



University Hospitals

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

AGE WELL. BE WELL. EVENTS DECEMBER 2024

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
440-988-6801

ELYRIA MEDICAL CENTER

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

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

GEAUGA MEDICAL CENTER

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

RICHMOND MEDICAL OFFICE BUILDING

27100 Chardon Road Ste 100
Richmond Hts., OH 44143
440-735-2559

BEDFORD MEDICAL OFFICE BUILDING

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

GENEVA MEDICAL CENTER

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

ST. JOHN MEDICAL CENTER, *A Catholic Hospital*

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

BRUNNER SANDEN DEITRICK WELLNESS CENTER UH FITNESS CENTER IN MENTOR

8655 Market Street
Mentor, OH 44060
440-375-8777

LAKE WEST MEDICAL CENTER

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

SAMARITAN MEDICAL CENTER

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

CONNEAUT MEDICAL CENTER

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

PARMA MEDICAL CENTER

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

TRIPOINT MEDICAL CENTER

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

If you no longer wish to receive the Age Well Be Well Calendar of Events, please email Concierge@uhhospitals.org

FIVE WINTER REMINDERS

- 01 WINTERIZE YOUR VEHICLE**
 - Install winter Wipers
 - Keep washer Fluid Full
 - Service your vehicle regularly
 - Keep gas tank at least half full
 - Mount winter tires
 - Pack a winter safety kit
- 02 STAY HEALTHY**
 - Perform Hand Hygiene
 - Wear proper PPE
 - Monitor your symptoms
 - Get Vaccinated
 - Maintain social distancing
- 03 STAY SAFE**
 - Always be alert and aware when entering your vehicle
 - Avoid walking in dark, deserted places-- do not take short cuts
 - Walk in the center of sidewalks, away from buildings, and around groups of people
 - Do not sacrifice your safety, acknowledge that some risks are too great to take
 - Leave the patient's home if you feel unsafe for any reason
- 04 PROTECT YOUR EQUIPMENT**
 - Keep all electronic devices at room temperature
 - Do not store in extreme temperatures
 - Clean equipment after every use
 - Only clean electronic devices when powered off
- 05 PILLARS OF WELL BEING**
 - Connect
 - Move
 - Nourish
 - Prevent
 - Refresh

HEALTH SCREENINGS

BIOMETRIC SCREENING EVENTS

Ahuja Medical Center will be providing **FREE** health screenings including blood pressure, non-fasting blood sugar, and non-fasting cholesterol.

Thursday, November 14

11 a.m. -2 p.m.

Twinsburg Wellness Fair

Arbor Glen Apartments

2639 Arbor Glen Dr.

Twinsburg, OH 44087

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing **FREE** blood pressure screenings.

Wednesday, December 11

10 – 11 a.m.

Solon Senior Center

35000 Portz Parkway

Solon, Ohio 44139

Thursday, December 19

10 - 11 a.m.

Warrensville Heights YMCA

4433 Northfield Road

Warrensville Heights, Ohio 44128

Thursday, December 19

11:45 a.m. - 12:15 p.m.

Beachwood Senior Center

25325 Fairmount Blvd

Beachwood, Ohio 44122

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

1-2 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.

ZOOM MEETING

Fourth Wednesday of each Month

12 p.m.

Join Zoom Meeting

<https://us05web.zoom.us/j/81394268001?pwd=Aluh4o7gZKK9q0whrLnn9u8y9PpLOD.1>

Meeting ID: 813 9426 8001

Passcode: 5uzg9K



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@uhhospitals.org for information and to sign up.

EXERCISE & FITNESS

RACE DAY

This advanced 90-minute Spin class simulates a road-race course full of hills, sprints, and more as the instructor leads you through this class set to music.

Sunday, December 1

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

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 6

8 - 8:45 a.m. (Studio 2)

BOSU SPECIALTY WORKSHOP

Learn how to improve your stability and strengthen your core. You will complete various exercises that challenge and improve your leg, abdominal, arm, and glute strength. Challenge your fitness ability by using the BOSU (half ball) to improve your functional training and strength.

Saturday, December 28

8 - 8:55 a.m.

CARDIO KICKBOXING

Class includes basic kickboxing techniques, including jabs, crosses, front kicks, sidekicks, and roundhouse kicks. Designed by a black belt in Karate and Jujitsu, the class is suitable for anyone aged 15 and up, with modifications for various fitness levels.

Thursday, December 19

6:15-7:00p.m.

BEGINNER CYCLING

Learn the proper way for bike set-up in this beginner level stationary 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 28

10:15 -11 a.m.

AQUA PILATES

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.

Monday, December 9

10 - 10:55 a.m.



WALL PILATES

Wall Pilates is a variation of the traditional Pilates only using a wall for resistance. This innovative approach helps to focus on alignment, balance, and core strength. You can use your feet, arms, back, or side to press against the wall while doing exercises. Participants are encouraged to bring their own mats, but we also have extras should you not own one.

