



# University Hospitals

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

## AGE WELL. BE WELL. EVENTS OCTOBER, 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](mailto:Concierge@uhhospitals.org)

## COMMUNITY PROGRAMS

### **UNIVERSITY HEIGHTS FIRE DEPARTMENT OPEN HOUSE**

In observation of Fire Prevention Week, the Fire Department will be hosting an Open House. This FREE community event will feature family-friendly activities, education and fun! Ahuja Medical Center will be present to provide education, giveaways and blood pressure screenings!

**Sunday, October 6**

12 – 3 p.m.

**University Heights Fire Department**

3980 Silsby Road

University Heights, OH 44118

### **TWINSBURG FIRE DEPARTMENT OPEN HOUSE**

In observation of Fire Prevention Week, the Fire Department will be hosting an Open House. This FREE community event will feature family-friendly activities, education and fun! Ahuja Medical Center will be present to provide education, giveaways and blood pressure screenings!

**Wednesday, October 9**

5 - 7:30 p.m.

**University Heights Fire Department**

3980 Silsby Road

University Heights, OH 44118



## 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.

**Sunday, October 13**

1-2:30 p.m.

**Cutler Center for Men Brown's**

**Watch Party**

**Ahuja Medical Center- Cutler**

3999 Richmond Rd.

Beachwood, OH 44122

**Tuesday, October 15**

10 a.m.-1 p.m.

**Mandel Jewish Community Center**

26001 S Woodland Rd

Beachwood, Ohio 44122

**Thursday, October 24**

11 a.m.-2 p.m.

**Orange Library**

31975 Chagrin Blvd.

Pepper Pike, OH 44124

**Thursday, October 31**

10 a.m.-2 p.m.

**Beachwood Community Center**

25225 Fairmount Blvd

Beachwood Ohio 44122

### **BLOOD PRESSURE SCREENING EVENTS**

Ahuja Medical Center will be providing FREE blood pressure screenings.

**Wednesday, October 2**

10 – 11 a.m.

**Solon Senior Center**

35000 Portz Parkway

Solon, Ohio 44139

**Sunday, October 6**

12 - 3 p.m.

**University Heights Fire Department**

3980 Silsby Road

University Heights, Ohio 44118

**Thursday, October 11**

10:30-11:30 a.m.

**Warrensville Heights YMCA**

4433 Northfield Road

Warrensville Heights, Ohio 44128

## 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.*

## COMMUNITY EVENT

### **GOLF PRESENTATION**

Join Fitness Specialist and Personal Trainer Tyler Neely and explore ways to gain strength to accelerate your distance on the course. Learn what muscles control each phase of the golf swing and consider new exercises to implement into your own personalized workout regimen. Come learn some methods you can add to your toolkit to gain strength and range of motion both on and off the course. FREE presentation, but pre-registration is requested so we know how many to plan for.

**Tuesday, October 22**

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

## EXERCISE & FITNESS

### **IRON YOGA**

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

**Friday, October 4**

**Friday, November 1**

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



### **BETTER BALANCE WITH SHERRY**

BETTER BALANCE-a specialty class for a person of any age and ability. The class will focus on improving one's strength, flexibility, stamina, and sensory concentration. Exercises can be done seated or standing (mat needed). Modifications will be given. The overall goal of the class is to improve these life-long skills to enhance the value of one's longevity.

**Saturday, November 2**

11-11:55 a.m. (Studio 2)

### **BEGINNER SPINNING**

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

**Saturday, October 26**

10:15 -11 a.m.

### **BEGINNER YOGA**

Class is designed for those new to yoga. Participants will improve flexibility and breathing conditioning. The exercises are done on a mat. Standing and seated postures included. Although this class is not a chair-based class, chairs are available if you'd like something to use to get back off the floor or to have a hand near for balance.

**Saturday, October 26**

11 - 11:55 a.m. (Studio 2)

### **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, October 14**

**Monday, November 11**

10 - 10:55 a.m.

### **WALK WITH A DOG WALK**

You and your pooch will get great exercise while making new friends. No dog, no problem, join us for this outdoor walk which will be approximately 3/4 mile loop in the adjacent neighborhood. All walking speeds are welcome. Please be sure to keep your dog on a leash and clean up any dog waste.

**Friday, October 25**

5:30 p.m.

### **HALLOWEEN BODYBALANCE™ YOGA**

In this Halloween-themed class you can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructor will always provide options for those just getting started. Please consider dressing in costume or festive Halloween colors.

