

Putting your health first.



Calendar of Events June 2017

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).

Monday, June 5 – Look Good Feel Better®

1 - 3 p.m., ECC. The American Cancer Society designed this program for women dealing with hair loss and skin changes from chemotherapy and radiation. Presenters will provide specific treatment techniques to help ladies look their best while undergoing treatment. All who register more than five days prior to the event will receive a makeup package valued at \$200. To register, call 1-800-227-2345.

Monday, June 5, 12 and 26 – Learn To Prevent Type 2 Diabetes

ECC. This education program is designed to help you learn to prevent Type 2 Diabetes. The Diabetes prevention program is a support group that meets weekly for six months. Upon completion, the support group will meet monthly over the next six months. For more information, call 724-258-1483.

Tuesday, Wednesday and Thursday, June 6, 7 and 8 – 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, June 7 and Friday, June 16 – Nar-Anon Family Group

6 - 7 p.m. Nar-Anon Family Groups are a worldwide fellowship for the family and friends of those suffering from addiction. As a Twelve-Step program, the group offers help by sharing experiences, strength and hope. The Nar-Anon program is based on a set of spiritual principles and has no affiliation with any denomination. The only requirement for membership is a problem of addiction in a relative or friend. For more information, call 412-512-4718.

Friday, June 9 – Strawberry Festival

11 a.m. to 4 p.m., ECC and outside Central Plaza. The Auxiliary of Mon-Vale Health Resources, Inc. sponsors this ever-popular summer kick-off event. A delicious menu can be enjoyed in the comfort of the Anthony M. Lombardi Education Conference Center. Strawberry plants, home baked goods and crafts are a few of the items for sale. Free parking is available. For more information, call 724-258-1167.

Monday, June 12 and 26 – 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 724-268-1144.

Tuesday, June 13 – 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.

Tuesday, June 13 – 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.

Thursday, June 15 – Diabetes Support Group

2 - 4 p.m., Mon-Vale HealthPLEX, Room 120. This support program is free for people with diabetes, their families and caregivers. Advance registration is required by calling 724-258-1483.

Thursday, June 15 – 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.

Friday, June 16 – 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.

Tuesday, June 20 – American Heart Association Heartsaver CPR/AED

4 p.m., ECC. Adult cardiopulmonary resuscitation (CPR) classes are offered by Monongahela Valley Hospital. The fee for the class is \$35 to cover the class and required materials. To register, call 724-258-1333.

Tuesday, Wednesday and Thursday, June 20, 21 and 22 – 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.

Tuesday, June 20 – Innovations in Thyroid Disease

6 p.m., ECC. This education program is designed to help you with thyroid disease. Are you tired or cold all the time? Could you be hypothyroid? What is hyperthyroid? Join endocrinologist Alexander Tal, M.D., when he discusses the symptoms of thyroid disease and learn how it is treated.

Wednesday, June 28 – Oncology Symposium

Registration/breakfast 7:30 a.m. Program 8 a.m. - noon, ECC. As part of MVH's continuing education program for medical professionals, the hospital is hosting its Annual Oncology Symposium. Physicians will receive 4.0 Continuing Medical Education (CME) hours and nurses will receive 4.0 Continuing Education Units (CEU) for attending. Featured topics on Gastric Cancer Surgery, Lung Immunotherapy, Multiple Myeloma, Biosimilars: a new class of Biologics and OPTUNE: Increasing survival for patients with Glioblastoma Multiforme (GBM) will be presented by national oncology experts. The education program is also open to the public and reservations are required. To make a reservation, call 724-258-1750.

Thursday, June 29 – Stroke Support Group

1 - 2:30 p.m., ECC. The Stroke Support Group is designed for patients and caregivers to share, learn and grow with people who can personally relate to the daily challenges and struggles they face dealing with strokes and their after-effects. The group meets the last Thursday of each month. For more information, call 724-258-1455.

Thursday, June 29 – Is Weight Loss Surgery Right For You?

6 p.m., ECC. Bariatric surgery is an option for people wanting 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.