



# University Hospitals

1-866-UH4-CARE (1-866-844-2273)  
UHhospitals.org

## AGE WELL. BE WELL. EVENTS DECEMBER, 2023

If you are not a member of the **AGE WELL. BE WELL.** Club and would like to join, please visit our website <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well> to register.

### UH Locations

#### AVON HEALTH CENTER

1997 Healthway Drive  
Avon, OH 44011  
440-988-6800

#### GEAUGA MEDICAL CENTER

13207 Ravenna Road  
Chardon, OH 44024  
440-285-6000

#### PORTAGE MEDICAL CENTER

6847 North Chestnut Street  
Ravenna, OH 44266  
330-297-0811

#### AHUJA MEDICAL CENTER

3999 Richmond Road  
Beachwood, OH 44122  
216-593-5500

#### GENEVA MEDICAL CENTER

870 West Main Street  
Geneva, OH 44041  
440-466-1141

#### RICHMOND MEDICAL OFFICE BUILDING

27155 Chardon Road  
Richmond Hts., OH 44143  
440-735-2559

#### BEDFORD MEDICAL OFFICE BUILDING

88 Center Road  
Bedford, OH 44146  
440-735-2559

#### LAKE WEST MEDICAL CENTER

36000 Euclid Avenue  
Willoughby, OH 44094  
440-553-8443

#### ST. JOHN MEDICAL CENTER, *A Catholic Hospital*

29000 Center Ridge Road  
Westlake, OH 44145  
440-835-8000

#### CONNEAUT MEDICAL CENTER

158 West Main Road  
Conneaut, OH 44030  
440-593-1131

#### TRIPOINT MEDICAL CENTER

7590 Auburn Road  
Painesville, OH 44077  
440-375-8100

#### SAMARITAN MEDICAL CENTER

1025 Center Street  
Ashland, OH 44805  
419-289-0491

#### ELYRIA MEDICAL CENTER

630 East River Street  
Elyria, OH 44035  
440-329-7500

#### PARMA MEDICAL CENTER

7007 Powers Boulevard  
Parma, OH 44129  
440-743-3000

If you no longer wish to receive the Age Well Be Well Calendar of Events, please email [Concierge@uhhospitals.org](mailto:Concierge@uhhospitals.org)

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING EVENTS**

**Thursday, December 7**  
10:30- 11:30 a.m.

**Warrensville Heights YMCA**  
44333 Northfield Road  
Warrensville Heights, OH 44128

**Thursday, December 7**  
12:30 - 1 p.m.

**Beachwood Senior Center**  
25325 Fairmount Blvd  
Beachwood, OH 44122

**Wednesday, December 13**  
10- 11 a.m.

**Solon Senior Center**  
35000 Portz Parkway  
Solon, OH 44139

**Tuesday, December 19**  
10 a.m. - 12 p.m.

**Mayfield Village Senior Center**  
6621 Wilson Mills Road  
Mayfield Village, OH 44139  
*\*\*Registration required\*\* Please call  
440-919-2332*

## SUPPORT GROUPS

### **STROKE SURVIVOR SUPPORT GROUP**

University Hospitals Rehabilitation offers a free support group for stroke survivors and their families or caregivers. This group, facilitated by rehabilitation specialists can assist in navigating life after a stroke.

**Second Tuesday of each Month**  
5 - 6 p.m.

**UH Rehabilitation Hospital**  
23333 Harvard Road  
Beachwood, OH 44122

### **BRAIN INJURY CAREGIVER SUPPORT GROUP**

University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support.

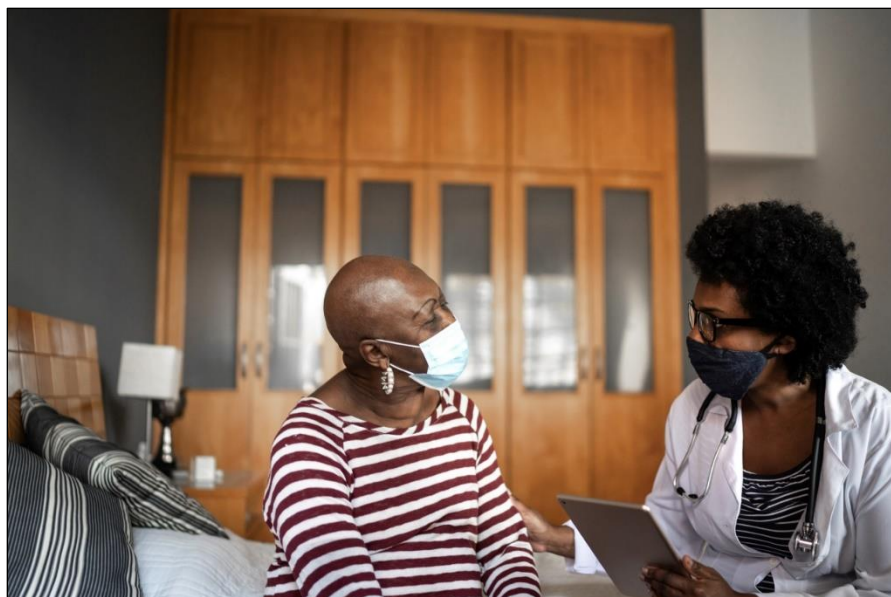
**Fourth Wednesday of each Month**  
5 – 6:00 p.m.

**University Hospitals Rehabilitation Hospital**  
23333 Harvard Road  
Beachwood, OH 44122

### **REGISTER TO BECOME A MEMBER TODAY**

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email [concerge@uhhospitals.org](mailto:concerge@uhhospitals.org) or visit the website to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>



## Avon Health Center

1997 Healthway Drive  
Avon, OH 44011

*These group exercise classes and events are free and open to members and non-members aged 15 and older.*

*Pre-registration is required for all activities. Please call 440-988-6801 or email*

*Renee.Barrett@uhs hospitals.org for information and to sign up.*

## COMMUNITY PROGRAMS

### **STRESS MANAGEMENT PRESENTATION**

Feeling stressed often, but not sure what to do about it? Let's talk! Join Fitness Specialist **Chloe Neely** for a presentation on stress management. This presentation will cover the following topics:

\*Define stress and learn how to recognize the signs and symptoms of stress.

