



## University Hospitals

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

### AGE WELL. BE WELL. EVENTS MAY, 2022

If you are not a member of the **AGE WELL. BE WELL.** and would like to join our free Club, please call **1-844-312-5433** or visit the website [www.uhhospitals.org/agewell](http://www.uhhospitals.org/agewell) to register.

## UH Locations

### AVON HEALTH CENTER

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

### 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 CENTER

27100 Chardon Road  
Cleveland, OH 44143  
440-585-6500

### BEDFORD MEDICAL CENTER

44 Blaine Avenue  
Bedford, OH 44146  
440-735-3900

### 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

### 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

### SAMARITAN MEDICAL CENTER

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

If you no longer wish to receive the Age Well Be Well Calendar of Events, please call **1-844-312-5433**

## HEALTH EDUCATION

### **HEARTSAVER CPR, AED & FIRST AID**

Join Ahuja Medical Center for FREE training in the American Heart Association's Heartsaver CPR, AED & First Aid Certification Course. You could help save a life! Must be 16 years of age or older. Training space limited to 20 due to social distancing requirements.

**Tuesday, May 17**

4:30 – 9 p.m.

**Solon Recreation Center**

35000 Portz Parkway

Solon, OH 44139

*Registration must be completed on the Solon Recreation web page:*

*<https://secure.rec1.com/OH/solon-oh/catalog> under Solon Parks and Recreation Classes.*

## HEALTH SCREENINGS

### **BIOMETRIC SCREENING**

The Cleveland Pops Orchestra will be performing LIVE at the Beachwood High School Stadium! Ahuja Medical Center will be providing FREE education and biometric screenings at the event; including blood pressure, non-fasting blood sugar and non-fasting cholesterol.

**Sunday, May 15**

1 - 3 p.m.

**Beachwood High School Stadium**

25100 Fairmount Boulevard

Beachwood, OH 44122

*For more information or to purchase tickets for this event, please go to:*

*<https://www.clevelandpops.com/>*

**Wednesday, May 25**

1 – 4 p.m.

**Orange Village Senior Center**

32205 Chagrin Boulevard

Pepper Pike, OH 44124

### **BLOOD PRESSURE SCREENING**

**Thursday, May 5**

5:30 – 7 p.m.

**Warrensville Heights YMCA**

4433 Northfield Road

Warrensville Heights, OH 44128

**Thursday, May 12**

1:30 – 3 p.m.

**Mayfield Village Senior Center**

6622 Wilson Mills Road

Mayfield Village, OH 44143



# UH Avon Health Center

Avon Health Center  
1997 Healthway Drive  
Avon, OH 44011

## COMMUNITY EVENT

### **CARDIOVASCULAR AND PULMONARY HEALTH PRESENTATION**

Fitness Specialist Tom Brady, B.S. Exercise Science, will review how to steer your workouts towards improving your cardiovascular & pulmonary health. Come and learn new breathing techniques and how to build a workout plan to help guide you to reaching your goals. Email [Thomas.Brady@UHHospitals.org](mailto:Thomas.Brady@UHHospitals.org) with questions or to register.

**Thursday, May 12**  
6 - 6:30 p.m.

### **HOPE: CANCER EXERCISE PROGRAM**

Enrollment open now for the June session  
**Tuesdays and Thursdays 5-6 p.m.**  
HOPE is an exercise program for cancer patients at any stage of treatment who currently have a cancer diagnosis or have been in remission up to six months. The eight-week program is tailored to individual goals and needs and is led by specially-trained and certified fitness professionals. It includes small-group workouts. The next program starts mid-June, pending enrollment. For details contact [Christopher.Ross@UHHospitals.org](mailto:Christopher.Ross@UHHospitals.org) or call 440-988-6973. Subsidized fee: \$50 (if cost is a concern, please let us know, fee waivers available). Guidance provided by Certified Clinical Cancer Exercise Specialists.