Participants should be aware that both standing, lying, and sitting poses will be done.

Saturday, December 7

10:45-11:30a.m.

HAVIN' A BALL

Stability balls are a fun addition to any fitness program. Stability balls improve flexibility, strength the core (abdominals and back muscles), and improve balance. Join In this fun workout with this versatile piece of equipment.

Saturday, December 21

8:00-8:45 a.m.

FOAM ROLLER WORKSHOP

Join Ana Endo, Certified Yoga Teacher, as she helps you discover why foam rolling is good for you and the best ways to use one.

Benefits include:

- Injury prevention and enhanced performance
- Reduction of muscle soreness
- Improved posture and flexibility

Workshop Cost: \$10 for members \$20 for guests. We will be using fitness center owned 36"-high density foam rollers in which we provide for use in the workshop. If you'd like to bring your own, you are more than welcome to do so. Program Fee: \$10 for UH Avon Fitness Center members and \$20 for guests (Includes access to full fitness center, swimming pool, whirlpool, sauna and steam room).

Thursday, December 12

6-7 p.m. (Studio 2)

Saturday, December 14

11 a.m. - 12 p.m. (Studio 2)

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 5, 12, 19

9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue

Bedford, OH 44146

(Walking inside Ellenwood on specific dates) Call 440-735-2559 to register

COMMUNITY ART THERAPY GROUPS

Join UH Connor Whole Health Art Therapist Jessica (Jess) Grimm, ATR-P, for monthly art therapy groups open to the community. In these sessions, you will learn how to utilize art materials expressively to help increase your well-being as you navigate your day. Each session will feature a different art intervention.

Art interventions will help with: Self-expression, raising self-esteem, self-care, coping with change, self-awareness, relaxation, soothing anxiety, relieving stress, feelings/emotions, and empowerment. **For questions or additional information, contact:**

Jessica Grimm, ATR-P, UH Connor Whole Health Registered Art Therapist
E-mail:

Jessica.Grimm@UHhospitals.org |

Phone: 216-285-4041

Wednesday, December 18

2-4 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

For more information or to register,

call 440-735-

4270



COMMUNITY MUSIC THERAPY

Community members and UH caregivers are invited to come together and support one another while experiencing different music therapy interventions. There will be opportunities to sing and play instruments, including drums, ukulele, egg shakers, piano, and more. No musical background is required! **Every 3rd Monday of the Month.**

For questions or additional information, contact Bedford

Wellness Center: at 440-252-3285

Email:

Marionna.Mcmillon@uhhospitals.org

Monday, December 16

1 -2 p.m.

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

CHAIR YOGA

This exercise consists of stretches designed to be performed while sitting in a chair. These stretches are beneficial for improving flexibility and alleviating tension in various body areas, such as the neck, shoulders, and back.

Regularly engaging in these seated stretches can enhance your overall mobility, reduce stiffness, and promote relaxation. Each stretch can be easily incorporated into your daily routine, making it accessible for individuals of all fitness levels, especially those with difficulty standing or lying on the floor.

Friday, December 20

12 -1 p.m.

BEGINNING YOGA

Wednesday, December 4

1 - 2 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

For more information or to register,

call 440-735-4270.

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



COOKING DEMONSTRATION

Join Chef Paul Hamalainen & Registered Dietitian Bailey Gordon for a great nutrition education session. More than half of Americans struggle to cook basic recipes, but it doesn't have to be that way! Join our Cooking 101 series to master essential skills, discover simple yet delicious recipes, and gain the confidence you need to make cooking a fun and rewarding part of your life.

Nutrition Lunch & Learn

Join Tri-C Dietetic Technician student for nutrition focused lunch and learn. Lunch will be provided!

Wednesday, December 4
12 -1 p.m.

Cooking 101 Demonstration Series: Sautéing & Steaming

Learn how to step into the kitchen with confidence! Master the essentials of healthy cooking techniques in our Sautéing and Steam class! Learn to use versatile methods to enhance flavors, preserve nutrients, and easily create delicious, wholesome meals.

Friday, December 6
12- 1p.m.



Cooking 101 Demonstration Series: Roasting

Join our Roasting class to discover the art of creating perfectly crispy, flavorful dishes! Learn tips and techniques for roasting vegetables, meats, and more while locking in nutrients and enhancing natural flavors. The recipe we will be sampling is a **Roasted Winter Vegetable Salad.**
Wednesday, December 18
12-1p.m.

To register for this event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."

UH Wellness Center at Bedford
88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146
For more information or to register, call 440-735-4270.

LINE DANCING

Join us for a fun-filled evening of line dancing with Line Dancing King, Robert Johnson. This event is completely free of charge and is a great way to improve your overall well-being while staying active through dancing, which is known to promote healthy cardiovascular and mental health. Robert has taught line dancing in Greater Cleveland for over 30 years, so you'll be in good hands.