\*How stress affects our body, and the positive benefits physical activity can provide in managing your stress levels.

\*Services offered at the fitness center that you can utilize to help reduce stress.

**Thursday, December 8**

11:30 a.m. -12:15p.m.

Q&A to follow

## EXERCISE & FITNESS

### **IRON YOGA**

Energetic yoga class incorporating breath, postures which flow from one to the other with the addition of light dumbbells. This class is for those with experience with yoga.

**Friday, December 1**

8 - 8:45 a.m.

### **CARDIO KICKBOXING**

The class will practice and break down basic kickboxing techniques that includes the jab, cross, front kick, side kick, and roundhouse instep kick incorporated into routines to promote and improve the cardiovascular system, and muscular endurance. Activities include kickboxing footwork, light dumbbells for punches, and shoulder stability, core, stability and flexibility training. The class is designed by a personal trainer and black belt in Karate and Jujitsu.

**Tuesday, December 5**

**Tuesday, December 19**

7- 7:55 p.m.

### **LES MILLS CORE**

LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

**Thursday, December 7**

7-7:30 a.m.

**Thursday, December 14**

5:15-5:45 p.m.

### **BEGINNER YOGA**

Class is designed for those new to yoga. It Is Ideal for beginning flexibility and breathing conditioning. The exercises are done on a mat (please bring your own). Standing and seated postures included.

**Saturday, December 9**

11 - 11:55 a.m.

### **BODY BALANCE**

Yoga-based class that also includes exercises from Pilates and Tai Chi. The workout is designed to center the body while lengthening and strengthening the muscles. Body Balance aims to strengthen the core, promote flexibility and focus the mind.

**Saturday, December 23**

10:30-11:25 a.m.

### **BEGINNER SPINNING**

Learn the proper way for bike set-up in this beginner level Spinning (Group Cycling) exercise class. Instructor will go through basic class formats, including hill and race training, and train teaching watts (power generated from your cycling).

**Saturday, December 30**

10:15 a.m.

### **RACE DAY (90 MINUTES)**

This advanced Spinning class is a 90 minute class where the instructor leads you through a road race course on a Spin bike, including hill training.

**Sunday, December 31**

11:00 a.m. -12:30 p.m.

### **BENEFITS OF YOGA**

The potential health benefits of yoga are numerous and include stress reduction, increased fitness, management of chronic health conditions and weight loss. While not a cure, yoga can help some health conditions when combined with standard treatment, or can be an enjoyable supplement to a regular fitness routine.

## COMMUNITY PROGRAMS

### **WALKING CLUB**

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

**Thursdays, December 7, 14, 21**

9:30 - 10:30 a.m.

*Weather permitting*

**Ellenwood Center**

**Willard Pavilion**

124 Ellenwood Avenue

Bedford, OH 44146

Call **440-735-2559** to register

### **THE NEW UH COMMUNITY WELLNESS CENTER**

**UH Wellness Center at Bedford**

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

Our community-based wellness center, located in Bedford, will offer a wide range of programs and services that have been tailored to meet the specific needs of the community, including:

#### **Preventive Services:**

- Health education classes
- Health screenings
- Community programming

#### **Enhanced Access to Care:**

- Telehealth services
- Community health worker on site

#### **Healthy Food:**

- Teaching Kitchen

#### **HOURS OF SERVICE:**

**Monday: 9 a.m. - 6 p.m.**

**Wednesday: 9 a.m. - 7 p.m.**

**Friday: 9 a.m. - 5 p.m.**

**Saturday (1st Saturday of each month): 9 a.m. - 1 p.m.**

*For more information or to schedule an appointment, call 440-735-4270, visit [UHhospitals.org/Bedford](http://UHhospitals.org/Bedford)*

### **UH COMMUNITY WELLNESS CENTER PROGRAMS FOR THE FIRST SATURDAY OF THE MONTH**

#### **BIOMETRIC SCREENINGS**

Free health screenings including blood pressure, non-fasting blood sugar, and non-fasting cholesterol.

**Saturday, December 2**

10:00 am-1 p.m.

#### **PHE'BE FOUNDATION FINANCIAL LITERACY**

Come make withdrawals from the ATM! "ALL Things Money" Is a financial coaching model for households seeking additional training and coaching for asset attainment and wealth building.

**Saturday, December 2**

10am-11:30 am

#### **THE VOLT FITNESS CHARG'D UP CLASS**

Philly Weeden's Charg'd Up cardio class is a high-energy, high Intense class with music that keeps you moving.

**Saturday, December 2**

12p-1 pm

*For more information or to schedule an appointment, call 440-735-4270, visit [UHhospitals.org/Bedford](http://UHhospitals.org/Bedford)*

#### **FOOT SCREENINGS**

Free foot screenings from UH podiatrist, Dr. Megan Oltmann and her team. Get your feet checked for any problems with: nerves and blood flow, signs of damage or injury, or changes in shape.

**Saturday, December 2**

9 a.m.-12 p.m.

### **HEALTHY FOOD MEANS HEALTHY FEET**

Join Registered Dietitian/ Nutritionist Bailey Gordon for nutrition education specifically tailored to keeping your feet healthy.

**Saturday, December 2**

11 a.m.-12 p.m.

#### HEALTH SCREENINGS

#### **BLOOD PRESSURE SCREENINGS**

**Wednesday, December 6**

10:30 a.m. - 1:00 p.m.