**Saturday, October 26**

10:30-11:25a.m. (Studio 1)

### **YIN YOGA WITH SOUND BATH**

Special event to welcome the Autumn season with Crissy Stelmashuk E-RYT. Enhance your fitness journey by incorporating the deep recovery of Yin Yoga into your routine. Relieve tension, release tight muscles and increase flexibility as you settle into each pose. Floor and Seated Chair Postures will be included in this accessible course. Then, let yourself completely relax in the healing frequencies of a sound bath. 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).

**Saturday, November 9**

11 a.m. to Noon (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, October 3, 10, 17, 24, 31**  
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

**Monday, October 28**

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, October 21**

1 -2 p.m.

**UH Wellness Center at Bedford**

88 Center Road

Medical Office Building

Bedford, OH 44146

### **CHAIR STRETCHING**

**Friday October 11**

12-1 p.m.

### **BEGINNING YOGA**

**Monday, October 28**

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***





## REPLACEMENT SERIES: THIS FOR THAT

Join Food with Purpose's Chef T and Wellness Center Register Dietitian to learn about healthy food replacements, and try them too!

**Monday, October 7**

1-2 p.m.

*To register for the Replacement Series 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.*

## COOKING DEMONSTRATION

Join Chef Paul Hamalainen & Registered Dietitian Bailey Gordon for an exciting demonstration highlighting innovative and nutritious cooking techniques and inspiration.

### Cooking 101 Demonstration Series: Cooking Basics

Learn how to step into the kitchen with confidence! Recipe: Potato Squash & Goat Cheese Gratin

**Wednesday, October 9**

12- 1p.m.

### Cooking 101 Demonstration Series: Eggs

Learn how to step into the kitchen with confidence! This session's recipe: Frittata

**Wednesday, October 30**

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.*

## TASTE & TALK THERAPY

Embrace the transformative benefits of a well-balanced diet to enhance your overall well-being.

**Wednesday, October 23**

530 - 6:30 p.m.

*To register for the nutrition class, 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, October 9**

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, October 7, 25**

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.*

## 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, October 5**

12-1 p.m.

## UH Wellness Center at Bedford

88 Center Road  
Medical Office Building  
Bedford, OH 44146

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

## HIKING CLUB

Explore nature with a Dietitian! Enjoy your time outdoors and receive expert advice on healthy eating habits and nutrition advice. \*weather permitting\* *Visit Eventbrite or contact Bailey Gordon for details 440-735-4270 option 2.*

**Monday, October 14**

4-5 p.m.

## **BANK OF AMERICA'S SERIES: BETTER MONEY HABITS**

**SERIES** During the session, we will overview the upcoming sessions and provide resources and handouts. **To register, visit us on Eventbrite at UH Community Wellness Center at Bedford.**

### **Upcoming Session Topics:**

- Saving & Budgeting
- Building and Repairing Credit
- ***Plan for and Manage Healthcare Costs***
- Homeownership
- General Topics/ Open Forum

Gain a better Understanding of Medicare & Medicaid, learn how to build healthcare costs into your budget, the difference between HSA & FSA, and receive education on UH financial assistance program.

### **Saturday, October 5**

10:30 -11:30 a.m.



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Wednesday, October 9, 23**

11 a.m. - 1 p.m.

#### **Ellenwood Recreation Center**

124 Ellenwood Avenue  
Bedford, OH 44146

**Thursday, October 10**

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

#### **Maple Heights Senior Center**

15901 Libby Road  
Maple Heights, Ohio 44137

### **BIOMETRIC SCREENINGS**

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

**Wednesday, October 2**

10 a.m. - 1 p.m.

#### **Ellenwood Recreation Center**

#### **Senior Health Fair**

124 Ellenwood Avenue  
Bedford, OH 44146

**Saturday, October 5**

9 a.m. - 10:30 a.m.

**Monday, October 14**

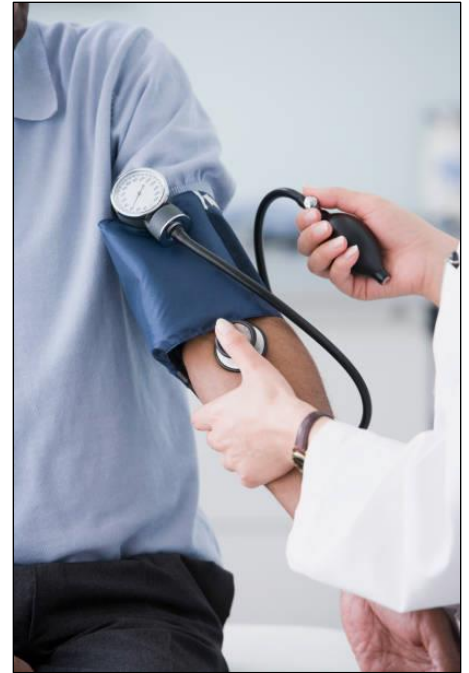
2- 3:30 p.m.