## EXERCISE & FITNESS

*All 45-minute group exercise classes and presentations are free and open to non-members aged 15 and older. Pre-registration is required for all classes and health education events. Email [Renee.Barrett@uhhospitals.org](mailto:Renee.Barrett@uhhospitals.org) or call 440-988-6801 for information and to register.*

### **IRON YOGA**

Energetic yoga class incorporating breath and postures which flow from one to the other with addition of light dumbbells  
**Friday, May 6**  
8 - 8:45 a.m.

### **BEGINNER 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.  
**Saturday, May 7**  
10:30 - 11:25 a.m.

### **WELLNESS WALKING WEDNESDAYS**

**Wednesdays**  
**May 4, 11, 18, 25**  
6 - 6:50 p.m.  
Enjoy the outdoors as we use the outdoor track or adjacent neighborhoods to enjoy group walks and conversation.  
UH Providers will join you  
**May 11**-Michelle Hyatt, RD, UH Dietitian  
**May 18**-Valerie Schweinfurth, RN Lung Cancer Navigator

### **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, May 28**  
11 - 11:45 a.m.



# UH Bedford Medical Center

## COMMUNITY PROGRAMS

### **CARDS FOR CARING**

UH Senior Network Cards for Caring Program sends hand written uplifting messages to older adults in assisted living communities and nursing homes to help brighten their day. We supply lunch and the cards, you write the message. Wellness screenings will be available.

**Tuesday, May 17**

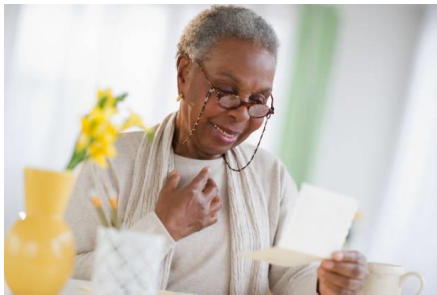
11:30 a.m. - 1 p.m.

### **Bedford Medical Center**

Medical Office Building  
88 Center Road

Conference Room on Lower Level  
Bedford, OH 44146

*Lunch will be served. Registration required, space is limited  
Call 440-735-3699.*



### **THE UPSIDE OF REVOCABLE LIVING TRUSTS**

Learn the purpose of revocable trusts, also known as living trusts, and how they can be a useful part of your estate plan. Join elder law attorney Laurie Steiner to learn the advantages and disadvantages of a revocable trust as compared to irrevocable trusts or no trust at all!

**Saturday, May 14**

1:00 p.m.

*Registration required, space is limited  
Call 216-765-0123 or email  
ddipenti@ssandplaw.com*

## **GRIEF AND LOSS**

Join us for a presentation on Grief and Loss from Hospice of the Western Reserve. Bereavement Coordinator Vanessa Smylie will discuss grief and loss, including common reactions, suggestions for coping, and offer ideas for supporting others who are grieving.

**Thursday, May 26**

5 - 6 p.m.

### **Bedford Medical Center**

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

*Dinner will be served, Registration required, space is limited  
Call 440-735-3699.*

## HEALTH EDUCATION

### **DIABETES EDUCATION**

Individualized diabetes education, focusing on:

- self-monitoring of blood
- glucose
- medication management
- meal planning
- prevention of complications

*For information, call Jennifer Lattur, MS, RDN, CDCES at 440-735-4700*

## HEALTH SCREENINGS

### **PNG HEALTH FAIR**

**Friday, May 6**

11 a.m. - 1 p.m.

### **Twinsburg Senior Center**

10260 Ravenna Road  
Twinsburg, OH 44087

## PREVENTIVE HEALTH

### **HEALTH RISK ASSESSMENTS**

Our team of health care providers ask 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. Based on your answers, recommendations are made for scheduling the recommended testing.

