits and overall

health to achieve long-term goals. Most major insurance accepted, including

Medicare. A referral from your physician may be required by your insurance. Check with your insurance in advance regarding coverage. For more information, call **Portage Medical Center** 330-297-2388. To schedule a session with our registered dietitian, call 844-208-9371

### **SUPPORT GROUPS**

Please call **Portage Medical Center** 330-297-2576 for information about our support groups who are staying connected and providing support in virtual and alternative ways.

- **Alzheimer's Association Caregiver Support Group**
- **Beyond Stroke Support Group**
- **Breast Cancer Support Group**
- **Ostomy Support Group**
- **Parkinson's Support Group**
- **Hope and Healing Support Group for Grieving Adults**

Please call 330-241-6282 for information about our support groups who are staying connected and providing support in virtual and alternative ways

### **WELLNESS**

#### **Virtual Wellness through Music**

Join **Portage Medical Center** Music Therapist, Forrest Paquin, MT-BC. For different live virtual wellness sessions with music and mindfulness techniques targeted to decrease stress, uplift mood, and increase wellness.  
Thursdays June 11, 18, 25

9:30 - 10:00 a.m.

Call to register: 330-297-2576. A call in number will be provided.

#### **Virtual Wellness through Music**

Join **Bedford Medical Center** Music Therapist, Paul Ousley, MT-BC. for different live virtual wellness sessions with music and mindfulness techniques targeted to decrease stress, uplift mood, and increase wellness.  
Thursday, June 18 10:00 – 10:30 a.m.

[\*\*RSVP HERE\*\*](#) To register. A call in number will be sent to your email

#### **Virtual Wellness through Music**

Join **Richmond Medical Center** Music Therapist, Elisa Evanko, MT-BC. for different live virtual wellness sessions with music and mindfulness techniques targeted to decrease stress, uplift mood, and increase wellness.  
Thursday, June 11 10:00 – 10:30 a.m.

[\*\*RSVP HERE\*\*](#) To register. A call in number will be sent to your email.

#### **Wellness for the Mind, Body & Spirit**

Stay healthy at home with virtual educational class. Call **Portage Medical Center** 330-297-2576 to register

Tuesday, June 23  
11:30 a.m. - 12:00 p.m.

### **VIRTUAL EXERCISE CLASSES**

The Fitness Center at **Avon Health Center** is excited to begin a series of "virtual

classes” taught by one of our certified instructors who will take you through various class formats so you can continue to build strength and endurance by joining one of our at-home classes.

**Slow Flow Yoga** - Slow down the body, slow down the mind, and deepen the breath. Create a practice full of intention and purpose as you flow through a series of lengthening and strengthening poses. 45 minutes: <https://youtu.be/IQJWaLxcvmk>

**Senior Fitness** – Low impact exercises using common household items as light weights, focusing on the senior population. 12 minutes: <https://youtu.be/tW3orr00j5M>

**Alphabet Bootcamp** – 26 exercises/sets for a total body workout, focusing on form with some minimal weights. 30 minutes: [https://youtu.be/SOLkxPV\\_3m8](https://youtu.be/SOLkxPV_3m8)

**Core Blast** – Exercises focusing on your core – oblique’s, upper and lower abs, lower back. 25 minutes: <https://youtu.be/9Z97KD7cJWs>

**HIIT Cardio & Strength** – This high intensity interval training class has a nice balance of cardio and strength exercises using minimal equipment or your bodyweight. 30 minutes: <https://youtu.be/vKWn4WwiWHE>

**Deep Stretch Yoga** - Slow dynamic stretching at the beginning and longer static and active stretching at the end, this class takes a well-rounded approach to total body stretching. 60 minutes: <https://youtu.be/CiVv0Gxr0Eo>

**All Legs** – Total leg workout utilizing household furniture and weighted items (or

weights if you have some). Cardio burn at the end of workout if needed. 45 minutes: <https://youtu.be/LbA1r8jyn4s>