**Monday, October 21**

10 a.m. - 12 p.m.

#### **UH Wellness Center at Bedford**

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



# UH Conneaut and Geneva Medical Centers

## COMMUNITY PROGRAMS

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

**Monday - Friday**

9 a.m. – 5:30 p.m.

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

### **MEDICATION THERAPY MANAGEMENT CLINIC**

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

**Monday – Friday**

8 a.m. – 4:30 p.m.

### **UH Geneva Outpatient Pharmacy**

870 West Main Street

Geneva, OH 44041

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

## **SLEEP MEDICINE**

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

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

810-A West Main Street

Geneva, OH 44041

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

## HEALTH 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.*

## **AUTUMN SAFETY TO DO'S**

**Monday, October 7**

11 a.m.-12 p.m.

### **Orwell Country Neighbor**

39 South Maple St.

Orwell, OH 44076

**Tuesday, October 8**

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

### **Andover Community Center**

181 South Main Street

Andover, Ohio 44003

*Call 440-593-0364 to RSVP*

## **OILS FOR LIFE**

Learn about how oils work and receive samples to work with at home

**Monday, October 14**

11 a.m.-12 p.m.

### **Orwell Country Neighbor**

39 South Maple St.

Orwell, OH 44076

**Wednesday, October 2**

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.)

## **INK AND PEARL EVENT**

What is being offered?

**SCREENING MAMMOGRAMS  
CT LUNG SCREENINGS  
CT CALCIUM SCORES  
DRINKS, SNACKS, AND  
GIVEAWAYS**

Visit your doctor and discuss if these exams would be good for you!

You must make an appointment for the exams.

**Saturday, November 9**

8 a.m. – 1 p.m.

**UH Geneva Medical Center**

870 W. Main St.

Geneva, OH 44041

*After you have your orders, call 440-415-0165 and select option 2 to schedule*

*For more information call 216-286-9657*

## 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**

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

870 West Main Street

Geneva, OH 44041

Call 440-415-0243 for information

**CANCER SUPPORT GROUP**

**Tuesday, October 15**

5-6 p.m.

**Becker's Restaurant**

1601 W. Prospect Rd.

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 [conciierge@uhhospitals.org](mailto: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

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**

## **AGING WELL SENIOR EXPO**

Join us for free health screenings, senior resources, giveaways and fun!

**Tuesday, October 8**  
10 a.m. – 2 p.m.

**Lorain County Community College  
(Spitzer Center)**  
1005 Abbe Rd. N.  
Elyria, OH 44035



## HEALTH SCREENINGS

**HEALTH FAIRS (Cholesterol, glucose, blood pressure)**  
**Monday, September 9**  
9-11 a.m.

**North Ridgeville Senior Center**  
7327 Avon Belden Rd  
North Ridgeville OH 44039

**Friday, September 20**  
10 a.m. - 1 p.m.

**Elyria Public Library ~West River ranch**  
1194 West River Rd N  
Elyria OH 44035

## **BLOOD PRESSURE SCREENING**

**Tuesday, October 15**  
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 blood glucose monitoring, nutrition and preventing complications. A physician referral is required. Check your insurance to verify coverage.

Call Susan Campbell RD, LD at **440-284-5709** for information



## **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](mailto: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

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, October 3**

12 - 2:30 p.m.

### **West Geauga Senior Center**

8090 Cedar Road  
Chesterland, OH 44026

### **CREATING & ACHIEVING YOUR BUCKET LIST**

Join Kimberly Tutolo, Provider Relations Manager at Hospice of the Western Reserve, to learn how to create your own bucket list, share your adventures, and pursue your lifelong dreams one step at a time!

**Wednesday, October 16**

2 - 3 p.m.

### **Ohman Family Living at Holly**

10190 Fairmount Road  
Newbury, OH 44065

### **DEMENTIA, DELIRIUM & DEPRESSION**

**Tuesday, October 8**

12:30 - 1:30 p.m.

### **West Farmington Senior Center**

150 College Street  
West Farmington OH 44491

### **GARDENING FOR LIFELONG HEALTH**

**Wednesday, October 9**

3 p.m.

### **UH Geauga Medical Center**

**Conference Center**  
13207 Ravenna Road  
Chardon, OH 44024

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, October 14**

8:30 - 10 a.m.

