

Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH

JULY 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 and register to become a member.

VIRTUAL HEALTH TALKS

Know Your Risk for Coronary & 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 the 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](#)

RSVP HERE

Register to receive a link to view the presentation when it becomes available.

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

Hypertension and Diet Management

Join Dr. Jeremy Johnson from Harrington Heart and Vascular Institute and [UH Richmond and Bedford Medical Centers](#)

RSVP HERE

Register to receive a link to view the presentation when it becomes available.

To schedule an appointment with Dr. Johnson, please call 440-585-7006. His primary location is at [Richmond Medical Center](#)

"There's a Bulge" pelvic organ prolapse

Join Joseph Henderson, MD, FACOG, from the Female Pelvic Medicine and Reconstructive Surgery area of [Bedford and Richmond Medical Centers](#) for a presentation on pelvic organ prolapse

RSVP HERE

Register to receive a link to view the presentation.

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

DIABETES

Join a 4 week Virtual Diabetes Self-Management Education Class led by Pam Brys, BSN, RN, CDE. Topics include: Definition of Diabetes and Pre-Diabetes.

Types of Diabetes, Treatment, Blood Glucose Monitoring, Meal Planning, Medications (both oral and injectable), Exercise, Complications and more Please call Colletta Somrack at 216-593-1768 [Ahuja Medical Center](#) for reservation and link will be sent to you. Wednesdays August 5, 12, 19, 26 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, July 21 6:00 p.m.

NUTRITION & WEIGHTLOSS

Cooking Heart Healthy

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 and Breakfast Frittatas.** Jen and Joe will share tips on how to prepare a healthy meal and what you should look for when selecting items from the grocery store.

[Learn more about Salmon Burgers with Chipotle Salad](#)

[Recipe for Salmon Burgers with Chipotle Salad](#)

[Learn more about Breakfast Frittata](#)

[Recipe for Breakfast Frittata](#)

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 & Healing Support Group for Grieving Adults

Please call 330-241-6282 for information

HEALTH SCREENS

Free Drive Thru

Conneaut Medical Center

Blood Sugar and Total

Cholesterol. Eight hour fasting is recommended but not necessary. Participants are required to wear a mask and must stay in their vehicle

Monday, July 13
8 – 10 a.m.

Conneaut Medical Center

(Under the front entrance canopy)
Call 440-344-9170, Lori Slimmer, RN, for more information

No-Cost Screening

Mammograms

The Ashtabula and Eastern Lake County Rural Underserved Women's Project is an important initiative offering a variety of breast-health related services to women in the communities that **Geneva Medical Center** serves. The program is funded from monies raised during UH Geneva's annual Walk for the Cure®.

Call Paula at 440-998-0695 today to see if you qualify for a no-cost screening mammogram. New financial guidelines have been established. Time is needed to complete the paperwork.

WELLNESS

Protect Your Heart and Lungs

This free 8 session, 7 week class will provide you with the tools you will need to cope with the social, mental, emotional and physical challenges you may face on the journey to becoming a nonsmoker. Registration is required. There are only 12 spaces in each class. For more information and class schedule call **Geauga Medical Center** 440-214-8233

Virtual Smoking Cessation Classes

For information, call **Portage Medical Center** 330-297-2576

Summer Walking Program

Enjoy a relaxing morning walk with a nurse from **Geneva Medical Center.**

Tuesdays, July 7, 14, 21, 28
7:30 – 8:30 a.m.

Smith Field located at Carpenter Road and West Avenue in Ashtabula

Call 440-344-9170, Lori Slimmer, RN, for more information

Crafts in the Park

Join us for a discussion on stress reduction and management techniques followed by a crafting session (greeting card) sponsored by **Geneva Medical Center.** All participants are required to wear a mask and to practice social distancing. Seating will be arranged based on current health recommendations.

Tuesday, July 28 10 – 11 a.m.