**Bedford Heights Community Center**

5615 Perkins Road

Bedford Heights OH 44146

*(Bedford Heights 60+ community members only)*

**Wednesday, December 13**

11:00 a.m. - 1:00 p.m.

**Ellenwood Recreation Center**

124 Ellenwood Avenue

Bedford, OH 44146

**Thursday, December 14**

10:45 a.m. - 12:30 p.m.

**Maple Hts. Senior Center**

15901 Libby Road

Maple Heights, Ohio 44137

## COMMUNITY PROGRAMS

### **UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY**

**Monday - Friday**

9 a.m. – 5:30 p.m.

Provides retail pharmacy services for outpatient prescriptions. *If you are interested in filling your prescription at this location, call 440-361-6111 for information.*

### **MEDICATION THERAPY MANAGEMENT CLINIC**

This pharmacist-led clinic offers medication education and management for the following diseases: Diabetes, Hypertension, Heart Failure, Dyslipidemia, Asthma, COPD, Tobacco Cessation, and Anticoagulation. If you are interested in taking better control of your health and would like to participate in this service, a referral from a physician is required.

**Monday – Friday**

8 a.m. – 4:30 p.m.

### **UH Geneva Outpatient Pharmacy**

870 West Main Street

Geneva, OH 44041

*Call 440-415-9548 Rachel Norris, Pharmacist, for more information.*

### **SLEEP MEDICINE**

Detailed sleep studies are conducted by an experienced team of UH sleep medicine specialists and technicians to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleep walking/night terrors), Pediatric and Adult Sleep Studies, Pulmonary related sleep issues, Excessive Snoring, and Insomnia.

### **University Hospitals - Center for Advanced Sleep Medicine**

810-A West Main Street

Geneva, OH 44041

*Schedule a sleep consultation by calling 440-415-0153*

## HEALTH SCREENINGS

### **FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)**

For more information, call Lori Ann Slimmer, RN, M.Ed., CDCES @ 440-593-0373.

### **FREE WALK-IN BLOOD PRESSURE SCREENINGS**

**Monday – Friday**

9 a.m. - 9 p.m.

**Saturday - Sunday**

9 a.m. - 5 p.m.

### **Urgent Care**

#### **UH Ashtabula Health Center**

3315 N. Ridge Road, E

Suite 700A

Ashtabula, OH 44004

*Call 440-992-0759 for information*



## HEALTH EDUCATION

### **DIABETES EDUCATION**

Individualized education, focus areas include: self-monitoring of blood glucose, medication management, meal planning, and prevention of complications.

*Call 440-593-0373 Lori Slimmer, RN, M.Ed., CDCES for information.*

## SUPPORT GROUPS

### **BETTER BREATHERS CLUB**

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group.

**Wednesday, November 1**

*(First Wednesday of every month)*

4 – 5:30 p.m.

#### **UH Geneva Medical Center**

1<sup>st</sup> Floor Pulmonary Rehab Dept.

870 West Main Street

Geneva, OH 44041

*Call 440-415-0243 for information*

### **REGISTER TO BECOME A MEMBER TODAY**

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email [concierge@uhhospitals.org](mailto:concierge@uhhospitals.org) or visit the website to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

## COMMUNITY PROGRAMS

### **Monday through Thursday**

(Late afternoon and evenings on Tuesdays and Wednesdays)

Call **440-284-5709**

### **DIABETES EDUCATION**

Comprehensive individualized education on blood glucose monitoring, medication management, nutrition and preventing complications. A physician referral is required. Check your insurance to verify coverage.

Call Sara Deal MS, RDN, CNSC, LD at **440-284-5709** for information

## HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-827-5440**. Closed on all holidays or in inclement weather.

### **BLOOD PRESSURE SCREENING**

**Tuesday, December 19**

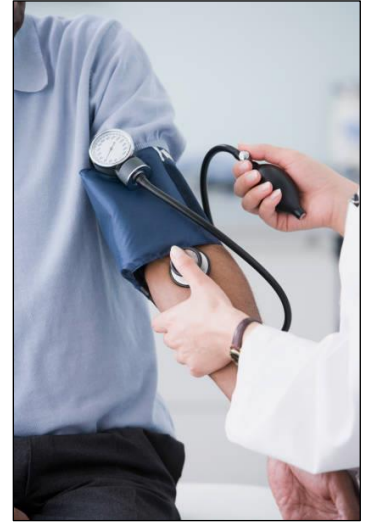
12:30 – 2 p.m.

**Avon Lake Senior Center**

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012



## COMMUNITY PROGRAMS

Call **440-214-3180** to register

### **LUNCH AND A MOVIE**

Due to very limited space, and to ensure a fun experience for all, registration is required.

**Thursday, December 7**

12 - 2:30 p.m.

### **West Geauga Senior Center**

8090 Cedar Road  
Chesterland, OH 44026

### **SELF-CARE DURING THE HOLIDAYS**

The holiday season is filled with excitement, planning and taking care of others. It is essential to engage in self-care activities, such as exercise and mental health. Please join us and learn simple ways to feel less stressed during the holidays.

**Tuesday, December 5**

1 - 2 p.m.

### **West Farmington Senior Center**

150 College Street  
West Farmington, OH 44491

**Friday, December 8**

12 - 1 p.m.

### **West Geauga Senior Center**

8090 Cedar Road  
Chesterland, OH 44026

### **HEALTHY LIVING BINGO**

**Tuesday, December 19**

11 a.m.-12 p.m.

### **Middlefield Senior Center**

15820 Ridgewood Drive  
Middlefield, OH 44062

## **ELDERBERRIES PROGRAM**

Join Geauga Park District for a fun and fact-filled presentation of the American's hoe stretch of The Space Race! UH Resource table provided with health education information, upcoming programs & Blood Pressure screenings provided.