Visit us on Eventbrite at "UH Community Wellness Center at Bedford." for dates and times.
Wednesday, December 11
6-7 p.m.

UH Wellness Center
88 Center Road Suite 150
Bedford, OH 44146
For more information or to register, call 440-735-4270.

ZUMBA

Join us for what some may call the most awesome workout ever! Dance to great music with great people and burn many calories without even realizing it. The class features merengue, salsa, and cumbia. Come and "dance around the world"! *Visit us on Eventbrite at "UH Community Wellness Center at Bedford." for dates and times.*

Friday, December 13
12-1 p.m.

UH Wellness Center
88 Center Road Suite 150
Bedford, OH 44146
For more information or to register, call 440-735-4270.

TAI CHI

Tai Chi is generally safe for all ages and fitness levels. It is a gentle way of reducing stress and anxiety while increasing flexibility and balance. Your instructor, Sandy Frazer, is certified with the Tai Chi For Health Institute and associated with the Arthritis Foundation. Please join her for an introduction to Sun Style Tai Chi. Please wear loose clothing and comfortable shoes.

Monday, December 9
1 -2 p.m.



THE VOLT FITNESS CHARG'D UP CLASS

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

Saturday, December 7
12-1 p.m.

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146

To register or for more information, **Visit Eventbrite, or call 440-735-4270, visit Uhhospitals.org/Bedford**

HEALTH & WELLNESS CELEBRATION THANK

Join us to celebrate all the achievements at the Bedford Wellness Center! We want to honor you, your dedication to our programs, and the friendships that have blossomed in our community. We will host a catered dinner, fun games, creative crafts, and an opportunity to win raffle prizes to show our appreciation. Bring your friends and family for fun, food, and connection. **Registration is required! To register for the event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."**

Monday, December 9
4 - 7 p.m.

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146

For more information or to register, call 440-735-4270.

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, December 4
10 a.m. - 1 p.m.

Bedford Heights Community Center

5615 Perkins Road
Bedford Heights, OH 44146
(Bedford Heights 60+ community members only)

Wednesday, December 11
11 a.m. - 1 p.m.

Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Thursday, December 12
10:45 a.m.-1230 p.m.

Maple Heights Senior Center
15901 Libby Road
Maple Heights, Ohio 4



BIOMETRIC SCREENINGS

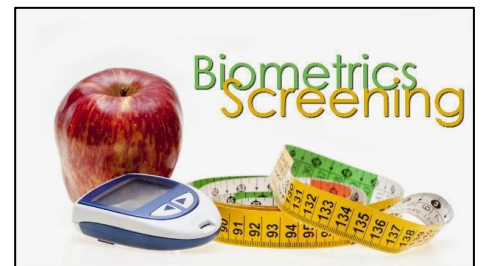
FREE health screenings and education will be provided, including blood pressure, non-fasting blood sugar and non-fasting cholesterol.

Saturday, December 7
9 - 11 a.m.

Monday, December 16
10 a.m. - 12 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146



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 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

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 physician referral 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 440-415-015

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.



WINTER SAFETY

Monday, December 2

11 a.m.-12 p.m.

Orwell Country Neighbor

39 South Maple St.

Orwell, OH 44076

Tuesday, December 3

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

Andover Community Center

181 South Main Street

Andover, Ohio 44003

Call 440-593-0364 to RSVP

Wednesday, December 18

10:30 - 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street

Conneaut, Ohio 44030

Call 440-593-0364 to RSVP

OILS FOR LIFE

LEARN ABOUT HOW OILS

WORK AND RECEIVE SAMPLES

TO WORK WITH AT

Monday, December 9

11 a.m. – 12 p.m.

Country Neighbor

39 S. Maple Street

Orwell, Ohio 44076

Wednesday, December 11

10:30-11:30 a.m.

Conneaut Human Resource Center

327 Mill Street

Conneaut, Ohio 44030

Call 440-593-0364 to RSVP



UH Conneaut and Geneva Medical Centers (*con't.*)

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

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.

First Wednesday of every month
4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.

870 West Main Street

Geneva, OH 44041

Call **440-415-0243** for information

CANCER SUPPORT GROUP

Wednesday, December 18

5-6 p.m.

Casa De Frida

3315 N. Ridge Rd. E

Ashtabula, OH 44004

Call 440-593-0364 for Information

UH VIRTUAL TALKS

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't worry, we record our talks so you can watch previous sessions. Visit the website below.

<https://www.uhhospitals.org/Health-Talks>



REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email concierge@uhhospitals.org or visit the website below to register.

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

COMMUNITY PROGRAMS

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.

