

UH ST. JOHN MEDICAL CENTER'S HEALTH RESOURCE GUIDE
January – June 2017 Schedule



University Hospitals
St. John Medical Center
A CATHOLIC HOSPITAL

Health Resource Guide
440-827-5440



Robert David
President and CEO
UH St. John Medical Center

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Dear UH St. John Medical Center Patients, Family and Friends:

It is a privilege to serve the community with outstanding health care — a role we take extremely seriously, as do our Board of Directors, employees and physicians. Every day represents a new opportunity to continue our journey to be amongst the nation's best in patient satisfaction, quality and cleanliness.

As you know, diabetes touches the lives of many in America. For some time, the management of diabetes has been one of our more important initiatives at UH SJMC. Within these pages, please note and take advantage of the free talks and programs associated with diabetes, which can be managed with proper education, diet, and exercise.

If you or a family member ever need us, know that we are here to serve you with superior and personalized care.

I hope you and your family have a safe and healthy new year.

Regards,

FREE CE PROGRAMS

Please visit our website at UHstjohn.org under the Community Outreach tab for a complete listing of our Continuing Education programs.

REGISTER NOW:

Register by calling **1-877- 597-6348**

Monday – Friday 10 a.m. – 5:00 p.m.

Saturday and Sunday Closed

Any questions, call UH SJMC Community Outreach at **440-827-5440**.



JANUARY – JUNE 2017 Schedule

Your Diabetes Matters

Are you on target for good health with diabetes?

Diabetes occurs when the level of glucose (sugar) in your blood is high because your body can't use it properly.

An important aspect of diabetes management is knowing and understanding healthy test results, and working to maintain them in a target range. This is the key, which will help lower risks for heart attack, stroke, and other diabetes complications. The following target goals are set by the American Diabetes Association. These are general guidelines. You and your doctor may set more individualized targets based on your unique needs and goals.

- **Daily blood glucose checks. You can monitor your glucose control by learning to check your blood glucose levels.**

Before a meal - Target Goal: 80–130 mg/dl. One to two hours after the beginning of the meal (after meal) - Target Goal: less than 180 mg/dl

- **A1C is the average blood glucose (sugar) level in your blood over 2-3 months.** Target Goal: less than 7%.

- **Blood pressure** is the pressure of blood in the arteries. Target Goal: less than 140/90 Mm/Hg. A lower target may be appropriate in certain individuals.

- **Cholesterol** is a fat-like substance that is found in all cells of the body.

Low-density lipoproteins (LDL) or bad cholesterol, can lead to a buildup of cholesterol in the arteries. Target Goal: less than 100mg/dl

High-density lipoproteins (HDL) or good cholesterol, helps remove cholesterol from your body.

Target Goal: greater than 40mg/dl in men and greater than 50mg/dl in women

See valuable diabetes health talks and events starting on page 7.

- **Triglycerides** are another type of blood fat that raises your chances for a heart attack or stroke if your levels are too high. Target Goal: less than 150mg/dl

General recommendations to improve your blood glucose, blood pressure and cholesterol.

- If you smoke, quit.
- Limit how much alcohol you drink.
- Lose weight if needed. Losing just 10% of your body weight can make a big difference!
- Exercise most days of the week (brisk walking for 30 minutes/day is a good starting goal).
- Eat a low-fat, low-cholesterol diet with plenty of fresh vegetables, whole grains, and fruit.
- Increase monounsaturated fats in your diet. Monounsaturated fats include canola oil, avocado oil, or olive oil.
- Your doctor may also prescribe medicine to help lower your blood glucose, blood pressure, or cholesterol.

Source: <http://www.diabetes.org/are-you-at-risk/lower-your-risk/cholesterol.html>

Source: <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/checking-your-blood-glucose.html>

Information compiled by DeAna Rodrigues RN, BSN, CDE and Marge Robison MPH, RD, LD – University Hospitals St. John Medical Center

FREE MEMBERSHIP

Sign Up for the AGE WELL, BE WELL Club

The *Age Well, Be Well* membership club is available at all University Hospitals medical centers and helps adults 55 years of age and over stay active and socially engaged. The club is free and offers a variety of benefits, including:

- Activities such as movie nights, healthy plate dinner series, and *Get Connected* computer classes
- Walking clubs and yoga classes
- Support groups
- Free newsletters and calendars
- Free *Age Well, Be Well* magazines
- Free subscription to *Center for Lifelong Health Better Living* eNewsletter
- Special events and programs
- And more

For more information, please call 1-844-312-LIFE (5433) or visit UHhospitals.org/AgeWell.



AGE WELL, BE WELL

UH St. John Medical Center
Building 2, Auditorium B
29000 Center Ridge Road, Westlake
RSVP required: 1-877-597-6348

#3100 Bring It On! Senior Walking Challenge Kick-Off

Who has the best Senior Center around? Join the Senior Walking and Wellness Challenge and find out. Senior Centers participating this spring include Lakewood, North Olmsted and Westlake. The participants must be at least 50 years of age and will receive a pedometer to track their steps.