*A collaboration with the Geauga County Department on Aging and Geauga Park District*

*Registration required. , Call **440-214-3180** to register*

**Thursday, December 14**

1 - 2 p.m.

*Refreshments provided*

### **The West Woods**

9465 Kinsman Road  
Novelty, OH 44072

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, December 4**

8:30 - 10 a.m.

### **West Farmington Senior Center**

150 College Street  
West Farmington OH 44491

**Monday, December 18**

10 a.m. - 12 p.m.

### **Gauga YMCA**

12460 Bass Lake Road  
Chardon, OH 44024

### **BETTER BREATHERS CLUB**

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group.

*Second Tuesday of the month*

**Tuesday, December 12**

2 p.m.

### **UH Geauga Medical Center**

Seidman Conference Center  
13207 Ravenna Road  
Chardon, OH 44024  
*Call **440-285-6355** for information*

## EXERCISE & FITNESS

### **WALKING FOR WELLNESS**

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals (*In collaboration with Geauga Dept. on Aging*)

**Wednesdays | 1 p.m.**

**December 6**

**Headwaters Park (Route 322 entrance)**

15055 Mayfield Road  
Huntsburg, OH 44046

**December 13**

**Maple Highlands Trail (Eagles Park Trail Head)**

312 Park Avenue  
Chardon, OH 44024

**December 20**

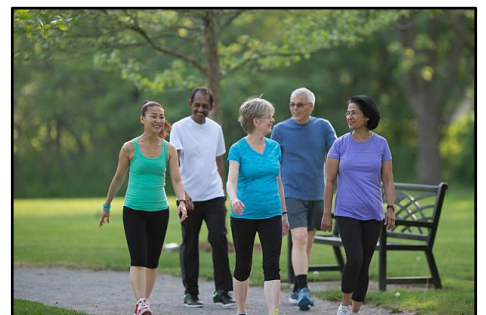
**Big Creek Park (Deep Woods Lodge)**

9160 Robinson Road  
Chardon, OH 44024

**December 27**

**Swine Creek Reservation**

16004 Hayes Road  
Middlefield, OH 44026



## **FIGHTING AGAINST PARKINSON'S**

Non-contact Boxing & Fitness Class. Class is for seniors diagnosed with Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms through a variety of exercises and core conditioning. *Cost \$45*

**Mondays, December 4, 11, 18**

**Wednesdays, December 6, 13, 20, 27**

**Fridays, December 1, 8, 15, 22, 29**

**Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

Call **440-279-2137** for Information

## **SUPPORT GROUPS**

### **STROKE SUPPORT GROUP**

**Monday, December 4**

6 p.m.

**Outpatient Rehab Services at YMCA**

12460 Bass Lake Road

Chardon, OH 44024

Call **440-214-3101** for information

### **DIABETES SUPPORT GROUP: HOLIDAY CELEBRATION**

**Tuesday, December 19**

2 -3 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

Call **440-279-2137** for information

## **LIVING WITH LYMPHEDEMA**

**Wednesday, December 20**

6-7 p.m.

**Concord Health Center**

Community Room

7500 Auburn Road

Concord, OH 44077

Call **440-214-3100** for information

## **SENIOR ASSESSMENTS**

Memory Loss and Aging – When to seek help?

**UH Geauga Medical Center**

Norma N. Chapman Senior

Assessment Program

13207 Ravenna Road

Chardon, OH 44024

Call **440-285-6408** to schedule an Assessment

## **RISK ASSESSMENTS**

Call Wellness Coordinator at 440-214-3330

## **DIABETES SELF-MANAGEMENT CLINIC**

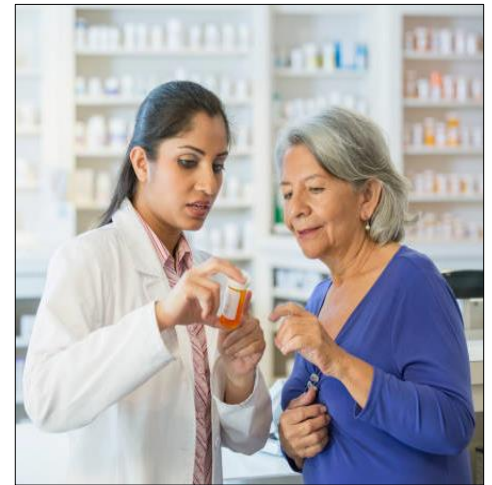
For newly diagnosed or for anyone just looking for additional information on how to live well with diabetes. Call Diabetes Educator at **440-214-8233**

## **MEDICATION MANAGEMENT CLINIC**

This clinic is staffed by pharmacists who are highly trained experts in the following areas: Diabetes, high blood pressure, high cholesterol, heart failure and smoking cessation.

Pharmacists will help you organize your medications, answer questions about your health condition or medications.

Call **440-214-3122** for information



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## **REGISTER TO BECOME A MEMBER TODAY**

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email [concierqe@uhsospitals.org](mailto:concierqe@uhsospitals.org) or visit the website to register. <https://www.uhsospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>



## COMMUNITY PROGRAMS

### **NUTRITIONAL REVERSAL OF CARDIOVASCULAR DISEASE: FACT OR FICTION LUNCH & LEARN**

Enjoy a lunch and learn about the role of nutrition in the prevention of heart disease. Q&A will take place following this live streamed presentation. Guest speaker; Caldwell B. Esselstyn, Jr., MD, Director of Cardiovascular Prevention & Reversal Program. *Please call by November 30th to register: 440-313-2030.*

**Friday, December 1**

11:30 a.m. – 1:00 p.m.

