

Putting your health first.



Calendar of Events September 2019

Monongahela Valley Hospital sponsors a variety of informative programs every month. Many of the events are held in the hospital's Anthony M. Lombardi Education Conference Center (ECC).

Tuesday, September 3 — 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 Tuesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, September 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 or visit <https://www.monvalleyhospital.com/registration.asp>.

Wednesday, September 4 — 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 Wednesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Monday, September 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.

Monday, September 9 — Smoke Free for Life Class (1 of 4)

11 a.m. – 1 p.m., ECC. The Community Care Network (CCN) is offering a Smoke Free for Life program. The four-week program is broken down into four, two-hour courses and is designed to help participants develop strategies to quit smoking, prevent relapse as well as receive support in a positive and comfortable environment. For more information or to register, call the CCN at 724-258-1462.

Tuesday, September 10 — 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 Tuesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Tuesday, September 10 — 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, September 11 — Want To Learn About Medicare?

10 a.m. – noon, ECC. Attendees will be provided information on Medicare, Medicare Supplements, Medicare Advantage, and Prescription Drug Plans. To register, visit the program registration page at monvalleyhospital.com or call 724-258-1333.

Wednesday, September 11 — 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 Wednesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Thursday, September 12 — 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.

Friday, September 13 — Auxiliary of Mon-Vale Health Resources, Inc. Pretzel Sale

9:30 a.m., ECC. Pretzel Sale sponsored by the Auxiliary of Mon-Vale Health Resources, Inc. A variety of pretzels are available for purchase.

Saturday, September 14 — Mamm & Glamm

7:30 a.m. – 4 p.m., HealthPlex. The staff at HealthPlex Imaging will host Mamm & Glamm. The event offers women the opportunity to have their mammograms, then enjoy free pampering services such as massages and paraffin hand wax treatments. Staff will provide a light breakfast and lunch, plus treats and other refreshments. For more information or to schedule an appointment, call 724-379-1911.

Monday, September 16 — Smoke Free for Life Class (2 of 4)

11 a.m. – 1 p.m., ECC. The Community Care Network (CCN) is offering a Smoke Free for Life program. The program is broken down into four, two-hour courses and is designed to help participants develop strategies to quit smoking, prevent relapse as well as receive support in a positive and comfortable environment. For more information or to register, call the CCN at 724-258-1462.

Tuesday, September 17 — 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 Tuesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Tuesday, September 17 — American Heart Association Family and Friends CPR/AED

9 – 11 a.m., Simulation Center. 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 or visit <https://www.monvalleyhospital.com/registration.asp>.

Tuesday, September 17 — 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.

Wednesday, September 18 — 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 Wednesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Friday, September 20 — Talk With a Doc: “Breast Cancer Awareness: What You Need To Know”

Noon, Peters Twp. Library. Natalie Furgiuele, M.D., will discuss “Breast Cancer Awareness: What You Need To Know.” Dr. Furgiuele will discuss the very newest in standards of care and protocols for breast cancer awareness. To register, call 724-258-1333.

Monday, September 23 — Smoke Free for Life Class (3 of 4)

11 a.m. – 1 p.m., ECC. The Community Care Network (CCN) is offering a Smoke Free for Life program. The program is broken down into four, two-hour courses and is designed to help participants develop strategies to quit smoking, prevent relapse as well as receive support in a positive and comfortable environment. For more information or to register, call the CCN at 724-258-1462.

Monday, September 23 — 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.

Wednesday, September 25 — Prostate Cancer Screening and Education Program

5 p.m., ECC. The prostate cancer screening and education program is free. At the screening, men will be offered a digital rectal exam (DRE), the standard test for prostate cancer; a hemocult test and a Prostate Specific Antigen (PSA) blood test. The screening and education program will be conducted by MVH staff. For more information and to register, call 724-258-1333.

Thursday, September 26 — 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, September 28 — Multiphasic Blood Analysis

7 - 10 a.m., ECC. This 36-function screening costs only **\$30** and is open to the public. Additional tests available include: Immunochemical Fecal Occult Blood, 3-D mammogram, Hemoglobin A1C, Thyroid Stimulating Hormone, Prostatic Specific Antigen, and Vitamin D. Participants are asked to provide the full name and complete address of the physician to whom their test results will be sent afterwards. Testing is by appointment only. The deadline to register is Wednesday, Sept. 25, and registrations must be made Monday through Friday from 8:30 a.m. to 2:30 p.m. by calling 724-258-1282.

Monday, September 30 — Smoke Free for Life Class (4 of 4)

11 a.m. – 1 p.m., ECC. The Community Care Network (CCN) is offering a Smoke Free for Life program. The program is broken down into four, two-hour courses and is designed to help participants develop strategies to quit smoking, prevent relapse as well as receive support in a positive and comfortable environment. For more information or to register, call the CCN at 724-258-1462.