

Putting your health first.



Calendar of Events April 2018

Monongahela Valley Hospital is sponsoring a variety of informative programs this month. Many of the events will be held in the hospital's Anthony M. Lombardi Education Conference Center (ECC).

Tuesday, Wednesday and Thursday, April 3, 4 and 5 – Managing Your Diabetes

8:30 - 11:30 a.m., ECC. This education program is designed to help you with diabetes self-management. You will learn, "What is diabetes?" Other topics include the importance of controlling your blood sugars, diabetes medications, lifestyle changes, meal planning and methods to reduce your risk of complications. The program is three consecutive days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, April 4 – Diabetes Support Group

2 - 3 p.m., ECC. This support program is free for people with diabetes, their families and caregivers. Advance registration is required by calling 724-258-1483.

Wednesday, April 4 – Is Weight Loss Surgery Right For You?

6 p.m., ECC. Bariatric surgery is an option for people who want to lose 100 pounds or more. This free information session is designed to give those individuals struggling with weight loss the facts to choose their best option. To learn if you are a candidate for this surgery, join Hiram Gonzalez, M.D., as he discusses this topic in detail. To register, call 724-258-1333.

Thursday, April 5 – MVH Day at River House Café

11 a.m. - 10 p.m., River House Café. The Auxiliary of Mon-Vale Health Resources, Inc. will sponsor an MVH Day at River House Café. President and CEO Lou Panza will serve as guest bartender from 3:30 p.m. until 6 p.m. The Auxiliary will receive 10 percent of all food sales and tips from the guest bartender. For additional information, call 724-258-1090.

Friday, April 6 – MVH Blood Drive

9 a.m. - 2:30 p.m., ECC. Monongahela Valley Hospital, in conjunction with the American Red Cross, is sponsoring a blood drive to benefit local patients. Free parking is available. For more information or to register, call 724-258-1282 or visit redcrosslife.org.

Monday, April 9 and 23 – Suicide Bereavement Support Group

1 - 2:30 p.m., ECC. This support group is a four-month program that meets the second and fourth Mondays of each month. This program is led by a licensed psychologist and is free and open to all those touched by suicide. Registration is required. To register, call 724-678-3601.

Tuesday, April 10 – Alzheimer's Support Group

6 - 8 p.m., ECC. This free support group meets once a month. It is designed to help the family members, friends and caregivers of those suffering from Alzheimer's disease or other forms of dementia. Discussion topics include the challenges of coping with this disorder as well as techniques for managing stress and methods of encouraging social engagement. Reservations are requested by calling 724-258-1333.

Tuesday, April 10 – RSDS Support Group

6 - 8 p.m., ECC. The Reflex Sympathetic Dystrophy Syndrome (RSDS) Support Group is free and open to all persons with RSDS or related illnesses. For more information, call 724-929-9492.

Wednesday, April 11 – Advanced Carbohydrate Counting

6 - 8 p.m., ECC. This program is a diabetes self-management class designed to educate you on how to count carbohydrate content in food to improve blood sugar control. Topics include how to track effects of carbohydrates and blood sugar, glycemic index and how to read food nutrition labels. Registration is required at least one week prior to the start of class by calling 724-258-1483.

Friday, April 13 – The Auxiliary of Mon-Vale Health Resources, Inc. Vendor and Craft Show
9 a.m. - 4 p.m., ECC. Over 30 vendor tables will be featured at this event as well as a Chinese Auction and 50/50 drawing.

Monday, April 16 – Annual National Health Care Decisions Day
10 a.m. to noon, Hospital lobby. All adults can benefit from thinking about what their health care choices would be if they are unable to speak for themselves. These decisions can be written down in an “advance directive” so that others know your wishes. MVH Director of Patient Relations Renee Hurley, M.Ed., L.P.C., will be able to provide information and assistance to the public on completing one’s advance directives: a medical power of attorney and/or a living will. For more information, call 724-258-1076 or visit www.nhdd.org.

Tuesday, Wednesday and Thursday, April 17, 18 and 19 – Managing Your Diabetes
6 - 9 p.m., ECC. This education program is designed to help you with diabetes self-management. You will learn, “What is diabetes?” Other topics include the importance of controlling your blood sugars, diabetes medications, lifestyle changes, meal planning and methods to reduce your risk of complications. The program is three consecutive days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, April 18 – Cancer Support Group
6 - 7 p.m., ECC. This support group is free and open to all cancer patients and their families. For additional information, call 724-258-1475.

Thursday, April 19 – Ostomy Support Group
2 - 3:30 p.m., ECC. This support group is free and open to all persons with ostomies and their families and friends. The group meets the third Thursday of each month. For more information, call 724-258-1773.

Thursday, April 19 – California Imaging Open House
3 - 6 p.m. ribbon cutting at 4 p.m., Monongahela Valley Hospital Outpatient Center – California, 371 Skyline Drive California. Tour the facility to see California Imaging, Mon-Vale Primary Care Practice, Mon-Vale Surgical Associates and The Orthopedic Group.

Friday, April 20 - Colorectal Screening
1 p.m., ECC. Rescheduled from March, Monongahela Valley Hospital will offer a free colorectal cancer education and screening in observance of the American Cancer Society’s Cancer Control Month. Health care professionals will provide information during the education portion of the presentation and MVH staff will explain and provide instructions for the take home colorectal screening kit. Although the education program and test kit are free, seating is limited. Advance registration required. For additional information or to register, call 724-258-1333.

Tuesday, April 24 – American Heart Association Family and Friends CPR/AED
8 a.m. - 10 a.m., ECC. This course is designed for the layperson that has little or no medical training, and is taught by a certified instructor. This course is for people who do not need a certification card for a job. Content includes an orientation to CPR for adult, child, infants, choking and use of an Automated External Defibrillator (AED). Cost of this course is \$35 to cover the cost of the book, which includes a class participation card.

Tuesday, April 24 – American Heart Association Heartsaver CPR/AED
4 - 6 p.m., ECC. Adult cardiopulmonary resuscitation (CPR) classes are offered by Monongahela Valley Hospital. The fee for the class is \$50 to cover the class and required materials. To register, call 724-258-1333.