

Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH

JULY, 2021



If you are not currently receiving our monthly calendar, visit www.uhhospitals.org/agewell to register.

DIABETES

Diabetes Self-Management Classes

Participants attend one Nutrition for Diabetes Class and one Diabetes Self-Management Class in any order then follow up with a diabetes educator.

Bedford Medical Center

Medical Office Building
88 Center Road
Conference Room-Lower Level
Bedford, OH 44146

Nutrition for Diabetes

Tuesday, July 13

10 a.m. - 12 p.m.

Diabetes Self-Management

Tuesday, July 27

10 a.m. - 12 p.m.

Doctor referral is required - check with your insurance for coverage.

Call 440-735-4700 to register

Diabetes Education Program

at **Elyria Medical Center** and **Avon Health Center** provides information and support for anyone living with the disease. Whether diabetes is a new diagnosis or improved blood sugar is needed, we are here to help. A physician referral is required to participate. Many insurance plans cover diabetes education. Contact your insurance provider to verify coverage. The American Diabetes Association recognizes this program. For more information and to register, call Kim Horvath, MEd, RDN, LD, CDCES at 440-284-5709

Individual Sessions

Offered Monday through Thursday. Late afternoon and evening hours available on Tuesdays and Wednesdays

Avon Health Center

1997 Healthway Drive
Avon, OH 44011

Group Classes provide education on key components of diabetes self-management and nutrition.

Tuesdays July 6, 13, 20, 27

UH SJMC Westlake Family Health Care Center

26908 Detroit Road-Suite 300
Westlake, OH 44145
Physician referral is required
Call 440-827-5341 to register

Diabetes Self-Management Education Classes

from **Portage Medical Center** UH offers tools, classes and support that you can use from the comfort of your home. Helpful strategies, one-on-one support services and virtual classes are ways we can help. To learn more, call 330-297-2575.

Diabetes Nutritional

Counseling at **Parma Medical Center**. Offering either virtual or in-person Outpatient Nutrition counseling that will focus on providing you with information and support.

Whether you were just newly diagnosed with Diabetes or you want to improve your blood sugar levels, we can help. Some of the areas you will be learning about are, meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance 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. For more information, or to schedule a session with our registered dietitian, call Melanie Hocker, MS, RD, LD at Parma Medical Center 440-743-2155.

Diabetes Support Group

Tuesday, August 3 | 4 - 5 p.m.

Portage Medical Center

Medical Arts Building
Room 150
6847 North Chestnut Street
Ravenna, OH 44266
Call .330-297-2575 to register

CINEMA now at UH

Diabetes increases the risk for heart, vascular and kidney complications. Patients with a diagnosis of diabetes can now schedule a consultation with our Center for Integrated and Novel Approaches in Vascular Metabolic Disease (CINEMA), one of a select few in the country and the only program in Ohio. This new program is comprised of UH cardiologists trained in diabetes, diabetes educators, and nurse coordinator and offers both virtual and in person visits with our multidisciplinary team to develop a personalized treatment plan.

CINEMA is not meant to replace diabetes care, but supplement existing care with a team-based approach to ensure every available measure is taken to support diabetic patients manage their wellness efforts. To schedule with CINEMA, or for questions, please call (216) 844-1357 or email

CINEMA@uhhospitals.org.

EXERCISE CLASSES PHYSICAL ACTIVITIES

Hike with a COP

Join Richmond Heights Police Department for Annual Hike with a Cop (for the entire family). 40-minute hike followed by s'mores around the fire pit courtesy of **Richmond Medical Center**

Thursday, July 8 | 6:30 p.m.
Greenwood Farm
246 Richmond Road
Richmond Hts., OH 44143
Call Stephanie at 216-383-6305 with questions

Walking Programs

Bedford Medical Center

For more information, call 440-735-3699

Richmond Medical Center

For more information, call 440-735-3699

SHOW (Samaritan Hospital Orange Walkers)

Walking support group for COPD patients

Tuesdays and Thursdays

10 a.m.

Keith Field House

Ashland High School

Ashland, OH 44805

No registration required

Conneaut/Geneva Medical Center Walking Programs

Tuesdays, July 6 - August 31

7:30 - 8:30 a.m.

Red Brook Metro Park

4338 Lake Road

Ashtabula, OH 44004

For more information, call Lori

Slimmer 440-593-0373

Tuesdays, July 6-September 28

8:00 - 9:00 a.m.

Conneaut Township Park

Lower Pavilion

480 Lake Road

Conneaut, OH 44030

For more information, call

Dawn Dale 440-593-0372

Thursday, July 29

9 - 10 a.m.