To schedule a free risk assessment call 440-735-2559



# UH Conneaut and Geneva Medical Centers

## COMMUNITY PROGRAMS

### **MAMMOGRAM PROGRAM**

(Un-insured and Under-insured)  
Call **440-593-0374** to see if you qualify for this program

## HEALTH EDUCATION

### **DIABETES EDUCATION**

Individualized diabetes education, focusing on:

- self-monitoring of blood
- glucose
- medication management
- meal planning
- prevention of complications

For information, call *Lori Ann Slimmer, RN, M.Ed., and CDCES at 440-593-0373*

### **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.

### **MICROGREENS-BIG NUTRIENTS IN A TINY PACKAGE**

Call **440-593-0364** more information.

**Monday, May 2**

11 a.m. - 12 p.m.

### **Orwell Country Neighbor**

39 South Maple Street  
Orwell, OH 44076

**Wednesday, May 4**

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

### **Andover Senior Center**

180 South Main Street  
Andover, OH 44003

**Wednesday, May 18**

10:30 - 11:30 a.m.

### **Conneaut Human Resource Center**

327 Mill Street  
Conneaut, OH 44030

## HEALTH SCREENINGS

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

**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

### **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.

### **UH Center for Advanced Sleep Medicine**

810-A West Main Street  
Geneva, OH 44041

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

## SUPPORT GROUPS

### **CANCER SUPPORT GROUP**

**Wednesday, May 18**

5 - 6 p.m.

### **Harbor Perk**

1003 Bridge Street  
Ashtabula, OH 44004

Call **440-593-0364** for information



# UH Elyria Medical Center

## HEALTH EDUCATION

**Monday through Thursday**  
(late afternoon and evenings on  
Tuesdays and Wednesdays)  
*Call 440-284-5709 Kim Horvath,  
MED, RDN, LD, CDCES*

## **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.

## **OUTPATIENT NUTRITION COUNSELING**

Offering either virtual or in-person.  
Focus will be on behavioral and  
lifestyle changes to encourage better  
eating habits and enhance overall  
health.

## HEALTH SCREENINGS

For more information about any of  
our programs, contact the UH Elyria  
Medical Center Outreach Department  
at 440-284-5709. Closed on all  
holidays or in inclement weather.

## **BLOOD PRESSURE SCREENINGS**

**Tuesday, May 17**  
12:30 – 2 p.m.

### **Avon Lake Senior Center**

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

## **STROKE AWARENESS SCREENINGS**

Blood Pressure, Cholesterol, Glucose  
and Stroke Assessments (No fasting  
required)

**Wednesday, May 4**  
7 – 9 a.m.

### **UH Elyria Medical Center Lobby**

630 East River Street  
Elyria, OH 44035

## **VIRTUAL TALKS**

Virtual / Online events are  
Available on our website  
[UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell)  
Under the Virtual Events tab

# 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 five area fire stations. The service is provided free-of-charge, at the following fire departments:

### **Thursday, May 5**

2 – 5 p.m.

#### **Olmsted Falls Fire Station**

9274 Columbia Road  
Olmsted Falls, OH 44138  
*Appointment required.*  
*Call 440-827-5440 to schedule*

### **Thursday, May 12**

2 – 5 p.m.

#### **North Royalton Fire Station**

7000 Royalton Road  
North Royalton, OH 44133  
*Email Kathy Salvo for scheduling*  
[ksalvo@northroyalton.org](mailto:ksalvo@northroyalton.org)

### **Thursday, May 26**

2 – 5 p.m.

#### **North Olmsted Fire Station**

24291 Lorain Road  
North Olmsted, OH 44070  
*Appointment required.*  
*Call 440-827-5440 to schedule*

### **Thursday, May 12**

2 – 5 p.m.

#### **North Ridgeville Fire Station**

7000 Ranger Way  
North Ridgeville, OH 44039  
*Appointment required*  
*Call 440-827-5440 to schedule*

### **Thursday, May 19**

2 – 5 p.m.

#### **Bay Village Fire Station**

28100 Wolf Road  
Bay Village, OH 44140  
*Appointment required.*  
*Call 440-827-5440 to schedule*



# UH Geauga Medical Center

## COMMUNITY PROGRAMS

Call 440-214-3180 to register for these community programs

### **COVID THERAPEUTICS**

**Tuesday, May 3**

12:30 – 1:30 p.m.