Begin and end this six week walking challenge with free biometric screenings from UH SJMC Community Outreach nurses. Screenings include cholesterol, blood glucose, blood pressure, BMI, and waist circumference. To participate, call your local senior center or UH SJMC Community Outreach at 440-827-5440. The Challenge begins on 6/2/17 at UH SJMC, Auditorium B, times to be announced.

On Fridays during the Challenge, 6/9, 6/16, 6/23 local fireman will “*Fire up your Engines*” with a firehouse recipe and UH SJMC dietitians will provide a nutrition lesson.

#3101 Bring It On! Senior Walking Challenge Health Evaluation & Award Ceremony

Lakewood, North Olmsted, Westlake Senior Centers
The challenge will conclude with a health evaluation and awards ceremony for most steps taken, weight management, decrease in cholesterol, and blood pressure. Friday, 7/14/17 with times to be announced. Program participants, please call for award ceremony reservations at 1-877-597-6348.

29160 Center Ridge Road, Building 1
Suite E, Westlake
RSVP required: 1-877-597-6348

#3102 Get Connected

The *Get Connected* class is designed to teach members about the internet. Each class will be taught by internet-savvy high school students. The class includes information on what the internet is, the benefits of using the internet, and internet safety. Classes will provide *Age Well, Be Well* members with one-on-one instruction to set up an email account, instructions on how to browse the internet, and how to view their personal health records via **MyUHCare**.

Tuesday, January 24, February 28,
March 28, April 25, May 23
4:30 – 6:30 p.m.

AUDIOLOGY

Ring in your ears?

Do you have ringing in your ears or tinnitus? Does it impact your concentration, your sleep or your work? Is it affecting your personal relationships? Our audiologist, Marcia Warren, can help. She recently received a specialized certification in tinnitus management from the Tinnitus Practitioners Association (TPA) and is ready to work with you to create an individualized treatment plan to improve your quality of life. Tinnitus is the sensation of hearing ringing, buzzing, hissing, or other sounds, with or without actual hearing loss. Marcia will evaluate you and will be able to provide an accurate diagnosis while excluding other medical problems. Depending on the test results, she will also provide rehabilitation to decrease the sensations. To make an appointment with Marcia, please call our Speech and Audiology department at 440-835-6160.

CHILDBIRTH

UH St. John Medical Center
Building 2, Auditorium B
29000 Center Ridge Road, Westlake
RSVP required: 1-877-597-6348

#3103 Holistic Birth Options

This class will cover a variety of birthing options including natural childbirth options, the use of hydrotherapy during labor and birth, aromatherapy, therapeutic use of music, and relaxation techniques in an effort to achieve a satisfying birth experience. You will be introduced to the services offered by a midwife or doula. No fee.

2nd Monday of the month
7:30 – 9 p.m.

#3104 Childbirth Classes (5-week class) includes Infant Care

Preparation for childbirth can increase the joyful experience and confidence of the mother-to-be and her partner. Learn about nutrition, exercise, relaxation, breathing techniques, pain management options, and the birth process. Cost: \$110

Tuesdays: 7:00 – 9:30 p.m.
January 10 thru February 7
May 9 thru June 6
October 9 thru November 7

#3105 “Just the Facts” Saturday Childbirth Class (1 Saturday class)

An overview of the same topics covered in our 5 week Childbirth Class, condensed for a one day class. Cost: \$85

Saturdays - 9:30 a.m. – 4:30 p.m.
January 7, February 4, March 4,
April 1, May 6, June 3, NO JULY
CLASS, August 5, September 2,
October 7, November 4,
NO DECEMBER CLASS

#3106 Bradley Method of Prepared Childbirth - 12 week class

The Bradley Method focuses on a natural, unmedicated childbirth in the absence of medical complications.

This class stresses the importance of a healthy baby, healthy mom, and healthy family. Emphasis is placed on nutrition, exercise, coaching, and the natural process of labor and birth. Cost: \$150

7:00 - 9:30 p.m.
Wednesdays – Session I
February 15 thru April 19

Thursdays – Session II
April 20 thru June 22

Wednesdays – Session III
June 21 thru August 23

Thursdays | Session IV
September 28 thru December 7
(No class 11/23/17)

#3107 Infant Care Classes

This class helps to prepare parents in the care of their newborn and what to expect in the first few weeks.

The recommended techniques for bathing, diapering, feeding, and swaddling are demonstrated and all questions are answered. Cost: \$30 (no charge if registered for Childbirth Classes)

Tuesdays: 7 – 9:30 p.m.
January 3, February 7, March 7,
April 4, May 2, June 6, *Wed - July 11*,
August 1, September 5, October 3,
November 7, December 5

UH SJMC Community Outreach
29160 Center Ridge Road, Suite R
Westlake. Call 1-877-597-6348
for reservation.

#3108 Breastfeeding Group

Come and meet with other moms who have experienced the joy of breastfeeding and have all your questions answered. This group is facilitated by an International Board Certified Lactation Consultant. No Fee.