Monday through Thursday
(Late afternoon and evenings on Tuesdays and Wednesdays)
Call **440-284-5709**

BLOOD PRESSURE SCREENING

Tuesday, December 17
12:30 – 2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center
100 Avon Belden Road
Avon Lake, OH 44012



SLEEP MEDICINE

Detailed adult sleep studies are conducted by an experienced team of UH board certified providers and registered sleep technologists to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (Sleep walking/night terrors), excessive daytime sleepiness, Pulmonary related sleep issues, Snoring, and Insomnia. Nighttime, daytime, and home sleep studies available.

*For a sleep provider consult, call **216-844-REST***

*To schedule a sleep study at Elyria or Avon sleep lab, call **440-326-5464***

DIABETES EDUCATION

Comprehensive individualized education on nutrition, blood glucose monitoring, and preventing complications of diabetes. A physician referral is required. Check your insurance to verify coverage. **Office Hours Monday, Wednesday and Fridays.** Call Susan Campbell RD, LD at **440-284-5709** for information

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.

<https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>

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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 5

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

WHAT IS SEASONAL AFFECTIVE DISORDER

Spotlight Speaker; Karen Ogle, BSN, RN

Seasonal Affective Disorder (SAD) affects nearly half a million Americans each year. As the days get shorter and shift from summer to fall, many individuals experience physical and psychological symptoms.

Tuesday, December 3

11 a.m. - 2 p.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, December 2

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, December 9

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

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 4

West Woods (meet at nature center)

9465 Kinsman Road

Novelty, OH 44072

December 11

Observatory Park

10610 Clay Street

Montville, OH 44064

December 18

Maple Highlands Trail

Mountain Run Station

12700 Chardon-Windsor Road

Chardon, OH 44024

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**



SMOKING CESSATION CLASSES

For information on upcoming classes, call **440-285-6355**



REGISTER TO BECOME A MEMBER TODAY

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

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*

(A collaboration with the Geauga County Department on Aging)

Mondays, Dec. 2, 9, 16, 23, 30

Wednesdays, Dec. 4, 11, 18

Fridays, Dec. 6, 13, 20, 27

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call **440-279-2137** for

Information



PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is where participants ride Pelton bikes indoors. Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. *(A collaboration with the Geauga County Department on Aging and Ohman Family Living)*

M / W / F Class

1:30-2:30 p.m.

T / TH Class

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

Ohman Family Living at Holly

10190 Fairmount Road

Newbury, OH 44065

Call **440-632-3653** for

Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, December 2

6 p.m.

UH Geauga Medical Center

(Conference Center)

13207 Ravenna Road

Chardon, OH 44024

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

PARKINSON'S SUPPORT GROUP

Tuesday, January 21

12:30 -1:30 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call **440-279-2137** to register

CARDIAC SUPPORT GROUP

Monday, February 17

Meetings held quarterly

12 -1:30 p.m.

Lunch Provided

UH Geauga (Conference Center)

13207 Ravenna Road

Chardon, OH 44024

Call **440-285-6824** to register

DIABETES SUPPORT GROUP

Tuesday, December 17

2 -3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

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

OSTOMY SUPPORT GROUP:

Thursday, December 5

5:30-7 p.m.

(Meetings held every other month)

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

Call **440-285-6210** for *information*

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

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

Call **440-285-6355** for *information*

CAREGIVER SUPPORT GROUP

Maplewood at Chardon offers an ongoing support group for families and friends of those living with Alzheimer's and dementia.

Wednesday, December 17

5 p.m.

Maplewood at Chardon

12350 Bass Lake Road

Chardon, OH 44024

Call **440-285-3300** to RSVP or

chardonrsvp@maplewoodsl.com

Our Mission

To Heal. To Teach.

To Discover.

UH Geauga Medical Center, (con't).

A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS

By attending A Matter of Balance workshop you will learn to manage concerns about falls, as well as set realistic goals for staying active, how to stay safe at home, exercises to increase strength and balance and learn how to identify and control your fear of falling

Tuesdays, January 7, 14, 21, 28
Thursdays, January 2, 9, 16, 23, 30
1 - 3 p.m.

Geauga County Office Building

Room B167-B168
12611 Ravenwood Drive
Chardon, Ohio 44024
Call 440-279-2167 to register

INTERGENERATIONAL BOOK DISCUSSION

Book: *A Thousand Splendid Suns* by
Khaled Hosseini.

Tuesday, December 10

8:30 to 9:30 a.m.

Berkshire High School Auditorium

14155 Claridon Troy Road
Burton, OH, 44021.

Please RSVP to: Sandy McLeod 440-279-2137 (For questions please do not call the school, all reservations are made thru GDA)

Due to school safety protocols, we will all meet in front of the school at 8:15. Please park near door #9. Follow signs to the Board Office and park in either of the two closes parking lots. Everyone will need to sign in at the front office and then a staff member will direct us to the school auditorium. This may take a minute or two so please have patience during this process. Please spread out amongst the students so we have both students and seniors working together.