Ashtabula Towne Square

3315 North Ridge Road East

Ashtabula, OH 44004

For more information, call

Dawn Dale 440-593-0372

In Person Group Exercise Classes

Avon Health Center

1997 Healthway Drive

Avon, OH 44011

All 45 minutes group exercise classes are free and open to non-members aged 15 and older. Pre-

registration is required. Please call 440-988-6801 for information and to sign up. Contact Renee Barrett for schedule.

renee.barrett@uhhospitals.org

Cardio Dance - A highly aerobic workout based on dance rhythm and moves. This dance fitness class is a low-impact, easy to follow workout.

Thursday, July 8 | 6 p.m.

Les Mills Barre - A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength. Incorporating classic ballet positions with modern music expect high reps of small range of motion movements and very light weights

Thursday, July 15 9:15 a.m.

OR

Thursday, July 31 10:30 a.m.

Les Mills Grit Strength - A 30 minute high-Intensity Interval training (HIIT) workout designed to improve strength

Thursday, July 15 9:15 a.m.

OR

Thursday, July 31 10:30 a.m.

Iron Yoga - Yoga class incorporating breath, postures which flow from one to the other with the addition of light dumbbells.

Friday, July 9 8 a.m.

Beginning Yoga - 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, July 17 11 a.m.

HEALTH EDUCATION

Community Heartsaver

First Aid/AED Class

Tuesday, July 20 | 2 - 5 p.m.

Community **BLS Class Thursday, July 29** | 11 a.m.-2 p.m.

UH Samaritan Urgent Care

663 East Main Street

Ashland, OH 44805

Class size limited to 10

Call Christina at 419-207-7856 to

register

Obstructive Sleep Apnea

Join Robert Piasecki, DO for a virtual webinar on Sleep Apnea.

Thursday, July 15 | 12 - 1 p.m.

[Click here to register](#)

Health & Wellness Series

(In collaboration with Geauga Dept. on Aging)

Chardon Senior Center

12555 Ravenwood Drive

Chardon, OH 44024

Call 440-279-2126 to register

Friday, July 9 1 - 2 p.m.

Mental Health

Friday, July 16 1 - 2 p.m.

Eat Good to Feel Good

Friday, July 23 1 - 2 p.m.

Aging Gracefully

Friday, July 30 1 - 2 p.m.

Physical Activity in Older Adults

Dehydration; Signs, Symptoms, Causes & Prevention

Friday, July 16 2 - 3 p.m.

Gauga West Public Library

Call 440-729-4250, ext. 2574 to

register for this Zoom only

presentation

Lung Nodule Center at Parma

Medical Center. Join doctors

Basel Altaqi, MD, Parma Primary

Care Medical Director, Neeraj

Mahajan, MD, Medical

Oncologist and Christopher

Towe, MD, Thoracic Surgeon, to

learn about the common

abnormal spots, called lung

nodules that show on a lung

cancer screening or other chest-

imaging test. You will learn about

the diagnosis and treatment

options. Click [here](#) for the pre-

recorded virtual presentation.

To schedule an appointment at

the Lung Nodule Center call 440-743-8520

Treatment for Overuse Sports Injuries. If you have a nagging injury that is affecting your participation in a sport or activity you love, join UH Sports Medicine experts [Michael LoPresti, MD](#), [Jared Levin, MD](#) & [Jock Taylor, MD](#) from **Parma Medical Center** and learn more about treatment options for overuse injuries. Learn how to treat injuries like: plantar fasciitis, tennis elbow, rotator cuff tendonitis and common knee repetitive use problems. [Treatment for Overuse Sports Injuries](#) Call 440- 845-6400 to schedule an appointment with a physician at **Parma Medical Center's** Center for Orthopedic Surgery

Chiropractic Treatment of Sciatica. UH Connor Integrative Health Network brings chiropractic care with Dr. Robert Trager to the **Parma Medical Center**, Medical Arts Building 4. Click [here](#) to hear Dr. Trager's expertise in a pre-recorded virtual health talk. To schedule an appointment with Dr. Trager call 216-285-4070

HEALTH SCREENINGS

Free Health Screenings by **Richmond Medical Center** at City of **Richmond Heights Summer Concert Series**
Wednesdays | 6:30 – 8:30 pm

July 7 - Old Skool Cleveland
July 14 - Umojah Nation
July 21 – Forecast
Richmond Heights Community Park Gazebo
27285 Highland Road
Richmond Heights, OH 44143

Biometric Screenings
Tuesdays, July 6, 13, 20, 27
11 a.m. – 1 p.m.
Samaritan Urgent Care Center
663 East Main Street