Wednesdays – 10:00 am – Noon

UH St. John Medical Center
Building 2, Auditorium A
29000 Center Ridge Road, Westlake
RSVP required: 1-877-597-6348

#3109 Daddy Boot Camp

Come to this informative class to help fathers in their new roles as daddies. This class includes hands-on techniques for diapering, cuddling, swaddling, feeding, and bonding. Also, how to best support the new mommy is discussed.

Cost: Free
6:30 - 9:00 p.m.
2nd Monday of every other month
February 13, April 10, June 12, August 14,
October 9, December 11

#3110 Breastfeeding Class

Prepare for the experience of breast-feeding a newborn prior to the baby's arrival. All questions answered. Cost: \$30
7:00 – 9:30 p.m.

2nd Monday every other month
January 9, March 13, May 8, July 10,
September 11, November 13

UH Westlake Medical Center
960 Claque Road, Westlake 44145
RSVP required: 1-440-779-5793

Natural Family Planning

A healthy and highly effective way for a couple to understand how a woman's body works in order to achieve or postpone pregnancy. This class enhances communication and respect for the gift of life. Couples who switch to Natural Family Planning report greater marital intimacy. Classes are taught in a set of three sessions. Participants must attend all three classes.

Cost: \$135
6:30 – 9:00 p.m.
Session I -
February 13, March 13, April 10
Session II -
August 14, September 11, October 9

FAMILY FUN DAY
Great Northern Mall

Thursday January 5, 2017
10:00 a.m. - 11:00 a.m.
Great Northern Mall near the
Food Court

Join the University Hospitals
Rainbow Babies and Children
Nurses as they host a Teddy Bear
First Aid Station during Family
Fun Day at Great Northern Mall.




Rainbow Babies
& Children's Hospital
at ST. JOHN MEDICAL CENTER

**University Hospitals Rainbow Babies & Children's Hospital
at UH St. John Medical Center**

As a parent, you want your child's health in the hands of professionals who are experienced in pediatric care. You also value this trusted care when it is offered in a location close to home. For these reasons, nationally ranked UH Rainbow Babies & Children's Hospital is offering pediatric services for children and teens with emergency and general medical needs at St. John Medical Center.

"We're bringing in Rainbow pediatricians, nurses, and child life specialists; some of the nurses, and child life specialists, will be here 24/7," Dr. Strosaker, Medical Director of UH Pediatrics says. "When children are admitted to St. John Medical Center they will get the same level of care that they would if they were at the main campus. The pediatric providers here are all backed by the full resources of UH Rainbow Babies & Children's Hospital."

To learn more, visit Rainbow.org/StJohn

COLON CANCER

Preventable | Treatable | Beatable
Screening Saves Lives

Kicking off March Digestive Health Month, UH SJMC will highlight three days of education about colon cancer. Colon cancer is the second-leading cause of cancer death in the U.S. for men and women combined. Walk through the inflatable traveling colon display featuring various stages of disease with explanations from Digestive Health Institute Professionals and also sign up for a colonoscopy.

Starts at 10:00 a.m.
UH St. John Medical Center
Hospital Lobby
29000 Center Ridge Road, Westlake

Healthcare professionals and information tables will be located in the hospital lobby including the following: The Digestive Health Institute, Seidman Cancer Center, American Cancer Society, and the Colon Cancer Alliance.

T-shirts will be sold with proceeds benefiting colon cancer screening.

Wednesday, 3/22/17, Thursday, 3/23/17, Friday, 3/24/17

6:00 p.m.
UH St. John Medical Center
Building 2, Auditorium B
29000 Center Ridge Road, Westlake
RSVP required: 1-877-597-6348

In addition to our morning education program on **Thursday, 3/23/17**, a Roundtable health talk will take place that evening at 6:00 p.m. This health talk will feature a panel of healthcare experts, registration for colonoscopies, and questions answered about colon cancer.



DIABETES EDUCATION DAY

Saturday, April 29, 2017

9:00 - 11:00 a.m.

Westlake Recreation Center
28955 Hilliard Blvd., Westlake

High Carb, Low Carb, More Fat, Less Fat, Mediterranean, Atkins, Raw...
Oh, My! What type of diet is best for managing diabetes?

Marge Robison, MPH, RD, LD

With so many diets promoted as being the secret to health, which is the best approach for those with diabetes? This program will focus on the latest diet recommendations for those with diabetes and discuss strategies that can be used to help manage diabetes and promote wellness.

Blood pressure and cholesterol screenings – 8:30 - 9:30 a.m. before the talk starts.

DIABETES EDUCATION

Westlake Family Health Center, Suite 300
26908 Detroit Road, Westlake

DeAna Rodriguez RN, BSN, CDE, is the clinical coordinator for the ADA recognized Diabetes Education Program at UH St. John Medical Center. She provides both inpatient and outpatient support through one-on-one visits and group classes.