### **West Farmington Senior Center**

150 College Street  
West Farmington OH 44491

## EXERCISE & FITNESS

### **GEAUGA CYCLISTS**

**Tuesdays | 9 a.m.**

**October 1, 8, 15, 22, 29**

### **Maple Highland Trail**

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

Must have your own bike and transportation to park.

Helmets are required

*Call 440-279-2137 for information*

### **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)*

**Thursdays | 9 a.m.**

**October 3**

### **Burton Wetlands Nature Preserve**

15681 Old Rider Road  
Burton, OH 44021

**October 10**

### **Affelder House**

15139 Chillicothe Road  
Novelty, OH 44072

**October 17**

### **Swine Creek Reservation**

16004 Hayes Road  
Middlefield, OH 44062

**October 24**

### **Sunnybrook Preserve (Breakfast afterwards at Rise & Dine Café)**

12474 Heath Road  
Chesterland, OH 44026

**October 31**

### **Skok Meadows**

12415 Concord-Hambden Road  
Concord, OH 44077

### **YMCA SENIOR HEALTH & WELLNESS FAIR**

Please join us for a health and wellness fair at the YMCA. Health screenings health education and resources will be provided. Screenings Include; Glucose, Cholesterol, Blood Pressure, Body Mass Index, Bone Density, Stroke Risk Assessments and Balance Screenings

**Monday, October 7**

9 a.m. - 12 p.m.

### **Gauga YMCA**

12460 Bass Lake Road  
Chardon, OH 44024

### **SIMPLE COOKING WITH HEART**

Please join us for a healthy, hands on cooking demonstration presented by our very own Chef Joe and Dietician, Dima. Enjoy a free healthy and appetizing meal **Space Is limited, call 440-214-3180 to register.**

*Spotlight Speaker; Sandy McLeod, Geauga County Dept. on Aging Presentation: Learn How to Live a Healthier Life*

**Wednesday, October 23**

3 - 5 p.m.

### **UH Geauga Medical Center**

### **Conference Center**

13207 Ravenna 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

## 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, October 7, 14, 21, 28**

**Wednesdays, October 2, 9, 16, 23, 30**

**Fridays, October 4, 11, 18, 25**

### 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, October 7

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, October 15

12:30 -1:30 p.m.

#### Chardon Senior Center

470 Center Street Bldg. 8  
Chardon, OH 44024

Call 440-279-2137 to register

## DIABETES SUPPORT GROUP

#### Tuesday, October 15

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, October 24

6:30-8 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, October 23

5 p.m.

#### Maplewood at Chardon

12350 Bass Lake Road  
Chardon, OH 44024

Call 440-285-3300 to RSVP or  
chardonrsvp@maplewoodsl.com



## **BERKSHIRE HIGH SCHOOL FALL DRESS REHEARAL**

**Wednesday November 27**

8:15 a.m. arrival.

Coffee and donuts provided

The Alibi Murder Mystery: When eccentric billionaire J. Leslie Arlington is murdered; a clueless detective finds the suspects are all reluctant to admit their alibis...because they were all committing other ridiculous crimes at the time. *Please RSVP to Sandy McLeod 440-279-2137.*

### **Berkshire High School**

14155 Claridon Troy Rd,  
Burton Ohio 44021.

## **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

## **A WOMEN'S DAY** (In collaboration with Geauga County Department on Aging)

Come join us and “unplug” for a day of relaxation in nature and enjoy some of the many activities the day will offer. You can participate in outdoor activities, hiking, crafts, and much more. Dr. Maria Madden will present on Breast Health Awareness Moring pastries and lunch Included. **Cost \$20.00**

**Tuesday, October 1**

9:30 a.m. - 2:30 p.m.

### **Claridon Woodlands**

11383 Claridon Troy Road  
Chardon, OH 44024

Call Sandy McLeod at **440-279-2137** to register. \*Must be registered with the Dept. on Aging

## **TRICK OR TREAT EVENT**

Bring your ghouls and goblins for trick-or-treating and a day of harvest fun. Costume contest and cider!

**Saturday, October 26**

1. - 3 p.m.

### **Chardon Healthcare**

620 Water Street  
Chardon, OH 44024

Call Anissa Vilcheck at **440-821-0023** for Information

## **LYMPHEDEMA SUPPORT GROUP**

*Topic and location to be determined*

Call 440-214-3101 for information or Email:

[Cathy.Jewell@uhhospitals.org](mailto:Cathy.Jewell@uhhospitals.org) or  
[Patricia.schroeder@uhhospitals.org](mailto:Patricia.schroeder@uhhospitals.org)

## **ELDERBERRIES ASTRONOMY NIGHT**

**Thursday, October 17**

11:30 a.m. – 1:30 p.m.