Ashland, OH 44805
Call Christina at 419-207-7856 to schedule your appointment

Blood Pressure Screenings

Monday, July 12
8:30 – 10 a.m.
West Farmington Senior Center
150 College Street
West Farmington, OH 44491

Thursday, July 15
10:00 a.m. – 12 p.m.
Gauga YMCA
12460 Bass Lake Road
Chardon, OH 44024

Free Health Screenings by **Bedford Medical Center** at the **Annual Rib Fest** sponsored by Rotary Club of Bedford

Friday, July 23 | 5 – 9 p.m.
Saturday, July 24 | 12 – 4 p.m.
Sunday, July 25 | 12 – 4 p.m.
Downtown Bedford on the Square
Bedford, OH 44146
For more information call 216-338-7124

Free Health Screenings by **Richmond Medical Center** at the City of **Wickliffe Annual Car Show and Concert**
Tuesday, July 20 | 6 - 8 p.m.

Wickliffe Community/Senior Center
900 Worden Road
Wickliffe, OH 44092

UH-Mobile Health Screenings Program
Wednesday, July 28
9:00 a.m. - 3:00 p.m.
Screenings available:

- Mammograms
- Blood Pressure
- Blood Glucose
- Body Mass Index
- Bone Density
- Total Cholesterol

Middlefield Village Hall
14860 North State Avenue

Middlefield, OH 44062

Call 440-629-4207 to schedule your 3-D mammogram

NUTRITION & WEIGHT LOSS

Gardening for Lifelong Health
Topic: Edible Landscaping
Wednesday, July 14
3 - 4:30 p.m.

UH Gauga Medical Center
13207 Ravenna Road
Chardon, OH 44024
Call 440-214-3180 to register

Medical and Lifestyle Nutritional Counseling at **Parma Medical Center.** Offering either virtual or in-person Outpatient Nutrition counseling. Focus will be on behavioral and lifestyle changes. These changes will positively affect your eating habits and overall health to achieve your long-term goals. If you are looking for general healthful nutrition advice or if need to lose weight, gain weight or were diagnosed with high cholesterol, Prediabetes or other health conditions, we can help you get on the road to better health. Most major insurance 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. For more information, or to schedule a session with our registered dietitian, call Melanie Hocker, MS, RD, LD at Parma Medical Center 440-743-2155.

Medical Weight Loss
New Directions Medically Supervised Weight Loss program at **Parma Medical Center**
For more information call 440-743-2995.

Bariatric Surgery
If you are interested in weight loss surgery at **Parma Medical**

Center Metabolic Clinic Contact Bariatric Surgeon, Mujjahid Abbas, MD at 216-844-7874, or watch an online informational session click [here](#)

Outpatient Nutrition counseling, focusing on behavioral and lifestyle changes to positively affect eating habits and overall health to achieve long-term goals. Most major insurance accepted, including Medicare. A referral from your physician may be required by your insurance. Check with your insurance in advance regarding coverage. For more information, or to schedule a session with our registered dietitian, call Jennifer Lattur at **Bedford Medical Center** 440-735-4700.

Healthy Lifestyle Medical Nutrition Therapy at **Elyria Medical Center** and **Avon Health Center**. For more information, call Kim Horvath, MEd, RDN, LD, CDCES 440-284-5709. Offered Monday through Thursday. Late afternoon and evening hours are available on Tuesdays and Wednesdays. The Healthy Lifestyle program offers nutrition counseling with a registered dietitian or nutritionist. If you need to lose weight, gain weight, or have been diagnosed with high cholesterol, prediabetes, food intolerances or other conditions, which may be better managed by diet, let us help to get you on track. A physician referral is required to participate. Many insurance plans cover this service. Contact your Insurance provider to verify coverage.

PAIN MANAGEMENT

Patients suffering from chronic pain will find many more options at the **Parma Medical Center Comprehensive Pain Center**. The pain center builds on existing treatments for management of chronic pain

(such as injections, spinal cord stimulators and infusion therapy). Connor Integrative Health Network offers chiropractic care, lifestyle and integrative health medical consults, massage therapy and guided meditation to complement its integrated approach to pain management. The multi-disciplinary center also offers physical and occupational therapy, behavioral health and addiction services. To schedule an appointment with the Comprehensive Pain Center call 440-743-4333

PREVENTIVE HEALTH

Assessments for risk factors for appropriate screening recommendations. Available screenings include Breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and stroke risk. To schedule a risk assessment with an RN Patient Navigator at **Bedford Medical Center**, call 440-735-2559.

SMOKING CESSATION

Virtual smoking cessation classes
For information, call **Portage Medical Center** 330-297-2576.