Conneaut Township Park
Lower Pavilion

Call Lori Slimmer, RN, 440-344-9170 for more information

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, July 16

10:00 – 10:30 a.m.

RSVP HERE

Register to receive a call in number sent to your email

Wellness for the Mind, Body & Spirit Stay healthy at home with virtual educational class presented by Natalie Gommel, RN of **Geauga Medical Center** Register at divi.geaugalibrary.net

Monday, July 27
1 - 2:00 p.m.

VIRTUAL EXERCISE CLASSES

The Fitness Center at **Avon Health Center** is excited to offer a series of “virtual classes” taught by 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

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/sPELqTLZAok>

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

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/ORrClARVbeQ>

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>

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:
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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>

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

COVID 19 and Congenital Heart Disease

Presented by: Pradeepkumar Charla, MD, MS, James Strainic, MD, John Lozier, MD, Kathleen Clegg, MD
<https://youtu.be/udxFR5mSR5c>

GERD-Gastroesophageal Reflux Disease – Myths and Facts

Join Dany Raad, MD of **Parma Medical Center** for a discussion of different facts and myths around GERD including symptoms, diagnostic tests and treatment options.
<https://www.uhhospitals.org/Health-Talks/articles/June/gerd-gastroesophageal-reflux-disease-myths-and-facts>

Abdominal Pain – Is it just gas or something serious?

Presented by: Daanish Kazi, DO who will explain the warning signs, symptoms and treatment for a variety of commonly diagnosed conditions associated with abdominal pain.
https://youtu.be/h53V_rivq2w

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

Join Christina Cheng, MD, Orthopedic Spine Surgeon at **University Hospitals Spine Institute**, to learn more about back pain in adults, causes, and nonsurgical and surgical treatment options to get you back to doing the things you enjoy in life.
<https://youtu.be/XArXvMgQuKg>

Orthopedic Injury - Where Should I Go For Care?

Sprained ankle, broken bone or sports injury? You need medical attention, but the injury probably doesn't warrant a trip to the ER. Please join Benjamin Boswell, DO and Sean McNeeley, MD, to learn where to go for care and treatment if you are experiencing an orthopedic injury. Knowing where to go care save you time and money.
https://youtu.be/hUpCmvXbf_0

Resolve Your Sleep Issues

Join experts from **University Hospitals Sleep Medicine** to learn more about symptoms of sleep disorders, when to consider seeking help from a specialist, UH sleep services including what to expect during a sleep study, and an overview of behavioral sleep medicine, an alternative approach to management of sleep disorders without medication.
<https://youtu.be/40cKst7AAI8>

Updates to Colorectal Cancer Screenings

presented by: Caroline Soyka, DO Learn about new updates in Colorectal Cancer Screenings from Caroline Soyka, DO, Gastroenterologist, at **Geauga Medical Center**.
<https://youtu.be/t8TqaOS0le8>

Early Warning Signs of Cancer

Some cancers have few warning signs, but there are signs that shouldn't be ignored. Dr. Jordan Winter, Chief of Surgical Oncology, **UH Cleveland Medical Center** and Director of Surgical Services, **UH Seidman Cancer Center**.
<https://youtu.be/xs0ELVvbt3M>

Managing Heart and Vascular Health During COVID-19

Join a panel of experts from **UH Harrington Heart & Vascular Institute** for a presentation on symptoms of heart and vascular disease, signs that your condition may be worsening, lifestyle adjustments you can make at home, and the importance of not delaying care, including when to seek help from a health care provider.
<https://youtu.be/4qhYRNYH3Ts>

Managing Vascular Conditions During COVID-19

Join a panel of vascular experts from **UH Harrington Heart & Vascular Institute** to learn more about maintaining your vascular health at home, warning signs that should not be ignored, and how to get help for any health concerns.

<https://youtu.be/jB5-I0ttEIo>

Atrial Fibrillation - Update on Treatment Options.