**Bainbridge Senior Center**

17751 Chillicothe road

Chagrin Falls, OH 44023

### **LUNCH & MOVIE**

**Thursday, May 5**

12 – 2:30 p.m.

**West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

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

### **EXERCISE BENEFITS FOR ARTHRITIS**

**Tuesday, May 10**

12 - 1 p.m.

**West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

### **GARDENING FOR LIFELONG HEALTH**

**Wednesday, May 11**

3 - 4 p.m.

**UH Geauga Medical Center**

Conference Center

13207 Ravenna Road

Chardon, OH 44024

### **CREATING MEANINGFUL ACTIVITIES FOR YOUR BRAIN**

**Monday, May 13**

11 a.m. - 12 p.m.

**Middlefield Senior Center**

15820 Ridgewood Drive

Middlefield, OH 44062

### **HEALTH BENEFITS OF HERBS**

**Monday, May 16**

2 - 3 p.m.

**Bainbridge Library**

17000 Snyder Road

Chagrin Falls, OH 44023

### **COOKING DEMO: GLUTEN FREE DIET**

**Tuesday, May 17**

12 - 1 p.m.

**Chardon Senior Center**

12555 Ravenwood Drive

Chardon, OH 44024

### **\*\* SAVE THE DATE \*\***

**Saturday, August 6**

9 a.m. - 1 p.m.

**UH Geauga Medical Center**

13207 Ravenna Road

Chardon, OH 44024

## EXERCISE & FITNESS

### **WALKING FOR WELLNESS**

*(In collaboration with Geauga Dept. on Aging)*

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

**Thursdays, 9 a.m.**

*Call 440-279-2167 to register*

**Thursday, May 5**

**West Woods**

9465 Kinsman Road

Novelty, OH 44072

**Thursday, May 12**

**Tupelo Pond**

9373 Ravenna Road

Chardon, OH 44024

**Thursday, May 19**

**Frohring Meadows**

16780 Savage Road

Bainbridge, OH 44023

**Thursday, May 26**

**Jordan Creek Park**

7250 Alexander Road

Concord, OH 44060

### **FIGHTING AGAINST PARKINSON'S**

*(In collaboration with Geauga Dept. on Aging)*

Non-contact Boxing & Fitness Class.

For seniors diagnosed with

Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms.

**Mondays, May 2, 9, 16, 23**

**Wednesdays, May 4, 11, 18, 25**

**Fridays, May 6, 13, 20, 27**

**Everybodies Gym**

357 Washington Street

Chardon, OH 44024

Cost \$45

*Call 440-279-2137 for information*

### **GEAUGA CYCLISTS**

**Wednesdays**

**May 4, 11, 18, 25**

**3 p.m.**

*Call 440-279-2167 to register*

### **Maple Highland Trail**

Park and meet at Eagles Baseball Field on Park Avenue (Chardon)

Must have own bike and transportation to park. Helmets required

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, May 2**

8:30 - 10 a.m.

**West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

**Monday, May 9**

10 a.m. – 12 p.m.

**Gauga YMCA**

12460 Bass Lake Road

Chardon, OH 44024

## PREVENTATIVE HEALTH

### **SENIOR ASSESSMENTS**

Memory Loss and Aging – When to seek help?

**Gauga Health Center**

Norma N. Chapman

Senior Assessment Program

13221 Ravenna Road

Chardon, OH 44024

*Call 440-285-6408 to schedule*

### **RISK ASSESSMENTS**

*Call Wellness Coordinator at*

**440-904-0064**

## UH Geauga Medical Center (cont.)

### 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
- Smoking cessation

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

Call **440-285-6015** for information.

### DIABETES SELF-MANAGEMENT EDUCATION

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**



### SUPPORT GROUPS

#### **PARKINSON'S DISEASE**

**Tuesday, May 17**

12:30 - 1:30 p.m.

**Chardon Senior Center**

12555 Ravenwood Drive

Chardon, OH 44024

Call 440-279-2137

#### **LIVING WITH LYMPHEDEMA**

**Wednesday, May 18**

6 - 8 p.m.