*Light meal provided*

Join us on a naturalist - led horse drawn wagon ride to enjoy natural wonders unique to autumn. (The wagon has stairs leading up to bench seating.) Lunch will be sponsored by Burton Healthcare. UH Resource table provided with health education Information, upcoming programs & Blood Pressure Screenings Provided. *Registration required. , Call 440-214-3180 to register*

### **Swine Creek**

16004 Hayes Road  
Middlefield, OH 44062

## **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*

## **SENIOR HEALTH & WELLNESS DAY**

Please join us for a health and wellness fair at Hamlet. Health screenings, health education and resources. Multiple community resources will be available.

**Thursday, October 10**

1-3 p.m.

### **Hamlet at Chagrin Falls**

200 Hamlet Hills Drive  
Chagrin Falls, OH 44023

## **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](mailto: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

### **MENTOR ON THE LAKE FIRE DEPARTMENT OPEN HOUSE**

Stop by to check your blood pressure, get health and safety information and more with University Hospitals! For additional open house information contact Mentor on the Lake Fire Department.

**Sunday, October 6**  
12- 4 p.m.

#### **Mentor on the Lake Fire Department**

5860 Andrews Road  
Mentor on the Lake, OH 44060

### **WILLOWICK SENIOR CENTER HEALTH AND WELLNESS DAY**

Join UH Lake Community Outreach to check your blood pressure, glucose, and cholesterol. For more about this event contact the Willowick Senior Center, 440-585-5112.

**Wednesday, October 9**  
9 a.m. – 12 p.m.

#### **Willowick Senior Center**

321 East 314th Street  
Willowick, OH

### **WILLOUGHBY OUTDOOR MARKET**

The wonderful Heart of Willoughby Market is back and in its 45th year! Join UH Lake Community Outreach as we offer free health screenings and health education. There is everything from healthy produce to fantastic finds at this market. For more market information:

<https://heartofwilloughby.com/market>

**Saturday, October 12**

8 a.m. – 12 p.m.

**Saturday, October 19**

8 a.m. – 12 p.m.

### **CONCORD FALL FESTIVAL**

Join UH Lake Community Outreach at Concord's new fire station! We will offer free blood pressures, and more! There will be costumes, treats, refreshments, and tours. You can help stuff the bus with new or gently used winter jackets, hats, boots, gloves, sleeping bags, tent, and/or new socks with Sub Zero Mission at this event.

**Saturday, October 26**  
10 – 11:30 a.m.

#### **Concord Fire Department**

11599 Concord-Hambden Road  
Concord, OH 44077

### **NATIONAL PRESCRIPTION DRUG TAKE BACK DAY**

Join UH Lake Community Outreach at UH Tripoint and UH Lake West main entrances as we host booths where you can dispose of unwanted, or unused pharmaceutical controlled substances and other medications. A pharmacist will be on hand so bring your medication questions. Narcan kits will be available as well. The U.S. Drug Enforcement Administrator's National Prescription Drug Take Back Day is a no-questions-asked event where communities set up collection sites for safe disposal of unwanted or unused medications which can help prevent accidental poisoning, misuse, and overdose.

**Saturday, October 26**  
10 a.m. – 2 p.m.

#### **UH Tripoint Medical Center**

7590 Auburn Road  
Painesville, Ohio 44077

#### **UH Lake West Medical Center**

36000 Euclid Ave  
Willoughby, Ohio 44094

### **LAKE COUNTY CAREGIVER FORUM**

This FREE forum will provide information, resources and education to caregivers of older adults. Registration is open and required. Lunch is provided! Vendors will be in attendance and educational sessions are included. For more information:

[alyea.barajas@lakecountyohio.gov](mailto:alyea.barajas@lakecountyohio.gov) or 440-350-2748. Learn more and register with the following link:

<https://www.lakecountyohio.gov/senior-services/lake-county-caregiver-forum/>

**Tuesday, October 29**

10 a.m. - 3 p.m.

#### **Holiday Inn Northeast Cleveland - Mentor**

7701 Reynolds Road  
Mentor, Ohio 44060

### **HALLOWEEN BINGO**

University Hospitals will be offering blood pressure checks, health information and more! Wear your costume! Please contact the Recreation Department to register for this fun Senior Social event at 440-639-4650.

**Wednesday, October 30**

1 - 2 p.m.