For information, call 440-827-5341 ext. 1. Options are available for those with no insurance, high deductibles, or no coverage for education programs.

Marge Robison MPH, RD, LD, is a dietitian available to provide nutrition education for those with diabetes, weight loss goals, and other nutritional needs. Call 440-827-5341.

Julie Wise, MS, RD, LD, is a dietitian with UH Westshore Primary Care who provides outpatient diabetes education. **Call 440-250-8660** for more information or to schedule an appointment.

DIABETES SERVICES

This four-week series will include education on diabetes self management, including what diabetes is and how it is diagnosed. It will teach participants how to make healthy food choices and help with meal planning. Ways to safely incorporate physical activity to improve blood sugar control and monitoring will be discussed, as well as, what causes blood sugars to rise and how to handle these fluctuations. Lastly, we will cover ways to protect eyes, heart, blood vessels, nerves, kidney and feet.

6:00 - 7:30 p.m.

January 3, 10, 17, 24 -or- March 7, 14, 21, 28 -or- May 2, 9, 18, 23

One-on-one education (Suite 100) is for individualized diet and meal planning instruction and blood glucose monitoring. Counseling for weight loss and lifestyle modification also available. Call 440-827-5668 for scheduling/pre-access.



#3111

WALK FOR WELLNESS! UH SJMC Walkers Program/ Great Northern Mall

beginning January 11, 2017

Make a New Year's Resolution to *Walk for Wellness!* Brisk walking has been linked to many health benefits, including a reduced risk of diabetes, heart disease, stroke, and some cancers.

In a collaborative effort, Great Northern Mall and UH SJMC are launching a Mall Walking program. The mall is walker friendly, climate controlled, has level surfaces and is a safe environment. One lap around the mall is .96miles. Follow the footsteps on the floor to learn other UH SJMC health tips. Meet near the Food Court in Great Northern Mall.

2nd Wednesday of every month
9:00 - 10:00 a.m.
4954 Great Northern Mall
North Olmsted

"Exercise and Pain"

Abdullah Kabbara, MD
January 11 • 9:00 a.m.

Community Outreach nurses will provide blood pressure screenings from 9:30 a.m. - 11:00 a.m.

#3112 YOUR DIABETES MATTERS Take ownership of your own health!

UH St. John Medical Center
Building 2, Auditorium A
29000 Center Ridge Road, Westlake

The following cost free programs are designed to teach and reinforce diabetes self-management skills.

Diabetes (type 2) Workshop - Taught by hospital healthcare experts, this program benefits individuals who have been hospitalized for diabetes or those who need better glucose control. Physician Referrals accepted.

Week One: Taking your first Steps, diabetes overview and understanding diabetes management self-care skills

Week Two: Healthy Eating

Week Three: Medication and medication concerns

Week Four: Living with diabetes (Location change)

Tuesdays, April 4, 11, 18, 25 • 6:00 p.m. - 7:00 p.m.

Exception: 4/25 (class will be held at 29160 Center Ridge Rd. Suite R)

Community Outreach Nurses will provide glucose screenings from **5:00 p.m. - 6:00 p.m.** before the workshop
RSVP: 440-827-5440 space is limited.

#3113 DIABETES NUTRITION BOOTCAMP Taste and Learn

UH St. John Medical Center
Building 2, Auditorium A
29000 Center Ridge Road, Westlake

This 3-week program begins and ends with health screenings to track your nutritional progress. Whether you are frustrated and confused over what to eat, or you have health issues that require you to make changes now, this program is beneficial, and is designed to meet the needs of those who require more nutritional education.

Week 1 will kick-off with a presentation by UH SJMC, dietitian, Marge Robison MPH, RD, LD. Her talk will include making healthy smoothies, education on the nutritional value of ancient grains, and adapting your favorite family recipes. RSVP: 440-827-5440 space is limited

Saturdays, May 6, 13, 27 • 1:00 p.m. - 3:00 p.m.

#3114 12-WEEK DIABETES EXERCISE CHALLENGE Kick-Off • April 7

6:00 p.m.
Westlake Recreation Center
28955 Hilliard Blvd., Westlake

UH SJMC in partnership with the Westlake Recreation Department will provide an exercise challenge for adults with type 2 diabetes. Exercising muscles promotes glucose uptake, as well as improving insulin sensitivity, so when individuals exercise blood glucose levels improve.

Participants will be screened at the beginning and end of the program for glucose, cholesterol, weight, BMI, to track progress.

No membership necessary.
Physician referrals accepted.
RSVP: 440-827-5440 space is limited

ST. JOHN WOUND CARE & HYPERBARIC MEDICINE CENTER

UH SJMC Westlake Family
29160 Center Ridge Road, Suite S,
Westlake

The University Hospitals St. John Wound Care & Hyperbaric Medicine Center offers advanced approaches to wound healing and remains current in the latest scientific advances in wound care. The center performs outpatient wound care on any type of wound. Examples are chronic and acute wounds, diabetic ulcers, arterial ulcers, venous stasis ulcers, traumas, non-healing ulcers, and surgical wounds.