Smoking cessations one on one consultations
For information call Amanda at **Samaritan Medical Center** 419-207-2306

SUPPORT GROUPS

- Alzheimer's Assoc. Caregiver Support Group
- Beyond Stroke Support Group
- Breast Cancer Support Group
- Ostomy Support Group
- Parkinson's Support Group

Please call **Portage Medical Center** 330-297-2576 for information about our support

groups who are staying connected and providing support in virtual and alternative ways.

Hope and Healing Support Group for Grieving Adults- Please call 330-241-6282

Stroke and Brain Injury Support Group

(Virtual on Zoom)
Fourth Thursday of each Month
12:00-1:00 p.m.

We welcome patients and families to join these free virtual sessions offering emotional and peer support and educational guest presentations for stroke survivors and their families. For details, contact Dr. Opaskar's office- 440-827-5088

WOMEN'S HEALTH

Bedford and Richmond Medical Centers are two of the facilities that provide advanced 3-D mammography (Tomosynthesis) at no extra cost to the patient. Tomosynthesis is mammography, only better. That means that there is a 41 percent increase in invasive cancer detected with 3-D mammography, 15 percent decrease in unnecessary recalls for false alarms and 29 percent increase in the detection of all breast cancers. The American Cancer Society recommends the following timeline for mammograms: Women between age 40 and 44 can start to have mammograms if they choose to. Between the ages of 45 and 54 women should have an annual mammogram. At age 55 or older, women can continue yearly mammograms or switch to every other year, as long as she is in good health. Your doctor may also recommend a mammogram if you have an unusual finding or are at risk. Remember, early detection and treatment do matter.

To schedule your 3-D mammogram at **Bedford or**

Richmond Medical Centers call 440-585-6222. Or you can schedule at any of our facilities by clicking here: [Schedule your Mammogram Appointment](#)

No-Cost Screening Mammograms

The Ashtabula and Eastern Lake County Rural Underserved Women's Project is an important initiative

offering a variety of breast health related services to women in the communities that **Geneva Medical Center** serves. The program is funded from monies raised during UH Geneva's annual Walk for the Cure®. Call Paula at 440-593-0374 to see if you qualify for a no-cost screening mammogram. New financial guidelines have been

established. Time is needed to complete the paperwork.

For underinsured or uninsured women

UH Portage Medical Center
6847 North Chestnut Street
Ravenna, OH 44266
Call 330-297-2338 to find out if you qualify for this screening.

The Virtual / Online events will be available on our website www.uhhospitals.org/agewell under the *Virtual Events* tab. [Age Well. Be Well Club](#)



STUFF THE BUS

Back to School SUPPLIES COLLECTION

Donations of new school supplies will be collected beginning July 12 at the entrances of both Bedford and Richmond Medical Centers. These donations will benefit students **GRADES K-2** attending: **All Saints School, Bedford City Schools, Richmond Heights City Schools, and St. Barnabas Catholic School.**

SUPPLY LIST

- | | |
|---|---|
| #2 Pencils with eraser (Sharpened) | Highlighter (any color) |
| Backpack | Index cards (lined) |
| Binder | Notebook- spiral wide rule |
| Box of Tissues | Notebook- Single subject hole punched |
| Colored Pencils 12 or 24 pack | Notebooks- Composition Notebooks-Wide Ruled or Spiral |
| Crayola Marker Set | Paper- Loose-leaf Lined (regular or wide rule) |
| Crayons Box of 24 | Paper towels |
| Dry erase markers | Pencil sharpener |
| Erasers (big pink, and standard) | Pens- Blue, Black and Red (Package) |
| Folder-2 pocket hole punched | Ruler- 12" English and Metric |
| Folder -2 pocket no prongs | Scissors- (safety or 4-5 inch pointed Fiskars) |
| Folder- 2 pocket plastic/poly w/center clasp | Sharpie Marker (black) |
| Glue (bottles or glue sticks-large, extra-lg., jumbo) | Supply box |
| Hand sanitizer | Wipes- Sanitizing disinfectant Container |
| Headphones or earbuds | Ziploc bags (Box of gallon, quart, or snack) |

For the most up to date information and activities from your UH Hospital, check us out on



[Age Well. Be Well](#)

[UH Avon Health Center](#)

[UH Bedford Medical Center](#)

[UH Conneaut Medical Center](#)

[UH Elyria Medical Center](#)

[UH Geauga Medical Center](#)

[UH Geneva Medical Center](#)

[UH Portage Medical Center](#)

[UH Parma Medical Center](#)

[UH Richmond Medical Center](#)

[UH St. John Medical Center](#)

[UH Samaritan Medical Center](#)

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