Join a panel of experts from **UH Harrington Heart & Vascular Institute** to learn more about atrial fibrillation, how to reduce your risk of stroke, the importance of lifestyle modifications and the latest treatment options for afib patients.

<https://youtu.be/1snpsHWzsqA>

Managing Heart Failure During COVID-19

Join a panel of heart failure experts from **UH Harrington Heart & Vascular Institute** to learn more about heart failure care management at home, warning signs that should not be ignored.

<https://youtu.be/UFYHAE6piFs>

Signs and Symptoms of Stroke

Learn the facts about stroke - from Cathy Sila, MD from its sign and symptoms to lifestyle changes you can make to reduce your risk of having a stroke.

<https://youtu.be/kVHSOghxK40>

Safe Cardiovascular Testing During COVID-19

Join a panel of experts from **UH Harrington Heart & Vascular Institute** to learn more about national published guidelines for safe cardiovascular testing during COVID-19.

<https://youtu.be/L2ytVW-TZEg>

Treatment of Venous Disease Including Care During COVID-19.

Venous disease refers to disorders of the veins and can include deep vein thrombosis (DVT, or "blood clots"), varicose or spider veins, chronic venous insufficiency and leg ulcers. Join a panel of experts from **UH Harrington Heart & Vascular Institute** to learn more about treatment of these conditions,

<https://youtu.be/a7FiwqDPero>

What Everyone Should Know about Peripheral Artery Disease PAD.

Join a panel of experts from **UH Harrington Heart & Vascular Institute** to learn more about PAD, from managing risk factors to the latest diagnosis and treatment options.

<https://youtu.be/5O2ngkIYRE8>

Health & Wellness The Power of YOU.

Join Peter Pronovost, MD for this motivational webinar about practical ways to make health and wellness a priority in your daily life. Learn about steps you can take in 5 key focus areas.

<https://youtu.be/vmjadANSxEk>

Innovative Hernia Repair and Treatment Options

Join Christopher Bohac, MD, a surgeon at the **Comprehensive Hernia Center** at UH a nationally recognized expert in the treatment of hernias. Learn about advanced treatment options that reduce the chance of hernia recurrence and improve overall patient outcomes.

<https://youtu.be/FFKvBwe187Q>

Men's Sexual Health Playbook

Join UH urologists and men's health experts Nannan Thirumavalavan, MD and Aram Loeb, MD for a discussion on include erectile dysfunction (ED) and low testosterone or Low T.

<https://youtu.be/tDblijVnoek>

UH Virtual Town Hall

Join Congresswoman Marcia L. Fudge and UH Chief Diversity Officer Margaret Larkins-Pettigrew, MD, for a virtual town hall discussion about the disproportionate impact of COVID-19 on African Americans.

<https://youtu.be/JbGTXiNqAiM>

Weight Loss Management Options

Presented by Amani Munshi, MD, Jacob Petrosky, MD and Daanish Kazi, DO

Learn from the UH weight loss and bariatric experts about obesity and its effects as well as non-surgical and surgical options for weight loss.

<https://youtu.be/GOSW8QIdNS8>

Wonder Foods of Wellness - Foods You Should Always Include in Your Supercharged Nutrition Plan

UH Registered Dietitian Nutritionist, Amy Jamieson-Petonic will review which foods are your best choices and share the science behind it.

<https://youtu.be/4ktfoZEIII0>

How to Treat Your Hip and Knee Pain and Get Active Again

Learn about hip and knee pain in adults – causes, non-surgical and surgical treatment options from Benjamin Silver, MD, Orthopedic Surgeon, at **Geauga Medical Center**.

https://youtu.be/vnmsl8sXV_c

Knee and Hip Pain and How to Get Active Again

Millions of people suffer from debilitating pain and stiffness in their hips and knees, limiting their mobility and affecting their quality of life. Join William Stanfield, MD to learn more about how we can help with your arthritis, hip and knee pain.