#### **Concord Community Center**

7671 Auburn Road  
Concord, Ohio 44077

### **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](mailto: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 Lake Medical Center, (con't).



### 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, October 5**  
9 – 10 a.m.

**Tripoint Medical Center**  
7590 Auburn Road  
Painesville, OH 44077

**Saturday, October 19**  
9 – 12 p.m.

**UH Lake West Medical Center**  
36000 Euclid Avenue  
Willoughby, OH 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](mailto:Alecia.Crognale@UHhospitals.org) |

**Wednesday, October 9**  
6 – 8 p.m.

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

## 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

### **University Hospitals Weight 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](mailto: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 Dietrick Wellness Center Conference Room B-2<sup>nd</sup> floor. Registration is recommended. Call **440-701-7507** to reserve your seat. Open to the public and UH Fitness Center members.

**Tuesday, October 15**  
6-7 p.m.

*Fitness: It's Just a Number: Exercising at a Later Age*  
*Nutrition: Eating to 100 Years Old: Centenarians*



## 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](mailto:kimberly.tomblin@UHhospitals.org).

### **NEW! 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](mailto:marian.mih@uhhospitals.org) or by calling 440-743-4295.

### **NEW! 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](mailto:marian.mih@uhhospitals.org) or call 440-743-4295.

#### **Every Wednesday**

12 p.m.

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

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

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

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

## 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.

## 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, October 9**

11 a.m. – 5 p.m.

**UH Parma Medical Center**

## INDEPENDENCE COMMUNITY HEALTH FAIR

All are welcome! Visit the UH Parma tables for resources and education information. UH Parma will be performing health screenings, blood pressures; non-fasting cholesterol; Glucose & stroke assessments. *For questions or more information, call 216-524-7373*

**Friday, October 11**

9 a.m. – 12 p.m.

**Independence Senior Center**

6363 Selig Dr.

Independence., OH 44131

## 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 send to [HYPERLINK"mailto:jessica.grimm@uhhospitals.org"](mailto:jessica.grimm@uhhospitals.org)

[Jessica.grimm@uhhospitals.org](mailto:jessica.grimm@uhhospitals.org) or call **216-844-5298**

**Thursdays, October 3, 10, 17, 24, 31**  
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, October 2**

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

**(Glucose Screening Included)**

**UH Parma Health Education Ctr.**

7300 State Road

Parma, OH 44134

#### **Wednesday, October 2**

9 - 10:30 a.m.

**North Royalton Office on Aging**

13500 Ridge Road

North Royalton, OH 44133

#### **Wednesday, October 9**

8 - 10 a.m.

**Seven Hills Recreation Center**

7777 Summit View Drive

Seven Hills, OH 44131

#### **Thursday, October 10**

9:30 - 11 a.m.

**Brooklyn Senior Center**

7727 Memphis Avenue

Brooklyn, OH 44144

#### **Friday, October 11**

9 a.m. - 12 p.m.

**Independence Health Fair**

**Independence Senior Center**

6363 Selig Drive

Independence, OH 44131

#### **Tuesday, October 15**

8:30 - 10 a.m.

**Broadview Hts. Senior Center**

9543 Broadview Road

Broadview Hts., OH 44147

#### **Friday, October 18**

10-11:30 a.m.

**Donna Smallwood Activity Center**

7010 Powers Boulevard

Parma, OH 44129

#### **Tuesday, October 22**

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, October 2, 9, 16, 23, 30**

12:30 – 2 p.m.

**UH Parma Health Education Ctr.**

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

## SUPPORT GROUPS

**UH Parma Health Education Ctr.**

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

### **STROKE & ARTHRITIS**

### **SUPPORT GROUP**

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

**Monday, October 14**

12:30 – 2 p.m.

### **PARKINSON'S DISEASE**

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

For more information about the October meeting or questions call

**440-743-4932**

### **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, October 4, 11, 18, 25**

4:30 p.m.

### **NEW! 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](mailto:marian.mihas@uhhospitals.org) or call the Parma Pastoral Care Department at **440-743-4295**

**Thursday, October 10, 24**

1 – 2 p.m.

**UH Parma Medical Center**

7007 Powers Boulevard

Parma, OH 44134

*Conference Room E (third floor)*



## COMMUNITY PROGRAMS

### **RED CROSS BLOOD DRIVE**

**Monday, October 15**

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.