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

LYMPHEDEMA SUPPORT GROUP

Topic and location to be determined

Call 440-214-3101 for
information or Email:
Cathy.Jewell@uhhospitals.org or
Patricia.schroeder@uhhospitals.org

ELDERBERRIES: MEMORIES OF THE FIRST MOON MEN

Thursday, December 19

1 – 2:30 p.m.

*Refreshments sponsored by Jennings
at Notre Dame Village*

Join Geauga Park District to learn more about "Memories of the First Moon Men." UH Resource table provided with health education Information, upcoming programs & Blood Pressure Screenings Provided. *Registration required, Call 440-214-3180 to register*

The West Woods

9465 Kinsman Road
Novelty, OH 44072

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

BLOOD DRIVE

Please consider donating... there is a national blood shortage. Save a life today! Donors needed!

See rcblood.org/help

Friday, December 27

11 a.m. – 4 p.m.

[CLICK HERE to schedule an appointment.](#)

UH Geauga Medical Center

13207 Ravenna Road
Chardon, OH 44024



REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email conciierge@uhhospitals.org or visit the website below to register.

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

COMMUNITY PROGRAMS

MIRACLE ON ERIE STREET RUN WALK

University Hospitals will be offering blood pressure checks and give aways at this holiday themed event. For more about this event:

<https://www.eriastreetmiracles.com/>

Saturday, December 7

11 a.m. - 1 p.m.

Willoughby - Downtown

28 E Spaulding Street
Willoughby, Ohio 44094

MADISON VILLAGE CHRISTMAS IN THE PARK

University Hospitals will be offering blood pressure checks and give aways at this outdoor holiday market. For more about this event:

https://allevents.in/madison/christmas-in-the-village-park/200026865812109#google_vignette

Saturday, December 7

2 - 7:30 p.m.

Madison Village

33 E. Main St.
Madison, Ohio 44057

EAST END YMCA SCREENINGS

University Hospitals will be offering blood pressure checks, cholesterol and glucose and bone density as well as give aways. No preregistration is required for this event.

Monday, December 16

8 a.m. - 12 p.m.

Lake County YMCA East End Branch

730 N Lake St
Madison, Ohio 44057

HOLIDAY HEALTH TRIVIA & SCREENINGS

University Hospitals will be offering blood pressure checks, cholesterol, glucose and give aways. No pre-registration required!

Thursday, December 19

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

UH Lake West

36000 Euclid Ave
Willoughby, Ohio 44094

SUPPORT GROUP

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 |

Wednesday, December 11

6 - 8 p.m.

UH Brunner Sanden Dietrick

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

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 7

9 - 10 a.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, December 21

9 - 12 p.m.

UH Lake West Medical Center

36000 Euclid Avenue
Willoughby, OH 44094



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 or visit the website to register. <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

UH Fitness Center in Mentor

8655 Market Street
Mentor, OH 44060

COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

We offer programs and services designed to meet your every need. We are ready to help you every step of the way on your wellness journey. Call today to set a time for a tour and discover why medically based fitness may be just what you are looking for. **440-375-8777**

RESOLUTION RODEO

We know committing to your New Year's resolution can be challenging and we want to help you! Come and meet our dietitians, Exercise Specialist and many more! Open to the public and UH Fitness Center members.

Saturday, January 11

8 a.m. -12 p.m.

UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

If you're tired of feeling trapped in the cycle of yo-yo dieting then you will want to learn more about University Hospitals Weight Loss Program. Our expert team can help you achieve sustainable fat loss, crave healthy foods, reduce problematic cravings, decrease medication, improve your mood, strengthen your immune system, and boost your self-confidence. Join our program and experience the difference!

For more information, contact Shawn Cooper, RD at Shawn.Cooper@UHhospitals.org or 440-701-7537.

NUFIT SERIES

Our Nutrition & Fitness Education Series brings together fitness and nutrition experts to cover new topics each month. *All seminars are held from 6-7 p.m.* in the UH Brunner Sanden Deitrick Wellness Center Conference Room B-2nd floor. Registration is recommended. **Call 440-701-7507 to reserve your seat.** Open to the public and UH Fitness Center members.

Tuesday, November 19

6-7 p.m.

Fitness: Holiday Edition: Banishing Belly Fat

Nutrition: Getting Ready for the Holidays



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 866-844-2273 for more information*

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 Brooks, Program Director (567) 284-1663

UH Parma Medical Center

Medical Arts Building 2
6707 Powers Boulevard
Parma, OH 44129

JOIN THE VOLUNTEERS AT UH PARMA MEDICAL CENTER

Volunteers deliver the support necessary to ensure that UH Parma Medical Center continues to provide excellent, personalized care. The volunteer program at UH Parma Medical Center, promotes community wellness and also raises funds for the benefit of the hospital's healing environment. Like all the team members at UH Parma Medical Center, our volunteers ascribe to a high standard of personal care and service with a dedicated purpose and mission.