**Pilates With Household Item Resistance** – Mat Pilates class designed to help with stabilizer muscles, form, and posture using household items to help strengthen the whole body. 45 minutes: <https://youtu.be/dps6GNwvD18>

**HIIT Strength/Tabata Cardio Circuit** – This class feature high intensity interval training (HIIT) exercises for strength, and mixes in tabata-style cardio to keep your heart rate up for the duration of this class. 30 minutes: <https://youtu.be/sPELgTLZAok>

**Pilates** - Strengthen and lengthen you abs, oblique and back muscles by developing core stability. 60 minutes: <https://youtu.be/6mocbez7ptg>

**Pilates/Barre Fusion** – This class fuses the exercises in Pilates that help with core stability and posture with Barre movements that focus on balance and lower body strength and endurance. 45 minutes: <https://youtu.be/1t-2F3QnvvE>

**Stair Leg Workout** – A lower body workout utilizing the steps in your house, utilizing plyometric movements and some light weights. 25 minutes: [https://youtu.be/1AwnW\\_3OsZE](https://youtu.be/1AwnW_3OsZE)

**Chair Yoga** - Chair Yoga is an accessible form of yoga for all levels. All you need is yourself and a chair, preferably one without arms. This practice will elongate your muscles and calm your mind. 30 minutes: <https://youtu.be/-zrMDhC2LUM>

**Back & Glute Tabata** – A tabata style body weight workout for your back, glutes, and hips. 25 minutes: <https://youtu.be/ORrClRVbeQ>

**Power Yoga** – The class incorporates dynamic flow of movement, breath and meditation to foster strength, flexibility as well as relaxation. 45 minutes: <https://youtu.be/CYjKRUD1Y2s>

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***Disclaimer:** You are responsible for exercising within your limits and assume all risk of injury to your person or property. To the extent permitted by law, University Hospitals, Fitness Center at University Hospitals Avon Health Center and their affiliates disclaim any and all liability in connection with the use of this platform. Always consult your physician before beginning any exercise program. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider*

### **STAY HEALTHY WITH UH HEALTH TALKS ONLINE**

Tuesday, June 9, 2020 | 12 pm – 1 pm

#### **COVID 19 and Congenital Heart Disease**

Presented by: Pradeepkumar Charla, MD, MS, James Strainic, MD, John Lozier, MD, Kathleen Clegg, MD

[Register Now >](#)

Tuesday, June 9, 2020 | 4 pm – 5 pm

#### **Abdominal Pain – Is it just gas or something serious?**

Presented by: Daanish Kazi, DO

[Register Now >](#)

Wednesday, June 10, 2020 | 12 pm – 1 pm

#### **Low Back Pain: Cause, Non-surgical and Surgical Treatments**

Presented by: Christina Cheng, MD

[Register Now >](#)

Wednesday, June 10, 2020 | 5 pm – 6 pm

#### **Orthopedic Injury - Where Should I Go For Care?**

Presented by: Benjamin Boswell, DO, Sean McNeeley, MD

[Register Now >](#)

Thursday, June 11, 2020 | 12 pm – 1 pm

#### **Resolve Your Sleep Issues**

Presented by: Sally Ibrahim, MD, Samina Ahmed, PsyD [Register Now >](#)

Thursday, June 11, 2020 | 4:30 pm – 5:30 pm

#### **UH Virtual Town Hall With Congresswoman Marcia Fudge**

Presented by: Congresswoman Marcia L. Fudge, Margaret Larkins-Pettigrew, MD

[Register Now >](#)

### **OUTDOOR VISITATION AT ASSISTED LIVING AND OTHER FACILITIES RESUMES JUNE 8**

Outdoor visitation will resume at Assisted Living and other facilities in Ohio. The Ohio Department of Health has released guidance and best practices for facilities, families, friends, and other visitors.

[Responsible RestartOhio: Assisted Living Facilities & Intermediate Care Facilities for Individuals With Intellectual Disabilities](#)