### **DIABETES WELLNESS RETREAT**

Individuals with pre-diabetes, diabetes, obesity, or other metabolic conditions are invited to register for a free, one-day event to learn healthy living habits in Portage County

The following is included at NO COST to retreat participants:

- Food and nutrition demos
- Physical activity and exercise classes
- Mindfulness and yoga activities
- Diabetes education
- Healthy meals and snacks
- Wellness tools and resources
- Access to free health monitoring devices. Dress in comfortable clothing and shoes

**Friday, October 11**

8:30 a.m. – 2 p.m.

**Streetsboro Community Center**

8970 Kirby Lane

Streetsboro, OH 44241

**Register by October 4th via one of the following options:**

**Text: "Portage" to 216-777-4700**

**Visit: [UHhospitals.org/BeWell](https://UHhospitals.org/BeWell)**

**Email:**

**[WellnessTeam@UHhospitals.org](mailto:WellnessTeam@UHhospitals.org)**

**Space is limited to 25 participants.**

### **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's Rehabilitation Center on healthy movement.

**Tuesday, October 15**

10 a.m.

**Morgan Park**

8828 OH-44

Ravenna, OH 44266

Call 330-297-7728 to register

### **SENIOR FORUM PRESENTED BY JOB & FAMILY SERVICES & UH PORTAGE MEDICAL CENTER**

This free event is open to anyone who is interested in learning more about what our community has to offer the 55+ residents of Portage County. Attendees will benefit from free health screenings, information, giveaways, door prizes and a free lunch. There will also be a series of speakers presenting throughout the event, featuring the topics of Wills/Beneficiaries, Using Your Portage Parks, Volunteering & Thriving as We Age, and Cardiac Testing. For more information, please contact Audrey Riley at 330-705-0393.

**Senior Forum - Presented by Job & Family Services & UH Portage Medical Center**

**Thursday, October 31**

9 a.m. – 1 p.m.

**UH Portage Medical Arts Building**

6847 North Chestnut Street

Ravenna, OH 44266

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

## HAYMAKER FARMER'S MARKET

Please join UH at the market for free information on nutrition and summer gardening tips.

**Saturday, October 19**

9 a.m. – 1 p.m.

## Haymaker Farmer's Market

Franklin Avenue in Downtown Kent (Outdoor market under the Haymaker overpass between Main St. & Summit St.)

## 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:

**Tuesday, October 8**

11 a.m. – 2 p.m.

Renaissance Family Center  
9005 Wil Verne Drive  
Windham, OH 44288

**Wednesday, October 9**

11 a.m. - 1 p.m.

**UH Portage Medical Arts Building, Atrium**  
6847 N. Chestnut Street  
Ravenna, OH 44266

**Wednesday, October 16**

11 a.m. – 1 p.m.

**UH Streetsboro Health Center**  
9318 OH-14  
Streetsboro, OH 44241

**Wednesday, October 23**

11 a.m. – 1 p.m.

**UH Portage Professional Center - Lobby**  
6847 N. Chestnut Street  
Ravenna, OH 44266



## MONSTER DASH 5K & TRUNK OR TREAT

**Saturday, October 26**

8:30 a.m. Kids Fun Run

9:00 a.m. 5K Run/Walk

10 a.m. – 12 p.m. Trunk or Treat

*UH Portage Medical Center*

6847 North Chestnut Street

Ravenna, OH 44266

50% of proceeds will support Raven Packs

Zonuts & Lattes will be on-site at 7:30 am

(Facebook @zonunts and lattes or

Instagram @zonuntslattes)

**Registration:** <https://runsignup.com/uh-monster-dash>

## HEART HEALTH LUNCH & LEARN: STROKE SIGNS & SYMPTOMS

Join us for this complimentary event to learn more about stroke signs and symptoms. Lunch will be provided.

*Registration/RSVP by Monday, October 14th at 330-297-2576*

**Thursday, October 17**

11:30 a.m. – 1 p.m.

**UH Portage Medical Arts Building, Room 150**

6847 North 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](http://www.thegriefcareplace.org)  
330-686-1750

## Kelly's Grief Center

INFO: [www.kellysgriefcenter.com](http://www.kellysgriefcenter.com)

Call 330-593-5959 for Information

## DIABETES SUPPORT GROUP

**Tuesday October 1**

4 - 5 p.m.

**UH Portage Medical Arts Building, Room 150**

6847 N. Chestnut Street  
Ravenna, OH 44266

## MYCHART FOR MY LIFE

Join University Hospitals Portage Medical Center for an informative session on MyChart, your personalized online health tool. You will learn how to:

- Access your health records
- Communicate with providers
- Schedule appointments
- View test results and more!

Tuesday, October 22

10 a.m.