If interested in volunteering, we would love to hear from you. To begin your experience with our team of volunteers, please [download the application](#) and mail the completed form to:

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, OH 44129-5495

For questions and additional information about the volunteer services available at UH Parma Medical Center, please call 440-743-4287 or email

kimberly.tomblin@UHhospitals.org.

SPIRITUAL CARE VOLUNTEERS

The Parma Pastoral Care Department is seeking caring individuals who would like to become Spiritual Care Volunteers. Our volunteers function under the supervision of the hospital chaplain, providing emotional and spiritual support to patients and families in the hospital setting. Complete training and orientation is provided. If Interested send your inquiries to Chaplain Marian Mihas at marian.mih@uhhospitals.org or by calling 440-743-4295.

WEEKLY CHAPEL SERVICES

You are invited to attend the Parma Pastoral Care Department's weekly chapel services, located in the Main Lobby Chapel. All are welcome to this interfaith service where Chaplain Marian Mihas will lead a brief service for 10-15 minutes. This worship service includes prayer, Bible reading and the singing of a hymn. We hope you will join us as we pause for spiritual renewal. For questions, please contact Chaplain Marian Mihas at marian.mih@uhhospitals.org or call 440-743-4295.

Every Wednesday

12 p.m.

UH Parma Medical Center
7007 Power Blvd.
Parma, OH 44129

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 or visit the website to register. <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

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>

OUTPATIENT REHABILITATION SERVICES AT UH PARMA MEDICAL CENTER

University Hospitals Parma Medical Center is committed to ensuring that all patients have access to quality rehabilitation services designed to optimize recovery after surgery, injury or a health event, improve mobility and enhance overall wellness.

Our outpatient rehabilitation clinics are staffed by board-certified, often fellowship-trained therapists who provide the most advanced care for conditions that require physical, occupational or speech therapy.

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



CANCER TREATMENT & SERVICES AT UH PARMA MEDICAL CENTER

University Hospitals Seidman Cancer Center, an extension of UH Cleveland Medical Center at UH Parma Medical Center brings nationally ranked cancer experts close to you. We provide patients with on-site cancer care for a full spectrum of cancer types, including:

- Breast cancer
- Colon cancer
- Head and neck cancer
- Lung cancer
- Prostate cancer
- Thyroid cancer

Cancer services at UH Parma include screenings and imaging, infusion therapy, radiation therapy, [access to clinical trials](#), and nutritional and psychological support. All cancer services in Parma, Ohio, are carefully coordinated and individualized for each patient by a highly skilled team of UH Seidman Cancer Center specialists. The cancer program at UH Parma Medical Center is recognized by The Commission on Cancer, part of the American College of Surgeons, for commitment to providing comprehensive, high-quality, and multidisciplinary patient centered care. Click [HERE](#) to go to the website for more information.



FINDING THE BEST JOINT PAIN RELIEF FOR YOU – WHAT WORKS AND WHAT DOESN'T

Learn more about appropriate and recommended treatments for joint pain from Alan Panteck, M.D. from UH Parma Medical Center of Orthopedics. Click [here](#) to watch the pre-recorded presentation or to find a Orthopedic near you.

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 5
11 a.m. – 5 p.m.

UH Parma Medical Center
7007 Powers Boulevard,
Parma OH 44129

COMMUNITY THERAPEUTIC ART SESSIONS

Join UH Connor Whole Health, Jessica Grimm, ATR-P for a FREE weekly group art sessions that are open to the community. In these sessions you will learn how to utilize art materials in an expressive way to help increase your overall well-being. You do not have to commit to all sessions. **MUST R.S.V.P.** or for more information email

Jessica.grimm@uhhospitals.org or call **216-844-5298**

Thursdays, December 5, 12, 19
10 -11 a.m.

UH Parma Health Education Center
7300 State Road
Parma, OH 44134

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

Free Blood Pressure Screenings at these locations (walk in).
Call 440-743-4932 for information

Wednesday, December 4

11 a.m. - 12:30 p.m.
(Glucose Screening Included)
UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134

Wednesday, December 4

9 - 10:30 a.m.
North Royalton Office on Aging
13500 Ridge Road
North Royalton, OH 44133

Tuesday, December 10

8:30 - 10 a.m.
Broadview Hts. Senior Center
9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, December 11

8 - 10 a.m.
Seven Hills Recreation Center
7777 Summit View Drive
Seven Hills, OH 44131

Thursday, December 12

9:30 - 11 a.m.
Brooklyn Senior Center
7727 Memphis Avenue
Brooklyn, OH 44144

Friday, December 13

10 a.m. - 11:30 a.m.
Independence Senior Center
6363 Selig Drive
Independence, OH 44131

Friday, December 13

10-11:30 a.m.
Donna Smallwood Activity Center
7010 Powers Boulevard
Parma, OH 44129

Monday, December 16

11 a.m. - 12:30 p.m.
Cuyahoga County Library
Parma-Snow Branch
2121 Snow Road
Parma, OH 44134

Tuesday, December 17

9:30 - 11:30 a.m.
North Royalton Y.M.C.A.
11409 State Road
North Royalton, OH 44133

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. *No registered required. Join anytime.*

Wednesdays, December 4, 11, 28

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

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month. For more information and / or questions call 440-743-4932

Will return in January

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 questions, call 440-743-4127*
Monday, December 9
12:30 – 2 p.m.