Monday – Friday, 8:00 a.m. - 4 p.m.
To schedule an appointment please call 440-827-5300, no physician referral is needed.

PHYSICAL THERAPY

UH SJMC Westlake Family
Health Center, Suite 300
26908 Detroit Road, Westlake

Keep Your Balance: Reduce Falls

Whether it's performing athletic activities, putting on shoes, or simply getting out of a chair, just about everything we do requires balance control. That is why balance problems can have such a profound impact on our daily lives. This talk discusses common reasons for balance problems and gives the participants tips on how to take action to correct balance difficulties.

3rd Tuesday of the month • 10:00 a.m.

RSVP required: 1-877-597-6348

#3115 ANNUAL COMMUNITY SAFETY AND WELLNESS FAIR A Community Fair for all ages • Saturday, May 20, 2017

A collaborative effort between UH SJMC, Westlake Recreation Center, and Westlake Center for Community Services

Westlake Recreation Center
10:00 a.m. - 1:00 p.m.
28955 Hilliard Blvd., Westlake

This free interactive event is a fun venue for the whole family, and gives the community, health care, law enforcement, fire and rescue, and others a chance to meet and learn about safety and health concerns, and much more. Some of the demonstrations, displays, and events will include: University Hospitals Helicopter (weather permitting), Fire Trucks, Rescue Squad, Chomps the Brown's Mascot, Health Screenings, Cancer Screenings, MADD Drinking Simulator, Free Bike Helmets & Fitting, and much, much more. Teddy Bear First Aid and The UH SJMC Germ Patrol will teach all about germs, handwashing, and staying healthy. There will be over 60 vendors, for all ages. This event is held on Armed Forces Day, and we salute the men and women who keep our communities safe and healthy.

UNIVERSITY HOSPITALS CARDIAC SURGEONS AT UH ST. JOHN MEDICAL CENTER

The Harrington Heart & Vascular Institute at UH St. John Medical Center is pleased to welcome **Salil Deo, MD**, **Jai Lee, MD**, and **Soon Park, MD**, distinguished surgeons with extensive expertise in cardiovascular surgery – from routine to the most complex procedures. In addition to performing surgery at UH St John Medical Center, Dr. Deo will have an office at UH Westlake Health Center (960 Clague Road, Suite 2300), where he will see patients for pre-surgery consultation and post-surgery follow-up.

To schedule an appointment with any of these surgeons, please call 216-844-4004.



Salil Deo, MD



Jai Lee, MD



Soon Park, MD



University Hospitals
Harrington Heart & Vascular Institute
at
ST. JOHN MEDICAL CENTER

HEALTH SCREENINGS

Blood pressure, glucose, cholesterol, bone density No fasting required for these screenings. No reservations needed. Screenings may be canceled due to inclement weather.

#3116 North Ridgeville Senior Center
7327 Avon Belden Rd., North Ridgeville
January 18 • 10 a.m. – Noon

#3117 North Olmsted Senior Center
28114 Lorain Road, North Olmsted
February 23 • 9:30 – 11:30 a.m.

**#3118 Westlake Center
for Community Services**
29694 Center Ridge Rd., Westlake
March 2 • 10 a.m. – Noon

#3119 Dwyer Memorial Senior Center
300 Bryson Lane, Bay Village
March 27 • 9 – 11 a.m.

#3120 Avon Senior Center
36786 Detroit Road, Avon
April 3 • 12:30 p.m. – 2 p.m.

#3121 Lakewood Senior Center
16024 Madison Ave., Lakewood
April 12 • 9 a.m. – 11:00 a.m.

**#3122 Avon Lake Senior Center
Old Firehouse Community Center**
100 Avon Belden Road, Avon Lake
April 18 • 12:30 p.m. – 2 p.m.

#3123 Rocky River Senior Center
21014 Hilliard Blvd., Rocky River
April 26 • 9 a.m. – 11:00 a.m.

BLOOD PRESSURE SCREENINGS

Closed on all holidays or inclement weather.

Avon Senior Center
Community Meeting Room
36786 Detroit Road, Avon
Second Wednesday of the month
9:30 - 11 a.m.

**Old Firehouse Community Center
Avon Lake Senior Center**
100 Avon Belden Road, Avon Lake
Third Tuesday of the month
12:30 - 2 p.m.

Dwyer Memorial Senior Center
Community Meeting Room
300 Bryson Lane, Bay Village
Fourth Monday of the month
9 – 11 a.m.

Emerald Village
Community Meeting Room
30344 Lorain Road, North Olmsted
First Tuesday of every month
10 – 11:30 a.m.

French Creek YMCA
Main Lobby
2010 Recreation Lane, Avon
First Wednesday of the month
10 a.m. – Noon

Lakewood Senior Center
16024 Madison Ave., Lakewood
2nd Wednesday of the month
9 a.m. – 11:00 a.m.

North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road, North Olmsted
First Monday of the month
10 – 11:30 a.m.