<https://youtu.be/Gzaivvuj0GE>

Shoulder Pain

Join Robert Gillespie, MD, UH Orthopedic Shoulder Surgeon, for this free webinar to learn more about shoulder pain in adults, causes, non-surgical and surgical treatments to get you back to doing the things you enjoy in life.

<https://youtu.be/Eb5HRlc6ZJ4>

Getting Relief for Your

Chronic Pain. You no longer need to live with chronic pain and your pain can be managed to get you back to doing the things you enjoy in life. Join us to learn more about chronic pain in adults, causes, non-surgical and surgical treatments from Lisa Brown, MD, Comprehensive Pain Management at **Geauga Medical Center.**

<https://youtu.be/KzHmKudxv-M>

How to Conquer Pain

You no longer need to live with chronic pain. Manage your pain and get back to doing the things you enjoy in life. Learn more about chronic pain in adults, its causes, and non-surgical and surgical treatments from Kutaiba Tabbaa, MD, Director of the Comprehensive Pain Management Center at **Parma Medical Center.**

https://youtu.be/61gl3R_3dWY

Ways to Manage a Chronic Cough, Throat Clearing and All That Mucous

Dr. N. Scott Howard, MD and Speech Pathologist Lex Rakowski will discuss cough, throat clearing and everyone's favorite topic, MUCOUS. If you are plagued with nasal allergies, voice changes, a nagging cough or sticky mucous, you won't want to miss this talk.

<https://youtu.be/cvFLGuKYbfk>

COPD and Adult Asthma - An Update on Treatment Options

Chronic obstructive pulmonary disease (COPD) and adult asthma can range from mild to very severe. Whether you suffer from constant coughing and wheezing, difficulty breathing or chest tightness, it's critical to get an accurate diagnosis and begin treatment quickly. Join Dr. Rodney Folz and Dr. Charles Peng to learn more about these conditions, including when to see a specialist and the latest treatment options available to help manage lung health for improved quality of life. An audience question and answer feature is included

https://youtu.be/NDeJ_ZRQNI0

The A to Zzzs of Obstructive Sleep Apnea

Sleep apnea is a serious condition affecting more than 22 million Americans. Typical symptoms include heavy snoring,

excessive daytime sleepiness or fatigue, difficulty with concentration or memory, among many others. Left untreated, sleep apnea can lead to serious health consequences. UH sleep medicine specialist Michelle Adams, CNP and ENT sleep surgeon Dr. Amy Schell will outline the symptoms and treatment options available to resolving your sleep apnea, including CPAP troubleshooting and CPAP alternatives.

<https://youtu.be/oJHL7Lw0KZ4>

His & Hers Urologic Health & Aging

Join the UH Urology experts for a conversation about topics that many of us are too embarrassed to talk about, including female incontinence, prostate health, sexual health and more.

<https://youtu.be/kCq6Wj8ngqo>

UH LGBTQ and Gender Care

Dr. Shubham Gupta, Division Chief, Reconstructive Urology and Director, Surgical Gender Affirmation Program for the UH Urology Institute is joined by Dr. Tobias Long, Plastic Surgery, to introduce UH's LGBTQ Gender Care services. Topics will include gender affirmation services including hormones, mental health, and surgery.

https://youtu.be/ipiDZH5b_eY

Dear Age Well Be Well Members,

Though we are not able to visit with you in person, we hope you enjoy our new virtual community outreach events. If you would like to receive information on treatments, a physician referral, or would like to hear more about a topic, please send a note to Concierge@UHhospitals.org with the name of the UH medical center closest to your home or call 440-735-3699. We will do our best to assist you with your request. It is truly our pleasure to help connect you to our caregivers and any service you may need. You matter to University Hospitals, we value you and appreciate the opportunity to be of service to you. Until we can gather in person again, stay well.

Cynthia Bender
Administrator, Center for Lifelong Health
Age Well. **Be Well.**
University Hospitals Health System