FOOD ADDICTS ANONYMOUS

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time? This group can help. No registration required, walk-in meeting. For information call Laurie at 440- 482-3688. Every meeting has an option to join via zoom. Join the meetings online:

<https://join.freeconferencecall.com/edatintegration> Pin code: 741776 or call 518-263-8271 pin: 741776#.
Fridays, December 6, 13, 20, 27
4:30 p.m.

BEREAVEMENT SUPPORT GROUP

Join our new bereavement support group as we share our experiences and receive support for loss, grief and coping with change, in a confidential and informal environment. If you have questions, reach out to Chaplain Marian Mihas at marian.mihas@uhhospitals.org or call the Parma Pastoral Care Department at 440-743-4295

Thursday, December 12

1 – 2 p.m.
UH Parma Medical Center
7007 Powers Boulevard
Parma, OH 44134
Conference Room E (third floor)

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

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, December 16

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: 330-297-345

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

VIRUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

The University Hospitals Portage Wound Care Center offers comprehensive wound care close to home. Our goal is same day or next day appointments and the Portage Wound Care Center has specialists to treat many non-healing wound issues. Call today to get scheduled for an appointment! *Call 330-422-7755 to schedule*

UH Streetsboro Health Center

9318 State Route 14,

Streetsboro, OH 44241

NO COST CORONARY ARTERY CALCIUM SCORE TEST

University Hospitals Harrington Heart & Vascular Institute offers a screening test called cardiac CT imaging for coronary artery calcium scoring. This test has been shown by many studies in medical literature to predict future risk of heart attack. **While coronary artery calcium scoring is costly at other health systems and generally not covered by insurance, UH offers this test at no cost. To receive a no-cost calcium score test you must have an order from your physician.**

Yes, I have an order: Call 216-452-8082 to schedule an appointment with Radiology.

No, I do not have an order: Contact your Primary Care Provider to discuss if this test is right for you and request an order.



HEALTHY HOLIDAYS INFORMATION TABLE

Stop in for free tips and tricks to keep your holidays fun and festive while maintaining a healthy balance. Enjoy information and recipes to make the season bright!

Tuesday, December 3

11:30 a.m. – 1 p.m.

**UH Portage Medical Center,
Cafeteria**

6847 North Chestnut Street

Ravenna, OH 44266

UH MOBILE MAMMOGRAPHY UNIT

The University Hospitals Mobile Health Unit will be onsite providing 3-D Mammograms.

*To Schedule your appointment call
216-844-2778*

Friday, November 15

8:15 a.m. – 3:15 p.m.

UH Streetsboro Medical Center

9318 OH-14

Streetsboro, OH 44241

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH A UH EXPERT

Get your day started with a hike and learn from a representative of University Hospitals Portage Medical Center.

To reserve a spot, RSVP to 330-297-7728

Tuesday, December 17

10 a.m.

Morgan Park

8828 OH-44

Ravenna, OH 44266



HAYMAKER FARMER'S MARKET

Join us at the Farmer's Market where we will be offering information on keeping your holidays healthy!

Saturday, December 21

9 a.m. – 1 p.m.

Unitarian Universalist Church of Kent, Hobbs Hall

217 N. Mantua Street
Kent, Ohio 44240

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

Free screenings and information regarding blood pressure management will be offered at various locations in the month of August. Please join us on any of the following dates:

Thursday, December 5

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, December 10

11 a.m. – 2 p.m.

Renaissance Family Center

9005 Wil Verne Drive
Windham, OH 44288

Thursday, December 12

11 a.m. – 1 p.m.

UH Portage Professional Center - Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

Wednesday, December 18

11 a.m. – 1 p.m.

UH Streetsboro Health Center

9318 OH-14
Streetsboro, OH 44241

HEARING TESTING

Testing and complete evaluations for hearing loss and tinnitus are available at UH Portage Medical Center Audiology Department.

For more information call
330-297-2427

CHOLESTEROL AND GLUCOSE TESTING

Free walk-up non-fasting glucose and cholesterol testing – no appointment needed.

Wednesday, December 11

11 a.m.– 1 p.m.