Rocky River Senior Center
Community Meeting Room
21014 Hilliard Blvd., Rocky River
Second Monday of the month
12:30 – 3 p.m.

UH St. John Medical Center

Main Lobby
29000 Center Ridge Road, Westlake
Every Monday except holidays
12:30 – 2 p.m.

Westlake Recreation Center
28955 Hilliard Blvd., Westlake
Fourth Monday of the month
6 – 8 p.m.

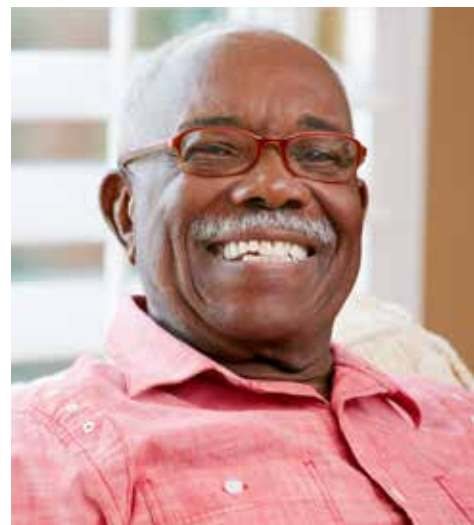
Westshore Family YMCA
1575 Columbia Road, Westlake
First Wednesday of the month
9 – 11 a.m.

AUDIOLOGY SCREENING

UH SJMC Speech & Audiology
UH SJMC, Bldg. 2, Suite 290
29000 Center Ridge Road, Westlake
Must be 18 years and older. Call for an appointment 440-835-6160.

BALANCE SCREENINGS

Westlake Family Health Center
Suite 300, 26908 Detroit Road
1st and 3rd Wednesday of the month. Call to schedule, space is limited. 440-414-6050.



SUPPORT GROUPS

UH SJMC Community Outreach
29160 Center Ridge Road
Suite R, Westlake

Gamblers Anonymous

Meeting every Saturday
10 – 11 a.m.

Call Matt at 440-752-3315 or Gamblers Anonymous at 626-960-3500 for a meeting in your area, or go to gamblersanonymous.com

New Beginnings

A monthly support group for young widows and widowers (age 55 and younger). This group is open-ended and ongoing.

2nd Wednesday of the month
6:30 – 8 p.m.

Facilitated by Hospice of the Western Reserve (HWR) 440-892-6680

Grief Recovery Program

Sponsored by Crossroads Hospice.

Grief is a normal and natural reaction to loss. This 10-week program will guide those who wish to resolve their loss.

Wednesdays: 12:30 – 2 p.m.

January 11, 18, 25

February 1, 8, 15, 22

March 1, 8, 15

Next session:

May 3, 10, 17, 28, 31

June 6/7, 6/14, 6/21, 6/28, 7/5

For more information call John Monnin, M.Ed. at 216-654-9300

Hope Group

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors.

1st Wednesday of the Month
5:30 – 7:30 p.m.

RSVP: Joyce at 440-827-5459

#3124 Caregiver's Club

This group will focus on those individuals who are faced with the challenges of overseeing a parent or spouse through their senior years.

3rd Tuesday of the month
11:30 a.m. – 1 p.m.

RSVP: 877-597-6348 Monday thru Friday 10:00 a.m. - 6:00 p.m.

Mood Disorder Support Group

We offer support for those with depression and bi-polar disorders. Our vision is one of hope. Together we strive for wellness and recovery. Tuesdays 7 – 8:30 p.m.

Call Bobby Klinko 440-539-9415 or Laura Vanni 216-267-5923

UH St. John Medical Center
Bldg. 2, 29000 Center Ridge Road
Westlake

Food Addicts Anonymous

Meeting every Friday evening
Auditorium B • 7 p.m.

-or-

Meeting every Sunday evening
Auditorium A • 6 p.m.

Call Kay: 216-548-3366 or Gloria: 440-327-9492 for information

Overeaters Anonymous

Meeting every Sunday morning
Auditorium B • 10 – 11 a.m.

UH SJMC Westlake Family
Health Center, Suite 300
26908 Detroit Road, Westlake

Diabetes Support Group

3rd Thursday of the month
7:30 – 9 p.m.

1/19, 3/16, 4/20, 5/18, 6/15,
7/20 (picnic held at UH SJMC
cafeteria patio 6-7:30 p.m.)

8/17, 9/21, 10/19, 11/16

Call DeAna Rodriguez, RN, CDE
at 440-827-5341 for information.

Better Breathers Club

A support group for those people suffering from lung disease.

1st Tuesday of every other month
1 – 2:30 p.m. • 2/7, 4/4, 6/6

Call Lynn Gorton at 440-250-2042
or Lynn.Gorton@UHhospitals.org

A Second Chance: A Lung Transplant Support Group

This monthly group is for anyone who is considering or has received a lung transplant. Family and friends are welcome.