**Concord Health Center**

Community Room

7500 Auburn Road

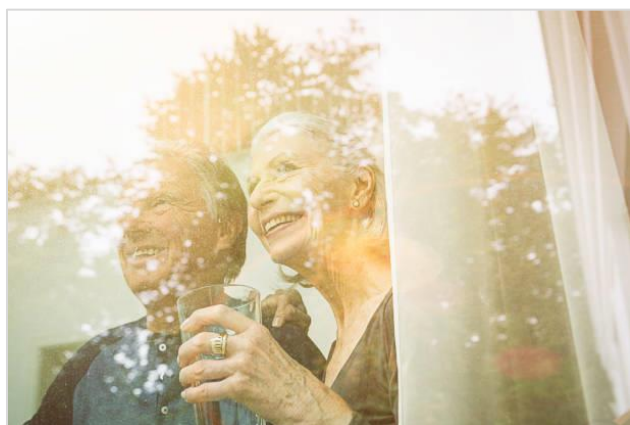
Concord, OH 44077

Call 440-214-3100

## Don't Forget to Drink Water !

As we head into the hot summer months, it's more important than ever to remember to stay hydrated. Here are a few quick tips to help freshen up your hydration game:

- **Make it fizzy or flavorful!** Looking to add a little excitement to your H<sub>2</sub>O? Make it a sparkling or seltzer water or add some flavor with fresh lemons, limes, berries, or mint!
- **Greet the day with a glass of water!** Drinking a large glass of water first thing in the morning is a great way to start the day and to rehydrate after a full night's sleep.
- **Remind yourself to hydrate with a reusable bottle!** Carrying a reusable water bottle with you is a great reminder to keep drinking your water throughout the day. Having water on hand can also help remove the temptation of purchasing a sugary soda or juice when you get thirsty.





## COMMUNITY PROGRAMS

### **SENIOR HEALTH FAIR WELLNESS WEEK**

**Monday, May 23 – Friday, May 27  
9 a.m.**

Healthy snacks starting at 9 a.m. with coffee all day. Presentations at 12 p.m. Free screenings, and pop-up activities.

**Monday, May 23  
9 a.m. – 12 p.m.**

Free screenings including; blood pressure; non-fasting cholesterol; and glucose screenings.

**Monday, May 23  
12 p.m.**

Presentation and cooking demo on “Eating Well to Age Well” by Melanie Hocker, MS, RD, LD from UH Parma Medical Center.

### **Parma Senior Center**

Donna Smallwood Activity Center  
7001 W. Ridgewood Drive  
Parma, OH 44129

*Call 440-743-4932 to get the schedule of events sent to you via email.*

### **NORTH ROYALTON SAFETY DAY**

Annual Safety Fair & Open House  
Free blood pressure screening and family activities.

**Saturday, May 14  
10 a.m. - 2 p.m.**

**North Royalton Fire Department**  
7000 Royalton Road  
North Royalton, OH 44133

## EXERCISE & FITNESS

### **PARKINSON’S DISEASE EXERCISE CLASS – DELAY THE DISEASE**

For those diagnosed with Parkinson’s and their 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. Masks and social distancing are required.

**Wednesdays, May 4, 11, 18, 25  
12:30 – 2 p.m.**

### **UH Parma Health Education Center**

7300 State Road

Parma, OH 44134

*Call 440-743-4932 for information*

## HEALTH EDUCATION

### **DID YOU HEAR WHAT I DIDN’T SAY?**

Presentation by Chuck Behrens, Spiritual Care Coordinator for Hospice of the Western Reserve. Communication is such a vital part of End-of-Life Care between patient/family/friends and professional caregivers. This presentation will focus on giving and receiving communication; interpreting it and understanding it, as well as discussing and showing interventions that will enable caregivers to “hear” more effectively.

**Thursday, May 12  
1 p.m. – 2 p.m.**

### **UH Parma Health Education Center**

7300 State Road

Parma, OH 44134

*Call 440-743-4932 to register*

Masks and social distancing are required. Space is limited.