**Tripoint Medical Center  
Lubrizol Conference Room** (*enter through the Physician's Pavilion*)  
7590 Auburn Road  
Painesville, OH 44077

### **THE MIRACLE ON ERIE STREET**

Join us for health education and prizes at the Miracle on Erie Street 5K Run and Walk, which kicks off during Willoughby's Christmas holiday weekend thanks to The Erie Street Miracles, a family fun run charitable organization that spreads Christmas cheer by making hundreds of Christmases possible for this In need. The race starts and ends In Downtown Willoughby, freshly decorated from the holiday tree lighting ceremony. The course is mostly flat and winds through some of Willoughby's oldest neighborhoods. Each run / walk participant gets 2 tickets to use at the local restaurants. To learn more, visit [www.eriestreetmiracles.com](http://www.eriestreetmiracles.com)

**Saturday, December 2**

11 a.m. – 1 p.m.

**Downtown Willoughby**  
City Hall Parking lot  
1 E Spaulding Street  
Willoughby, OH 44094

### **CONCORD HOLIDAY LUNCHEON**

Take advantage of free blood pressure screenings and education to help you reach your wellness goals. Enjoy a holiday meal catered by Reserve House! Registration by November 29<sup>th</sup> is required to attend, to register and learn more call 440-639-4651.

**Wednesday, December 6**

1:00 p.m. – 2:30 p.m.  
**Concord Township Community Center**  
7671 Auburn Road  
Concord Township, OH 44077

### **JINGLE & MINGLE CRAFT FAIR & HEALTH SCREENINGS**

University Hospitals is partnering with the Alzheimer's Association for a fun filled event that will include health screenings (cholesterol, glucose, blood pressure) as well as 50/50 & basket raffles, ugly sweater contest, hot cocoa bar, photos with Santa, and more! The event will be held in the Lubrizol Conference rooms, enter easily through the Physician Pavilion. Health Screenings and entry is free, any proceeds from the raffles will benefit our local Alzheimer's Association Walk to End Alzheimer's.

**Saturday, December 9<sup>th</sup>**

10:00 a.m. – 2:00 p.m.  
**University Hospitals Tripoint Hospital**  
7580 Auburn Road  
Concord Township, OH 44077

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING EVENTS**

No appointment necessary! UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

**Saturday, December 2**

9 a.m. – 12 p.m.

**Tripoint Medical Center**

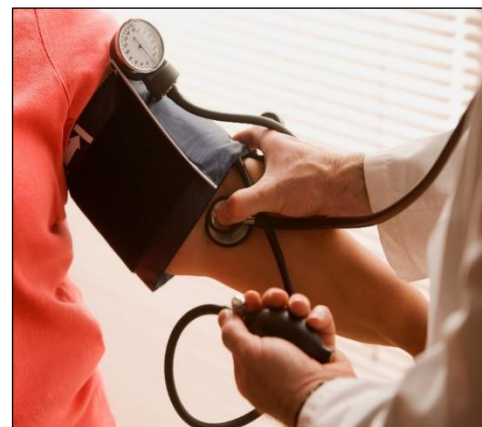
7590 Auburn Road  
Painesville, OH 44077

**Saturday, December 12**

9 a.m. – 12 p.m.

**Lake West Medical Center**

36000 Euclid Avenue  
Willoughby, OH 44094  
*Call 440-313-2030 for information*



**SUPPORT GROUP**

**BREAST CANCER SUPPORT GROUP**

Open to all patients with breast cancer or who are recovering from breast cancer. Meetings will be held in person. Call **440-375-8121** to register or for information

[Melissa.Loop@UHhospitals.org](mailto:Melissa.Loop@UHhospitals.org)

Wednesday, December 20  
6 – 7 p.m.

**UH Mentor Health Center**

Main Lobby (The entrance with the large flagpole.)  
9485 Mentor Avenue  
Mentor, OH 44060

**STROKE SUPPORT GROUP**

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. Join us for our FREE, family friendly, all-inclusive stroke support group. All ages are welcome. **Benefits of Joining include:** Educational topics, guest support through your journey, cooking demonstrations, helpful tips, connection with others, speakers, music therapy, fun contests.

Call **440-759-5114** to register or for information

[Alecia.Crognale@UHhospitals.org](mailto:Alecia.Crognale@UHhospitals.org) |

Wednesday, December 6  
6 – 8 p.m.

**UH Brunner Sanden Dietrick**

**Wellness Center** (Conf. Room A)  
8655 Market Street  
Mentor, OH 44060

**Our Mission**  
*To Heal. To Teach.  
To Discover.*



## COMMUNITY PROGRAMS

### **DIABETES AND NUTRITIONAL COUNSELING**

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This program is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage.

Call 877-229-8727 for more information

### **BLOOD DRIVE**

Please consider donating... there is a national blood shortage. Save a life today! The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime. Thank you for supporting the American Red Cross blood program!

[Click here](#) to register.

**Friday, December 19**

11 a.m. – 5 p.m.

**UH Parma Medical Center**

7007 Powers Boulevard  
Parma, OH 44129

### **PARMA WOUND CARE CENTER**

The University Hospital Parma Wound Care Center is ready to follow up with your wound care. Our goal is same or next day appointments! The Parma Wound Center has Podiatric, Vascular, and Plastic Surgeons, as well as Infectious Disease and Family Medicine providers. Please reach out with any questions or concerns!

Jessica Bustillos, Program Director  
(567) 284-1663

### **UH Parma Medical Center**

Medical Arts Building 2  
6707 Powers Boulevard  
Parma, OH 44129

### **ORTHOPEDIC SERVICES AND SURGERY AT UNIVERSITY HOSPITALS PARMA MEDICAL CENTER**

At UH Parma Medical Center in Parma, our surgeons provide the most advanced orthopedic surgical care in the region. Our experienced team of orthopedic surgeons offers comprehensive, specialized services for a range of bone and joint conditions providing one-stop shopping for all your orthopedic needs.

