

Putting your health first.



**Calendar of Events
May 2019**

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).

Wednesday, May 1 – 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.

Monday, May 6 and 13 – 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, May 7 – Managing Your Diabetes Morning Class (1 of 3)

9 - 11 a.m., HealthPlex. 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, May 8 – Managing Your Diabetes Night Class (1 of 3)

6 - 8 p.m., HealthPlex. 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, May 8 – Prostate Cancer Support Group

6 - 7 p.m., ECC. All prostate cancer patients, families and caregivers are invited to attend this free support group. For more information, call 724-292-9404.

Friday, May 10 – MarBill Diamonds & Jewelry Sale

9 a.m. - 4 p.m., ECC. Shop at the MarBill Diamonds & Jewelry Sale sponsored by the Auxiliary of Mon-Vale Health Resources, Inc. A variety of jewelry items including earrings, chains and bracelets are available for purchase.

Tuesday, May 14 – Managing Your Diabetes Morning Class (2 of 3)

9 - 11 a.m., HealthPlex. 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, May 14 – Alzheimer’s Support Group

6 - 8 p.m., ECC. This free support group meets once a month. It is designed to help the families, 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.

Wednesday, May 15 – Managing Your Diabetes Night Class (2 of 3)

6 - 8 p.m., HealthPlex. 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, May 15 – Stroke Education

6 p.m., ECC. This program is designed to educate you about strokes. Charles Gennaula, M.D., will describe the signs of having a stroke, causes, treatments and the after effects. He will also discuss stroke prevention and what puts you at a higher risk. To register, call 724-258-1333.

Thursday, May 16 – Advanced Carbohydrate Counting

9 - 11 a.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.

Saturday, May 18 – Gala 31

Cocktails: 6 p.m. Dinner: 7 p.m. Wyndham Grand, Pittsburgh. Gala 31: A Roaring Good Time will offer food and drink, entertainment, recognition of awardees and more. Black tie preferred \$175 per person. For information, call 724-258-1855.

Monday, May 20 – 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, May 21 – Managing Your Diabetes Morning Class (3 of 3)

9 - 11 a.m., HealthPlex. 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, May 21 – Better Breathers Club

2 - 3 p.m., ECC. Better Breathers Club offers the opportunity to learn ways to better cope with COPD while getting the support of others. The group helps give you the tools to live the best quality of life you can. Topics include how COPD affects your lungs as well as techniques and medications that can improve your quality of life. The unique Harmonicas for Health program helps people with COPD to improve breath control. Registration is required. To register, call 724-258-1226.

Tuesday, May 21 – Innovations in Medicine: “Is It Time For A New Hip Or Knee?”

6 p.m., ECC. This education program is designed to educate you on the question you may have about knowing if it is time for a new hip or knee. Kenneth Molinero Jr., D.O., will discuss new advancements, symptoms and treatments of hip and knee replacements. To register, call 724-258-1333.

Wednesday, May 22 – Managing Your Diabetes Night Class (3 of 3)

6 - 8 p.m., HealthPlex. 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.

Thursday, May 23 and Friday, May 24 – Masquerade Jewelry Sale

Thursday, 9 a.m. - 5 p.m., and Friday, 7 a.m. - 4 p.m., ECC. Shop at the Masquerade \$5 Jewelry Sale sponsored by the Auxiliary of Mon-Vale Health Resources, Inc. A variety of jewelry items including earrings, chains and bracelets are available for purchase.

Thursday, May 23 – Healthy and Fit Series: “Cryoneurolysis: Freeze Your Pain Away”

Noon, HealthPlex. This education program is the second of a four part series. Anthony Cuneo, M.D., Ph.D., will discuss Cryoneurolysis and Freezing Your Pain Away. To register, call 724-379-5100.

Tuesday, May 28 – American Heart Association Heartsaver CPR/AED

8 a.m. - noon, ECC. Adult cardiopulmonary resuscitation (CPR/AED) 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.

Tuesday, May 28 – American Heart Association Family and Friends CPR/AED

4 - 6 p.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. To register, call 724-258-1333.

Friday, May 31 – The Auxiliary of Mon-Vale Health Resources, Inc. Vendor and Craft Show
9 a.m. - 3:30 p.m., ECC. Vendor tables will be featured at this event as well as a Chinese Auction and 50/50 drawing.