**UH Portage Medical Center**

Palmstrom Community Room

6847 North Chestnut Street

Ravenna, OH 44266

Call 330-297-2576 to register

## AMPUTEE WALKING CLINIC SUPPORT GROUP

**Thursday, October 3**

3 - 5 p.m.

**UH Portage Medical Arts Building, Room 150**

6847 N. Chestnut Street

Ravenna, OH 44266

## WOMEN'S HEALTH

### FREE MAMMOGRAMS

For underinsured or uninsured women.

UH Portage Medical Center

6847 North Chestnut Street

Ravenna, Ohio 44266

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

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

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

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

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

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

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

## COMMUNITY PROGRAMS

### **WALKING CLUB**

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

**Tuesdays, October 1, 15, 22, 29**  
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

**Wednesday, October 16**

10 a.m. - 1 p.m.

### **Richmond Heights Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

### **BLOOD PRESSURE SCREENINGS**

**Monday, October 28**

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

### **Richmond Heights Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

### **UNIVERSITY HOSPITALS MOBILE HEALTH UNIT**

3-D mammogram screenings in the parking lot on this date with extended times. Mammogram appointments are available from 8:30 am -2:30 pm on the below dates. Accepting appointments now. To schedule an appointment, call *Nicole, UH Mobile Coordinator, at 216-896-1768.*

Call 440-735-4270 for more Information

**Wednesday, October 16**

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

### **UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY**

#### **Dinner on a Budget: A Cooking**

**Demonstration:** Join executive chef Tony Verona and Registered Dietitian Bailey Gordon for a cooking demonstration with a budget-friendly, tasty, and easy-to-make recipe.

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

**Wednesday, October 16**

12 - 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.

**Wednesday, October 16**

10 a.m. - 1 p.m.

### **Richmond Heights Community Center**

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





## 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.

**Wednesday, October 16**

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.

**Wednesday, October 16**

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.

**Wednesday, October 16**

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.



### 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](mailto: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, October 23**  
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, October 8**  
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, October 4**  
11 a.m. – 5 p.m.  
**Thursday, October 24**  
9:30 a.m. – 3:30 p.m.

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

663 East Main Street  
Ashland, OH 44805

### **UH MID-WEEK FARMER'S MARKET**

**Wednesday October 2, 9**  
**4- 6 p.m. (weather permitting)**  
**Samaritan on East Main**  
663 East Main Street  
Ashland, Oh 44805

### **SMOKING CESSATION**

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

### HEALTH SCREENINGS

### **BIOMETRIC SCREENINGS**

**Wednesday, October 9**  
9 – 10:30 a.m.

### **Ashland YMCA**

FirstFloor Conference Room  
207 Miller Street  
Ashland, OH 44805

### **LOUDONVILLE STREET FAIR**

**Tuesday, October 1 - Saturday,  
October 5**  
Various Education  
**UH Samaritan Trailer**

### **WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP**

**Tuesday October 15**  
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](http://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, October 2**

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*

# UH St. John Medical Center, a Catholic Hospital, (con't)

## 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, October 3**  
11:30 a.m.-1 p.m.

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

Community Meeting Room  
28975 Hillard Blvd  
Westlake, OH 44145

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

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

**Thursday, October 10**  
10:45 -11:45 am

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

**Monday, October 14**  
10:45-11:45 am

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

## **WESTSIDE HEALTH ORGANIZATION (WHO) HEALTH FAIR**

Join us for this GREE senior resource fair to learn about different organizations in the community.

**Wednesday, October 9**  
11 a.m. - 1 p.m.

**St. John Medical Center**  
29000 Center Ridge Rd (Building 2- Auditorium A and B)  
Westlake, OH 44145

## **HANDS ONLY CPR BE THE DIFFERENCE FOR SOMEONE YOU LOVE~ LEARN HANDS ONLY CPR!**

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse a parent or a friend. CPR, especially if performed immediately, can double or triple a cardiac victim's chance of survival. Join us to learn and practice **Hands Only CPR** and use of the **Automated External Defibrillator (AED)**. **Hands ONLY CPR has just 2 steps!!**

**Thursday, October 3**  
12:30pm

**North Olmsted Senior Center**  
28114 Lorain Road  
North Olmsted, OH 44070

## **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](mailto: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>



# Car Seat Installations for Caregivers and Grandparents

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

## Thursday, October 17

2 – 5 p.m.

### Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

## Thursday, October 24

2 – 5 p.m.

### North Olmsted Fire Station

24291 Lorain Avenue

North Olmsted, OH 44070

Call 440-827-5440 to schedule

### North Royalton Fire Station

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

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



## 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**