

Putting your health first.



Calendar of Events Oct. 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).

Tuesday, Wednesday and Thursday, Oct. 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, Oct. 4 and Friday, Oct. 20 – 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.

Monday, Oct. 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 724-268-1144.

Tuesday, Oct. 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, Oct. 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, Oct. 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.

Thursday, Oct. 12 – Diabetes Support Group

2 - 4 p.m., 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, Oct. 12 – 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.

Saturday, Oct. 14 – 14th Annual MVH Lois Orange Ducoeur Breast Cancer Walk

10 a.m., Charleroi Market House, 423 McKean Avenue, Charleroi. Join friends and neighbors as they walk to support the prevention, early detection and treatment of breast cancer in our community at Monongahela Valley Hospital. Registration begins at 9 a.m. the day of the event or register early at <http://bit.ly/mvhbcw17>. Pre-registration is not required. A \$10 minimum donation is suggested for anyone over the age of 6. The first 300 walkers raising or donating a minimum of \$25 will receive a commemorative bag. The first 400 participants receive a goody bag and a pink power towel. For more information, call 724-258-1855.

Monday, October 16 – Innovations in Spinal Stenosis

6 p.m., ECC. This education program is designed to educate you about spinal. Eric Nabors, M.D., will speak on the symptoms of spinal stenosis, causes and various treatment options.

Tuesday, Wednesday and Thursday, Oct. 17, 18 and 19 – Managing Your Diabetes

6 - 9 p.m., ECC. This educational 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, Oct. 18 - Breast Cancer Luncheon, Education and Screening

12:30 - 3 p.m., ECC. Learn how early detection and diagnosis can protect you and those you love from breast cancer. Physicians will present the program and offer informational displays. Participants may also receive a free breast exam. Registration is required by calling 724-258-1333.

Wednesday, Oct. 18 – Arthritis Support Group

1 p.m., ECC. The Arthritis and Fibromyalgia Support Group is free and open to all persons with arthritis, fibromyalgia or related illnesses and their families. This group meets quarterly (every three months), the third Wednesday of the month, at 1 p.m. For more information, call 724-258-1321.

Thursday, Oct. 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.

Wednesday, Oct. 25 – 28th Annual Medical Staff Symposium

7:30 a.m., ECC. This annual event, featuring renowned speakers from across the country, is designed for physicians, nurses, and other health care professionals to learn about the latest advancements in cancer management. Cost is \$25 for non-MVH physicians and nurses. For more information call, 724-258-1145.

Thursday, Oct. 26 – 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, Oct. 26 – Talk With a Doc: “Regenerative Treatments in Orthopedics”

6 p.m., Community & Recreation Center at Boyce Mayview Park. Jose Ramirez-Del Toro, M.D., Non-Operative Spine and Sports Medicine, will discuss “Regenerative Treatments in Orthopedics”. Dr. Ramirez-Del Toro will discuss the very newest in standards of care and protocols for Regenerative Treatments in Orthopedics. To register, call 724-258-1333.

Friday, Oct. 27 – 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.

Friday, Oct. 27 – Weight Control and Wellness Support Group

6 p.m., ECC. The bariatric support group activities are designed to reinforce key principles of success and help participants learn concepts that are sometimes difficult to grasp after bariatric surgery. Professionals such as dietitians, psychologists and fitness instructors may be invited to speak. Other presenters may discuss topics such as grooming, dating and cooking. The sessions are designed to educate, inform and provide a well-rounded foundation of knowledge for long-term success. The ultimate purpose of the support group is to help participants achieve and maintain their goal weights in a way that is as physically and mentally healthy as possible. Registration is recommended, but not necessary. To register, call 724-258-1333.

Tuesday, Oct. 31 – American Heart Association Heartsaver CPR/AED

4 - 8 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.