## **STROKE AWARENESS**

**Monday – Thursday**

**May 16, 17, 18, 19**

8 a.m. – 5 p.m.

May is stroke awareness month.

Come visit our informational tables at UH Parma Medical Center’s lobby where we will have information on stroke, diabetes, smoking cessation, acute rehab and nutritional information.

## **WOMEN’S HEALTH**

*Please join us on Zoom for these informational discussions and bring your questions! Click [here](#) to register or call 440-743-4932 for the link to register.*

**Thursday, May 26  
4:30 p.m.**

## **MENOPAUSE: ADDRESSING YOUR CONCERNS**

Presented by Lindsay Brown, APRN-CNP

## **ALWAYS GOTTA GO? OVERACTIVE BLADDER IN WOMEN; SYMPTOMS, DIAGNOSIS AND TREATMENT OPTIONS**

Presented by Catherine Sustersic, APRN-CNP

## UH Parma Medical Center, (cont.)

### ANTI-INFLAMMATORY NUTRITION

Virtual presentation by Melanie Hocker, Registered Dietitian and Nutritionist, explaining how nutrition can play a role in reducing inflammation.

Call 440-743-4932 to receive link via email to this pre-recorded presentation

### UH CONNOR WHOLE HEALTH ACUPUNCTURE, CHIROPRACTIC CARE AND MASSAGE THERAPY AT UH PARMA

Our dedicated health care professionals will work closely with your primary care or specialty physicians to ensure that the care you receive is coordinated and safe.

#### UH Parma Medical Center

Medical Arts Building 4  
6115 Powers Boulevard  
Parma, OH 44129

[Click here](#) for more information

Call 216-877-9651 to schedule an appointment

### DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. 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 UH and may be required by your insurance. Check with your insurance in advance regarding coverage.

Call Melanie Hocker, MS, RD, LD at 440-743-2155

### HEALTH SCREENINGS

#### BLOOD PRESSURE

Free Blood Pressure Screenings at these locations (walk in). Social distancing and masks required. Call 440-743-4932 for questions

Wednesday, May 4

9 - 10:30 a.m.

#### North Royalton Office on Aging

13500 Ridge Road  
North Royalton, OH 44133

Tuesday, May 10

8:30 - 10 a.m.

#### Broadview Heights Senior Center

9543 Broadview Road  
Broadview Heights, OH 44147

Wednesday, May 11

10 - 11:30 a.m.

#### Brooklyn Senior Center

7727 Memphis Ave.  
Brooklyn, OH 44144

Wednesday, May 11

8 - 9:30 a.m.

#### Seven Hills Recreation Center

7777 Summit View Drive  
Seven Hills, OH 44131

Friday, May 13

10 - 11:30 a.m.

#### Parma Senior Center

Donna Smallwood Activity Center  
7001 W. Ridgewood Drive  
Parma, OH 44129

Friday, May 13

10 - 11:30 a.m.

#### Independence Senior Center

6363 Selig Drive  
Independence., OH 44131

Thursday, May 19

9:30 - 11 a.m.

#### Parma Heights. Senior Center

9275 North Church Drive  
Parma Heights., OH 44130

### BLOOD PRESSURE AND GLUCOSE CHECK

Wednesday, May 4

11:30 a.m. – 12:30 p.m.

#### UH Parma Health Education Center

7300 State Road  
Parma, OH 44134

Monday, May 16

11 a.m. – 2 p.m.

Free health screenings which will include, blood pressure, glucose and non-fasting cholesterol along with a stroke assessment. No appointment required.

Social distancing and masks required.

#### UH Parma Medical Center

Lobby  
7007 Powers Boulevard  
Parma, OH 44129

### CHOLESTEROL SCREENING-\$30

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. A 12-hour fast is recommended for best results.

Wednesday, May 18

9 – 11 a.m.