Click on the web address to read more <https://www.uhhospitals.org/locations/uh-parma-medical-center/services/orthopedics>

### **PROMOTING WELLNESS WITH SLEEP HEALTH**

Learn about sleep health & sleep as a pillar of wellness. Learn how daily routines can hinder or promote sleep and importance of managing stress to improve quality of sleep.

[Click here](#) to open the presentation.

Must have Zoom to view this.

PASSCODE: eRW6TXJw

### **SLEEP SERVICES AT UH PARMA MEDICAL CENTER**

We offer in person and virtual visits.

[Click here](#) for more information about University Hospital's Sleep lab or to find a sleep lab near you.

To schedule an appointment call 216-844-7378



### **UH PARMA MEDICAL CENTER'S COMMUNITY CARE CLINIC**

Walk-ins welcome, Urgent Care and scheduled appointments. 6707 Powers Boulevard, Parma  
Call 440-743-8520 for information on days and times.

## HEALTH SCREENINGS

### **COMMUNITY BLOOD PRESSURE SCREENINGS**

Free Blood Pressure Screenings at these locations (walk in).

*Call 440-743-4932 for information*

#### **Tuesday, December 5**

10 a.m. - 12 p.m.

#### **Cuyahoga County Public Library**

Parma Snow Road Branch  
2121 Snow Road  
Parma, OH 44134

#### **Wednesday, December 6**

11 a.m. - 12:30 p.m.

**(Glucose Screening Included)**

#### **UH Parma Health Education Ctr.**

7300 State Road  
Parma, OH 44134

#### **Wednesday, December 6**

9 - 10:30 a.m.

#### **North Royalton Office on Aging**

13500 Ridge Road  
North Royalton, OH 44133

#### **Friday, December 8**

10-11:30 a.m.

#### **Donna Smallwood Activity Center**

7010 Powers Boulevard  
Parma, OH 44129

#### **Friday, December 8**

10 a.m. - 11:30 a.m.

#### **Independence Senior Center**

6363 Selig Driv  
Independence, OH 44131

#### **Tuesday, December 12**

8:30 - 10 a.m.

#### **Broadview Hts. Senior Center**

9543 Broadview Road  
Broadview Hts., OH 44147

#### **Wednesday, December 13**

8 - 9:30 a.m.

#### **Seven Hills Recreation Center**

7777 Summit View Driv  
Seven Hills, OH 44131

#### **Thursday, December 14**

9:30 - 11 a.m.

#### **Brooklyn Senior Center**

7727 Memphis Avenue  
Brooklyn, OH 44144

#### **Tuesday, December 19**

9 - 10:30 a.m.

#### **North Royalton Y.M.C.A.**

11409 State Road  
North Royalton, OH 44133

### **NON-FASTING CHOLESTEROL SCREENING**

NON-FASTING - **FREE**. Includes total cholesterol, LDL and blood glucose

#### **Wednesday, December 13**

9 - 11 a.m.

**Appointment required**

*Call 440-743-4932 to register.*



## EXERCISE & FITNESS

### **PARKINSON'S DISEASE EXERCISE CLASS - DELAY THE DISEASE**

For those diagnosed with Parkinson's with their spouse; support person or caregiver. Learn simple exercises that can help make daily life easier and also improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program.

#### **Wednesdays, December 6, 13, 20, 27**

12:30 - 2 p.m.

#### **UH Parma Health Education Ctr.**

7300 State Road  
Parma, OH 44134

*Call 440-743-4932 for information*

## SUPPORT GROUPS

#### **UH Parma Health Education Ctr.**

7300 State Road  
Parma, OH 44134

*Call 440-743-4932 for information*

### **STROKE & ARTHRITIS SUPPORT GROUP**

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month. *For more information and / or question, call 440-743-4127*

#### **Monday, December 11**

12:30 - 2 p.m.

### **PARKINSON'S DISEASE**

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month.

#### **Tuesday, December 12**

1 - 2:30 p.m.

# SELF CARE DURING THE HOLIDAYS

## Holidays Tips

- Don't over-commit yourself
- Let go of unrealistic expectations
- Exercise
- Enjoy nature
- Limit alcohol
- Avoid isolation
- Listen to music or audiobook
- Maintain healthy eating habits
- Love on a pet
- Limit social media
- Meditate
- Seek support if needed



## COMMUNITY PROGRAMS

### **RED CROSS BLOOD DRIVE**

**Monday, December 18**

11 a.m. – 5 p.m.

**UH Portage Medical Arts Building,  
Atrium**

Ravenna, Ohio 44266

To make an appointment, visit

RedCrossBlood.org or scan QR code:



### **SAIL FALLS PREVENTION CLASS**

**SAIL – Stay Active & Independent for Life**

A new class that is an evidence based falls prevention program to build strength, balance & flexibility. It will be offered at two locations:

#### **Streetsboro Senior Center**

9307 State Route 43

Streetsboro, OH 44241

INFO/RSVP: 330-626-2398

#### **Portage County Senior Center**

705 Oakwood Street,

Ravenna, OH 44266

INFO/RSVP: 330-297-3456

### **AMPUTEE WALKING CLINIC**

**Thursday, December 7**

3 - 5 p.m.

**UH Portage Medical Arts Building,**

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

### **OUTPATIENT NUTRITION COUNSELING**

With extensive nutrition experience throughout each person's life cycle, David Yakunich, MS, RDN, LD offers individual outpatient nutrition counseling to help improve your health and wellbeing. A physician referral is required prior to your visit. *Call 216-844-1499 to schedule*

**UH Portage Medical Center –  
Portage Professional Center Suite #200**

Portage Professional Center

6847 North Chestnut Street

Ravenna, OH 44266

### **VIRTUAL SMOKING CESSATION CLASSES**

*Call 330-297-2576 for information*

### **GUT HEALTH LUNCH & LEARN**

Join Gastroenterologist, Dr. Zachary Kwasnicka for a complimentary lunch and learn more about gut health and screening recommendations. Free blood pressure screenings will also be available. *Pre-registration is required by 12/15. Call 330-297-2576 to register*

**Wednesday, December 13**

11:30 a.m. – 1 p.m.