UH Portage Professional Center Lobby

6847 N. Chestnut Street
Ravenna OH 44266

SUPPORT GROUPS

Call 330-297-2576 for Information on all support groups

BEYOND STROKE SUPPORT GROUP (Virtual quarterly meetings)

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org
330-686-1750

Kelly's Grief Center

INFO: www.kellysgriefcenter.com
Call **330-593-5959** for Information

DIABETES SUPPORT GROUP

Tuesday December 3

4 - 5 p.m. (meets every other month)

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

AMPUTEE WALKING CLINIC

Thursday, December 5

3 – 5 p.m.

Yanke Bionics

303 W. Exchange Street
Akron, OH 44302

**There will be no clinic in January*



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>

UH VIRTUAL TALKS

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't worry, we record our talks so you can watch previous sessions. Visit the website below.

<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 3, 17

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

BIOMETRIC SCREENINGS

Blood pressure, Non-Fasting Cholesterol & Glucose screenings, and education

Tuesday, December 10

10 a.m. - 1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

BLOOD PRESSURE SCREENINGS

Monday, December 9

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

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Dinner on a Budget: A Cooking

Demonstration: Join executive chef Paul Hamalainen and Registered Dietitian Bailey Gordon for a cooking demonstration with a holiday theme, tasty, nutritious and easy-to-make a recipe. **Christmas Salmon and a nutritious side dish.**

To register for the cooking demonstration, visit us on Eventbrite at “UH Richmond Wellness.”

Tuesday, December 10

12 - 1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143
For more information, call **440-735-4270**

FLU VACCINE DAYS RICHMOND HEIGHTS

UH Meds Pharmacies are making it easier for you to stay healthy this flu season. Join us for a day of health as we provide flu vaccines to you and your loved ones. We look forward to seeing you thrive this flu season.

Tuesday, December 10

10 a.m. – 1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143
For more information, call **440-735-4270**

COMMUNITY RESOURCES

Connect with Susan Packard, a certified community health worker, to improve community health and well-being, get linked to resources for food insecurities, rental and housing assistance, utility assistance, transportation, and mental health services, reduce the need for EMS through education and connections to health and social services, and more.

Tuesday, December 10

10 a.m. - 1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143
For more information, call **440-735-4270**



REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email conciierge@uhhospitals.org or visit the website below to register.

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

UH Richmond Campus, (con't).

FREE ART EXPERIENCE

Immerse yourself in a world of creativity and inspiration with a thoughtfully designed art experience by Susan Packard the Certified Community Health Worker. Creativity can help you feel calm and relaxed; rest and relax your mind are essential to your health.

Tuesday, December 10
10 a.m. - 1 p.m.



DIGITAL HEALTH

Work with our Digital Health coordinator to get access to MyChart navigation and low-cost internet and learn how to use your technology devices.

Tuesday, December 10
10 a.m. - 1 p.m.

BEGINNER YOGA MAT

Come and experience the rejuvenating benefits of a beginner mat yoga class led by a certified instructor from In The Now Yoga Meditation Wellness.

Tuesday, December 10
10:30 - 11:30 a.m.

Richmond Heights Community Center
27285 Highland Road
Richmond Heights, OH 44143
For more information, call 440-735-4270



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.

Our Mission

*To Heal. To Teach.
To Discover.*

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email conciierge@uhhospitals.org or visit the website below to register.

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

COMMUNITY PROGRAMS

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

Wednesday, December 18
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

Tuesday, December 10
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*

UH VIRTUAL TALKS

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't worry, we record our talks so you can watch previous sessions. Visit the website below.

<https://www.uhhospitals.org/Health-Talks>

RED CROSS BLOOD DRIVE

Friday, December 6

11 a.m. – 5 p.m.

Thursday, December 19

9:30 a.m. – 3:30 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

COPD COFFEE CLUB

Christmas Crafts & Games

Tuesday, December 10

1 p.m.

4th Floor Atrium

UH Samaritan

10025 Center 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

WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP

Tuesday, December 17

6-7 p.m.

Samaritan Auditorium

663 East Main 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. Call 440-735-3513 for information*

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

BALANCE SCREENING

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

HEARING TESTING

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.

SUPPORT GROUPS

HOPE GROUP

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

Wednesday, December 4

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

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

For more information about our programs, contact the Community 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.

BLOOD PRESSURE SCREENINGS

Thursday, December 5

11:30 a.m.-1 p.m.

Westlake Center for Community Services

Community Meeting Room

28975 Hilliard Blvd

Westlake, OH 44145

Monday, December 9

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road

Fairview Park OH 44126

Wednesday, December 11

9:00 – 10:30 a.m.

Cove Community Center

12525 Lake Avenue (enter off Clifton)

Lakewood, OH 44107

Thursday, December 12

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070

SELF CARE DURING THE HOLIDAYS

HOLIDAY 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



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<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. 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.
****Installation for North Ridgeville residents only**