#### UH Parma Health Education Center

7300 State Road  
Parma, OH 44134

Call 440-743-4932. Appointment required

### SUPPORT GROUPS

#### UH Parma Health Education Center

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

Masks and social distancing are required

### 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.

Fridays, May 6, 13, 30, 27

10 - 11 a.m.

### PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver.

Tuesday, May 10

1 - 2:30 p.m.

# UH Portage Medical Center

## COMMUNITY PROGRAMS

### **RED CROSS BLOOD DRIVE**

**Monday, May 23**

11 a.m. - 5 p.m.

#### **Portage Medical Center Atrium**

6847 North Chestnut Street

Ravenna, OH 44266

To register, go to [Red Cross](#) and enter sponsor code: UH or call **1-800-733-2767**

## HEALTH EDUCATION

### **MENTAL HEALTH AWARENESS**

**Thursday, May 12**

11 a.m. - 1 p.m.

#### **Portage Medical Center Cafeteria**

6847 North Chestnut Street

Ravenna, OH 44266

Call **330-297-2576** for information

### **SMOKING CESSATION CLASSES**

Call **330-297-2576** for information

### **AMPUTEE WALKING CLINIC**

**Thursday, May 5**

3 - 5 p.m.

#### **Portage Medical Center**

Medical Arts Building, Room 150

6847 North Chestnut Street

Ravenna, OH 44266

Call **330-297-2576** to register

## HEALTH SCREENINGS

### **HEARING SCREENING**

**Tuesday, May 10**

8:30 a.m. - 12 p.m.

#### **Portage Medical Center**

Audiology Department

6847 North Chestnut Street

Ravenna, OH 44266

Call **330-297-2576** to register

## SUPPORT GROUPS

- **BEYOND STROKE**
- **OSTOMY SUPPORT GROUP**
- **PARKINSON'S**

Call **330-297-2576** for info

- **HOPE AND HEALING FOR GRIEVING ADULTS**

Call **330-241-6282**

## WOMEN'S HEALTH

### **FREE MAMMOGRAMS**

For underinsured or uninsured women

#### **Portage Medical Center**

6847 North Chestnut Street

Ravenna, OH 44266

Call **330-297-2338** to find out if you qualify for this screening.



For the most up to date information and activities, check us out on

[facebook](#)

[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](#)

# UH Richmond Medical Center

## COMMUNITY PROGRAMS

### **CARDS FOR CARING**

UH Senior Network Cards for Caring Program sends hand written uplifting messages to older adults in assisted living communities and nursing homes to help brighten their day. We supply lunch and the cards, you write the message. Wellness screenings will be available.

**Wednesday, May 18**

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

**Richmond Medical Center**

4th Floor Conference Room

27100 Chardon Road

Richmond Heights, OH 44143

*Lunch will be served. Registration required, space is limited*

*Call 440-735-3699.*

### **RED CROSS BLOOD DRIVE**

**Friday, May 20**

10 a.m. - 2 p.m.

**Richmond Medical Center**

**27100 Chardon Road**

Richmond Heights, OH 44143

*To register, call 1-800-733-2767*

*go to [Red Cross](#) sponsor code: UH*

### **GRIEF AND LOSS**

**Tuesday, May 24**

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

**Richmond Medical Center**

4th Floor Conference Room

27100 Chardon Road

Richmond Heights, OH 44143

*Lunch will be served.*

*Registration required; space is limited*

*Call 440-735-3699.*

## HEALTH EDUCATION

### **DIABETES EDUCATION**

Individualized diabetes education, focusing on:

- self-monitoring of blood
- glucose
- medication management
- meal planning
- prevention of complications

*For information, call Crystal Seals,*

*RDN, LD, CDCES 440-585-6276*

### **DIABETES EDUCATION CLASS SERIES**

Empower yourself with knowledge to prevent complications from diabetes.

Join us for 6 weekly classes taught by

Crystal Seals, RDN, LD, CDCES,

Clinical Nutrition Manager at Bedford

and Richmond Medical Center

**Thursdays**

**May 12, 19, 26**

10 - 11 a.m.