**UH Portage Medical Arts Bldg.  
Room 150**

6847 N. Chestnut Street

Ravenna, OH 44266



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## **REGISTER TO BECOME A MEMBER TODAY**

*If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email [concierge@uhhospitals.org](mailto:concierge@uhhospitals.org) or visit the website to register. <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>*

# UH Portage Medical Center, (con't).

## **PHARMACY LUNCH & LEARN: OVER-THE-COUNTER PAIN MEDICATION MANAGEMENT**

Join the UH Portage Pharmacy team for a free lunch and learn about the management of OTC Pain Medication and the different options. Topical analgesics will also be explored and blood pressure screenings will be provided.

**Pre-registration is required by 12/15.**

Call 330-297-2576 to register

**Tuesday, December 19**

11:30 a.m. – 1 p.m.

**UH Portage Medical Arts Bldg.  
Room 150**

6847 N. Chestnut Street  
Ravenna, OH 44266



## **SUPPORT GROUPS**

Call 330-297-2576 for Information

**BEYOND STROKE SUPPORT  
GROUP** (Virtual quarterly meetings)

**DIABETES SUPPORT GROUP**

**Tuesday, December 5**

4 - 5 p.m.

**UH Portage Medical Arts Building**

Room 150  
6847 N. Chestnut Street  
Ravenna, OH 44266

**PARKINSON'S SUPPORT  
GROUP**

**Tuesday, December 19**

2 - 4 p.m.

**UH Portage Medical Arts Building**

Room 150  
6847 N. Chestnut Street  
Ravenna, OH 44266

**SUPPORT FOR GRIEVING  
ADULTS**

**The Grief Place**

INFO: [www.thegriefcareplace.org](http://www.thegriefcareplace.org)  
330-686-1750

**Kelly's Grief Center**

INFO: [www.kellysgriefcenter.com](http://www.kellysgriefcenter.com)  
Call 330-593-5959 for Information

**WOMEN'S HEALTH  
FREE MAMMOGRAMS**

For underinsured or uninsured women.

UH Portage Medical Center  
6847 North Chestnut Street  
Ravenna, Ohio 44266

Call 330-297-2338 to see if you qualify for this screening.

To schedule an appointment with a breast surgeon, call UH 4 Care: (844)763-3298

To schedule a medical oncology appointment, call (216)844-3951 and press option 1

To reach the UH Patient Navigator at UH Portage Medical Center call (330)297-2873

Find a Primary Care Provider or Specialist online at <https://www.uhhospitals.org/doctors> or call (877) 251-0176

For COVID-19 information, testing and vaccine sites, visit <https://UHHospitals.org/healthcare-update> or call (216) 273-3218

UH Virtual Events and Health Talks <https://www.uhhospitals.org/Health-Talks>



## COMMUNITY PROGRAMS

### **WALKING CLUB**

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

**Tuesdays, December 5, 12, 19**  
12 – 1 p.m.

*Weather permitting*

**Richmond Heights City Hall**  
26789 Highland Road  
Richmond Heights, OH 44143  
Call **440-735-2559** to register

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Monday, December 11**  
10:30 a.m. - 12:30 p.m.

**Kiwanis Lodge Community Center**  
27285 Highland Road  
Richmond Heights, OH 44143

### **RISK ASSESSMENT AND SCREENING**

UH Richmond Outpatient Campus offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Recommendations are made for scheduling the recommended testing.

**Tuesday, December 12**  
10 – 11:30 a.m.

**UH Richmond Medical Office Building**  
27155 Chardon Road Suite 106  
Richmond Heights, OH 44143

*Call 440-735-2559 to schedule an appointment*





## COMMUNITY PROGRAMS

### **AMERICAN HEART ASSOC. BASIC LIFE SUPPORT CPR TRAINING FOR THE COMMUNITY**

**Wednesday, December 20**  
2-4 p.m.

### **UH Samaritan Medical Center Auditorium**

663 East Main Street  
Ashland, OH 44805

*Call 419-207-7856 to register  
Class limited to 10*

### **AMERICAN HEART ASSOC. HEARTSAVER CPR TRAINING FOR THE COMMUNITY**

**Thursday, December 14**  
2- 4 p.m.

### **UH Samaritan Medical Center Auditorium**

663 East Main Street  
Ashland, OH 44805

*Call 419-207-7856 to register  
Class limited to 10*



## **RED CROSS BLOOD DRIVE**

**Friday, December 1**  
12 – 6 p.m.

**Thursday, December 21**  
9 a.m. – 3 p.m.

### **UH Samaritan Medical Center Auditorium**

663 East Main Street  
Ashland, OH 44805

## **SMOKING CESSATION**

One on one consultations available.  
*Call Amanda at 419-207-2306 for  
information.*

## HEALTH SCREENINGS

### **BIOMETRIC SCREENINGS**

**Wednesday, December 13**  
9 – 10:30 a.m.

### **Ashland YMCA**

#### ***First Floor Conference Room***

207 Miller Street  
Ashland, OH 44805

## EXERCISE & FITNESS

### **S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)**

Walking support group for COPD  
patients  
**Tuesdays and Thursdays**  
10 a.m.

### **The Keith Field House**

Ashland High School  
Ashland, OH 44805

### **ASHLAND HEART TROTTERS WALKING CLUB**

Walking support group for  
cardiac/pulmonary rehab patients  
**Monday, Wednesday, Friday**  
11:30 a.m.-12:00 p.m.

### **Freer Field**

Ashland, Ohio 44805

Subject to cancellation for inclement  
weather

*Call 419-207-2453 for Information*



## COMMUNITY PROGRAMS

For more information about our programs, contact the Outreach Department at **UH St. John Medical Center at 440-827-5440**.