2nd Monday every other month
6 – 8 p.m. • 2/13, 4/10, 6/12

Call Lynn Gorton at 440-250-2042
or Lynn.Gorton@UHhospitals.org

UH Avon Rehabilitation Hospital
37900 Chester Road, Avon

Neurological/Stroke Support Group

We welcome you to join us in an open, supportive and relaxed environment.

You will enjoy:

- Peer support
- Educational guest presentations
- Emotional support for stroke survivors and families

Patients and family members are welcome.
4th Thursday of the month.

3:30 – 4:30 p.m.

Reservations are not required and attendance is free.

Group facilitator is Tanya.

Call 440-695-7111 for information.

North Olmsted Senior Center
28114 Lorain Road, North Olmsted

Multiple Sclerosis Support Group

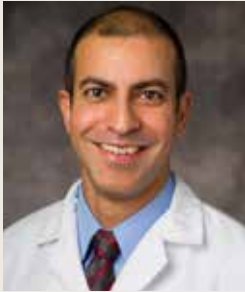
Members share experiences with other individuals dealing with MS who can understand and identify with them.

2nd Wednesday of the month. • 7 p.m.

No meeting January and February

Welcome

New Members of our Medical Staff



Nipun Chhabra, MD
Ear, Nose and Throat (ENT)

Nipun Chhabra, MD, received his medical degree from George Washington University School of Medicine & Health Sciences in Washington, D.C. and is board certified in Otolaryngology. Dr. Chhabra specializes in the diagnosis and treatment of sinus and nasal disorders as well as endoscopic sinus and skull based surgery. He is currently accepting new patients.

Office number – 440-617-4737
UH St. John Medical Center, 25099 Health Campus Drive, Suite 250, Westlake



Allan Love, MD
Urology

Allan Love, MD received his medical degree from Albany Medical College in Albany, New York and is board certified in Urology from the American Board of Urology. Dr. Love specializes in stone disease and endourology. He is currently accepting new patients.

Office number – 440-617-4726
UH St. John Medical Center, 29101 Health Campus Drive, Suite 260, Westlake



Timothy O'Donnell, MD
Colon and Rectal Surgery

Timothy O'Donnell, MD, received his medical degree from the Georgetown School of Medicine and is board certified in Colon and Rectal Surgery from the American Board of Colon and Rectal Surgery. Dr. O'Donnell specializes in advanced endoscopy, rectal cancer diagnosis and treatment, and benign and malignant conditions of the colon. He is currently accepting new patients.

Office number – 440-827-5755
UH St. John Medical Center, 29101 Health Campus Drive, Suite 450, Westlake

HEALTH MATTERS

UH SJMC Community Outreach
29160 Center Ridge Road, Suite R
Westlake. Call 1-877-597-6348
for reservation.

#3125 American Heart Association (AHA) Heartsaver CPR/AED

Not intended for healthcare providers. Must be at least 15 years of age. Limited space available and need at least six participants to hold class. Cost is \$30 per person.

February 18 · 9:00 a.m. – Noon

#3126 AHA Heartsaver First Aid

This program addresses the general principles of first aid, medical and environmental emergencies, and injury emergencies. Cost is \$30 per person.

March 25 · 9:00 a.m. – Noon

#3127 Infant CPR and First Aid

This free course is intended for any lay person with a newborn up to one year of age.

June 17 · 9:00 a.m. – Noon

Breast Health Program

Whether a patient is healthy or has been diagnosed with a breast abnormality or breast cancer, she can receive information, support and guidance from our Breast Health Coordinator, Joyce Forristell, CBPN-IC. Contact Joyce at 440-827-5459.

STAR (Survivorship Training and Rehab) Cancer Rehab Program

Only 30 percent of cancer survivors get the rehabilitation services they need after treatment. Diane Washburn, PT, and Christine Zitello, OTR/L, certified lymphedema therapist, and Kelly Manuszak, MA, CCC-SLP are certified by the STAR program and can treat pain, fatigue, weakness and “chemo brain” that may occur following cancer treatments. Call 440-414-6050 for more details.

UH St. John Medical Center
29000 Center Ridge Road, Westlake
Auditorium A or B
Call 1-877-597-6348 for reservation.

#3128 Community Yoga

This is a general class that focuses on postures, breathing, meditation, and relaxation. Taught by Colleen Brezine, CNM, Certified Yoga Trainer. Please bring a yoga mat, towel, and water. Cost: \$5 - \$10 donation suggested.

Wednesdays, 5 – 6 p.m.

Saturdays, 8 – 9 a.m.

ROUNDTABLE HEALTH TALK SERIES

UH St. John Medical Center
Building 2, Auditorium B
29000 Center Ridge Road, Westlake
RSVP required: 1-877-597-6348

#3129 Digestive Health – Get the Facts on Colon Cancer

Walk through the UH Digestive Health Institute Inflatable Colon and learn about colon cancer, colon cancer in our area, and treatments. Sravanthi Parasa, MD, Joseph Trunzo, MD, Shirley Jordan-Seay, PhD, and Maureen Trainee, RN will present and discuss different aspects of colon cancer. Chef John Ellis will demonstrate, discuss and prepare a healthy meal before the program begins. *Dinner provided by Rose Senior Living.*

Thursday, March 23 · 6 – 8 p.m.