**Wickliffe Community Senior Center**

900 Worden Road

Wickliffe, OH 44092

*Call 440-373-5015 to register.*

*Space is limited*

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, May 9**

11 a.m. - 12 p.m.

**Kiwanis Lodge Community Center**

27285 Highland Road

Richmond Heights, OH 44143

## PREVENTIVE HEALTH

### **HEALTH RISK ASSESSMENTS**

Our team of health care providers ask

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. Based on your

answers, recommendations are made

for scheduling the recommended

testing.

To schedule a free risk assessment

call 440-735-2559

# UH Samaritan Medical Center

## 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

## HEALTH EDUCATION

### **PROSTATE AND BPH OVERVIEW**

Virtual Presentation by Ramy Abou Ghayda, M.D.

**Thursday, May 5, 12 - 1 p.m.**

[Register Here](#)

### **HEARTSAVER CPR TRAINING FOR THE COMMUNITY**

**Thursday, May 19**

2 - 4 p.m.

### **BASIC LIFE SUPPORT CPR TRAINING FOR THE COMMUNITY**

**Wednesday, May 25**

2 - 4 p.m.

**UH Samaritan Medical Center**

663 East Main

Ashland, OH 44805

*Call 419-207-7856 to register.*

*Class limited to 10*

## HEALTH SCREENINGS

### **BIOMETRIC, BLOOD PRESSURE, BONE DENSITY AND STROKE SCREENINGS**

**Tuesday, May 10**

9 - 10:30 a.m.

**Ashland YMCA**

207 Miller Street

Ashland, OH 44805

# UH St. John Medical Center, a Catholic Hospital

## COMMUNITY PROGRAMS

### **SENIOR SUPPER CLUB**

Seniors-60 years of age and older may apply for a Supper Club card from:

- **Westlake** Center for Community Services (440-899-3544); or
- **North Olmsted** Senior Center (440-777-8100).

Present your card at **St. John Medical Center Cafeteria** to 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. You must present your card to receive the discount.  
Daily | 4 – 5:30 p.m.

## HEALTH EDUCATION

### **OUTPATIENT NUTRITION COUNSELING**

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**

This four-week series offers comprehensive diabetes self-management education provided by the diabetes team, including a diabetes nurse and registered dietician. Services are billable to your insurance provider. A physician referral is required (we can assist with this).  
**Tuesdays, May 3, 10, 17, 24**

**St. John Health Center**  
26908 Detroit Road, Suite 100  
Westlake, OH 44145  
Call **440-827-5341** to schedule

### **DIABETES EDUCATION**

Individualized education on blood glucose monitoring, medication management and preventing complications. A physician referral is required.

**St. John Health Center**  
26908 Detroit Road, Suite 100  
Westlake, OH 44145  
Call **216-844-1499** to schedule

### **AMERICAN HEART ASSOCIATION - 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***

## HEALTH SCREENINGS

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.

### **BALANCE SCREENINGS**

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

### **AUDIOLOGY**

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

### **STROKE AWARENESS SCREENINGS**

Blood Pressure, Cholesterol, Glucose and Stroke Assessments (No fasting required)  
**Wednesday, May 18**  
10 a.m. – 12 p.m.

**UH St. John Medical Center Lobby**  
29000 Center Ridge Road  
Westlake, OH 44045



## **BLOOD PRESSURE SCREENINGS**

### **Monday, May 9**

11 a.m. – 12 p.m.

### **Fairview Park Senior Center**

20769 Lorain Road  
Fairview Park, OH 44126

### **Wednesday, May 11**

11 a.m. - 12 p.m.

### **Lakewood Senior Center**

16024 Madison Avenue  
Lakewood, OH 44107

### **Thursday, May 12**

11 a.m. – 12 p.m.

### **North Olmsted Senior Center**

Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

### **Thursday, May 26**

11:30 a.m. – 1 p.m.

### **Westlake Center for Community Services**

28975 Hilliard Boulevard  
Westlake, OH 44145

## SUPPORT GROUPS

### **HOPE GROUP**

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

### **Wednesday, May 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