No screenings offered on holidays. Screenings may be canceled on days with inclement weather

## **AMERICAN HEART ASSOC. HEARTSAVER CPR/AED**

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided. *This is a free class, but you must register at [www.uhems.org](http://www.uhems.org). Call 216-849-5013*

## **SENIOR SUPPER CLUB**

Men and women over the age 60 may apply for a Supper Club card. Seniors can pick up their card up from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have the 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, specialty snacks and “Simply to Go” items. There is a \$10 limit per customer for the discount: after that, the items are full price.

## **EVERYDAY**

4 – 5:30 p.m.

*For more information, call North Olmsted Senior Center 440-777-8100 or Westlake Center for Community Services 440-899-3544. You must present your card to receive the discount.*



## **OUTPATIENT NUTRITION COUNSELING**

With extensive nutrition experience throughout each person's life cycle, Marge Robinson, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. A physician referral is required prior to visit.

**St. John Health Center**  
26908 Detroit Road, Suite 100  
Westlake, OH 44145  
Call **440-835-4426** to schedule

## **DIABETES EDUCATION CLASSES**

The Diabetes Education Program at UH St. John Medical Center is committed to empowering the community to gain the knowledge, skills and confidence to thrive with diabetes.

**Diabetes Self -Management Classes:** Day to day management of diabetes involves a lot of decision making: checking your blood sugar, knowing your diabetes numbers, taking medication, preventing complications, learning how to cope with chronic disease and staying motivated to make changes. We will also learn how to set goals to stay motivated.

Participants can choose what they would like to learn during class. **Nutrition for Diabetes Class:** We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

**Diabetes Educator Follow-up:** After attending the above classes, participants schedule a one on one appointment with their diabetes educator. Together they will collaborate to track goals and discuss individual needs that may not have been covered during the group class discussions. *For scheduling or questions regarding these classes or virtual options, call DeAna Lewis 440-827-5341*

**Individualized education sessions** available for more personalized support. If you would like a plan based on your unique needs and preferences for meal planning, physical activity and diabetes self-management then these classes are for you. A physician referral is required.

**UH St John Health Center**  
26908 Detroit Road, Suite 100  
Westlake, OH 44145

*For scheduling or questions, call 216-844-1768*

## **HEALTHY@UH PODCASTS**

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to <https://www.uhhospitals.org/healthy-at-UH> and have the opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser.

## EXERCISE & FITNESS

### **STROKE SURVIVORS EXERCISE PROGRAM**

There are many benefits to continuing regular physical exercise after a stroke. However, stroke survivors often face many challenges when attempting to find a place to exercise. University Hospitals Outpatient Rehab has created a program at the Westlake Community Center Exercise Room to help guide participants through their exercise program and answer questions. This program is intended for people who had a stroke and have graduated to outpatient rehabilitation and those who are looking for support while creating a regular exercise routine. People must be able to get off and on the machines independently or with help from a caregiver. We are asking each participant to discuss this with their physician and have a medical clearance form filled out. **There is a \$50 initiation fee and then an ongoing \$25 monthly fee to participate.**

**Tuesdays and Thursdays**  
3-4:30 p.m.

**Westlake Center for Community Services**  
28975 Hilliard Blvd  
Westlake OH 44145

*Please call UH SJMC Outpatient Rehab at **440-414-6050** with questions or to register for the program.*

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Monday, December 11**  
10:45-11:45 am

**Fairview Park Senior Center**  
20769 Lorain Road  
Fairview Park OH 44126

**Wednesday, December 13**  
9:00 – 10:30 a.m.

**Cove Community Center**  
12525 Lake Avenue (enter off Clifton)  
Lakewood, OH 44107

**Thursday, December 14**  
10:45 -11:45 am

**North Olmsted Senior Center**  
Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

**Thursday, December 28**  
11:30 a.m. -1 p.m.

**Westlake Center for Community Services**  
Community Meeting Room  
28975 Hilliard Blvd  
Westlake, OH 44145

### **AUDIOLOGY SCREENING**

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department. *Please call **440-835-6160**.*

### **BALANCE SCREENING**

*Call **440-414-6050** for an appointment. Space is limited*

## SUPPORT GROUPS

### **HOPE GROUP**

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

**Wednesday, December 6**  
5:30 – 7:30 p.m.

**UH St. John Medical Center**  
Community Outreach Department  
**Suite R**  
29160 Center Ridge Road  
Westlake, OH 44145

*Call **440-827-5440** for information*

### **REGISTER TO BECOME A MEMBER TODAY**

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email [concierge@uhhospitals.org](mailto:concierge@uhhospitals.org) or visit the website to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

# Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. In response to community requests, UH Rainbow is making it easier for Westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at area fire stations. ***The service is provided free-of-charge, at the following fire departments, but an appointment is required. Call 440-827-5440 to schedule (if not otherwise noted).***

## **Thursday, December 7**

1 – 4 p.m.

### **North Royalton Fire Station**

7000 Royalton Road

North Royalton, OH 44133

Email [Kathy Salvo](mailto:kshalvo@northroyalton.org) for scheduling

[kshalvo@northroyalton.org](mailto:kshalvo@northroyalton.org)

## **Thursday, December 21**

2 – 5 p.m.

### **Bay Village Fire Station**

28100 Wolf Road

Bay Village, OH 44140

## **Thursday, December 28**

2 – 5 p.m.

### **North Olmsted Fire Station**

24291 Lorain Avenue

North Olmsted, OH 44070

Call **440-827-5440** to schedule



## **To schedule at:**

**North Ridgeville Fire Station** located at 7000 Ranger Way, North Ridgeville, OH 44039

**Register:** <https://www.nridgeville.org/ChildSafetySeat.aspx> or call **440-327-5311**.