Reservations Required: 877-597-6348

#3130 April is “Defeat Diabetes” Month

Are your blood sugars out of control? Have you heard of the following: Somogyi Effect, Dawn Phenomenon, Honeymooning, Sleeplessness, and Stress? Dr. Andrew Filiatraut and a panel of healthcare professionals will discuss how these all contribute to blood sugar control. *Dinner provided by O’Neill Healthcare.*

Thursday, April 27 · 6 – 8 p.m.

Reservations Required: 877-597-6348 Please call after 3/23/17.

#3131 Pain, Pressure, Tenderness, Fatigue.....Fibromyalgia

Fibromyalgia, a diagnosis just as misunderstood as the way you feel when describing the muscle and joint aches and pains, that appear one day and seem to wax and wane. A panel of healthcare professionals will discuss what Fibromyalgia is and how symptoms vary from person to person. *Dinner provided by Avon Oaks.*

Thursday, May 25 · 6 – 8 p.m.

Reservations Required: 877-597-6348 Please call after 4/27/17.

#3132 The Autism Spectrum, do you know what it is?

If you’ve met one child with Autism, you’ve met one child, with autism. Every child on the Autism Spectrum is different and unique. The CDC has identified that 1 in 68 American children falls on the Autism Spectrum. Dr. Robyn Strosaker from UH Rainbow Babies and Children’s Hospital and a panel of healthcare experts will teach you about this complex disorder. *Dinner provided by Westbay.*

Thursday, June 22 · 6 – 8 p.m.

Reservations Required: 877-597-6348 Please call after 5/25/17.



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IMPORTANT PHONE NUMBERS



UH St. John Medical Center 440-835-8000
Breast Health 440-827-5459
Cardiac/Pulmonary Rehabilitation 440-250-2042
Community Outreach 440-827-5440
Deaf Access - ASL Interpreter 216-370-7318 
Diabetes Education & Medical Nutrition 440-827-5341
Patient Liaison 440-827-5090
Physical/Occupational Rehabilitation 440-414-6050
Rainbow Babies & Children's at UH SJMC 440-617-4720
Speech & Audiology 440-835-6160

COMMUNITY ASSISTANCE INFORMATION

Just dial 2-1-1. This is a free and confidential information and referral line run by the United Way. Call 211 for help to find resources for healthcare and social services in your area. This information can include listings of local support groups, as well as resources for food, housing, employment, counseling, volunteer opportunities, etc.

Health Care Access

A program designed as a resource to access health care services for the uninsured. Referrals can be made by anyone including community agencies, churches, and physician offices. Contact 440-827-5250.

Low-Cost Immunizations

Offered by Cuyahoga County Board of Health
Located at UH SJMC Community Outreach,
29160 Center Ridge Road, Suite R, Westlake
By appointment only, call 216-201-2041
Fridays, 9 a.m. – 3:30 p.m.

Deaf Access Program (DAP)

DAP promotes and teaches deaf people self-advocacy skills to improve both access and quality of their health care. DAP provides an on-site deaf advocate and American Sign Language (ASL) interpreter to deaf and hard-of-hearing patients around the clock. This program teaches cultural and linguistic diversity among caregivers. For information V/VP 216-370-7318.

Concussion Management Program For Student Athletes

UH SJMC offers student-athletes the opportunity to establish balance and cognition baselines with free tests. Taking this step before an injury occurs creates an invaluable reference point for measuring injury impact, resulting in a faster and more successful rehabilitation, and provides objective information to help clinicians make safe return-to-play decisions. Call 440-414-6050 for more information.

Senior Supper Club

Anyone over the age of 60 years can apply for a "Senior Supper Club Card." Seniors can pick up a Senior Supper Club Card from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have their card they may come to the cafeteria at UH St. John Medical Center and receive a 40 percent discount on all food except bottled beverages and "Simply to Go" items. There is a \$10.00 limit per customer for the discount, after that the items are full price. For information call the North Olmsted Senior Center at 440-777-8100 or the Westlake Center for Community Services at 440-899-3544. Supper times are seven days a week from 4 – 7 p.m. Be sure to bring in your card.

Blood Donation

In partnership with LifeShare Community Blood Services, UH SJMC will host blood drives from 11 a.m.–3 p.m. at UH SJMC, Building 2, Auditorium B. For dates, information or other locations, visit www.lifeshare.cc or call 866-644-Life (5433).



The UH SJMC Community Outreach Team

The University Hospitals St. John Medical Center's Community Outreach program offers the community no-cost or low-cost preventive health care. This includes health screenings, educational health talks, wellness and support groups, childbirth education, and community events.

Additionally, we facilitate the, "*Age Well, Be Well*" program designed to encourage those individuals 55 years and older to stay active and socially engaged.

We hope you find this publication filled with timely health information.