

ST. JOHN MEDICAL CENTER

A CATHOLIC HOSPITAL



SISTERS of CHARITY
HEALTH SYSTEM

- ✦ FREE CE PROGRAMS
✦ PG 1-5
- ✦ HEALTH SCREENINGS
✦ PG 6-7
- ✦ HEALTH TOPIC SEMINARS
✦ PG 8-18
- ✦ SUPPORT GROUPS
✦ PG 19-23
- ✦ WOMEN'S SERVICES
✦ PG 23
- ✦ CHILDBIRTH EDUCATION
✦ PG 24-25



ST. JOHN MEDICAL CENTER CALENDAR

*Health Information, Seminars and
Screenings for you and your family*

JANUARY - JULY 2012

ST. JOHN MEDICAL CENTER

A CATHOLIC HOSPITAL



University Hospitals



SISTERS of CHARITY
HEALTH SYSTEM

T A B L E O F C O N T E N T S

1-5	Free CE Programs
6-7	Health Screenings & Immunizations
7	Community Assistance Information
8-18	Health Topic Seminars
11	Balance Center
12-13	Cardiovascular
13-15	Diabetes
15-16	Mental Well-being
16-17	Nutrition
18	Orthopedics
18	Urology
19-23	Support Groups
23	Women's Services
24-25	Childbirth Education & Programs

Please call our

Physician Referral
and Health Program
Reservation Line



1-877-597-6348

the only number you need.

24/7

Event Calendar is published by St. John Medical Center Community Outreach Department to provide health information. It is not a substitute for medical advice you would obtain from your physician. Please continue with your regular schedule of doctor visits and screenings.

FREE CE Programs Attendance is required for ENTIRE program and written evaluation to receive contact hours.

The Service-Driven Professional: Customer Care in a Busy Healthcare Workplace

#1700 Jackie Mueckenheim

- Sponsored by Rae-Ann Skilled Nursing and Rehabilitation Centers and SJMC

| Tuesday, January 31 | 8:00 am | Rae-Ann Westlake Skilled Nursing |
| 28303 Detroit Road, Westlake |

Registration and light refreshments begin at 7:30 am - CE program will start at 8:00 am. Healthcare organizations who understand the difference between *meeting* and *exceeding* customer expectations are organizations who realize greater growth, "glory" with their patients, clients, partners and in their marketplace presence. Learn how the "platinum rule" of customer care can help you build a more loyal customer base, a more positive organizational reputation and a solid team of dedicated and motivated customer care professionals.

RSVP: 877-597-6348

CE: 1.0 for nurses and social workers

The Ethics of Cross Cultural Competency in Healthcare Practice

#1701 Julia Ellifritt, LISW-S - Sponsored by Manor Care and SJMC

| Wednesday, February 8 | 5:30 pm | Manor Care | 23225 Lorain Road, North Olmsted |

Registration and light refreshments begin at 5:00 pm - CE program will start at 5:30 pm.

In this one hour workshop you will engage in the exploration of knowledge, skills and values that help provide quality care for persons of all cultures.

RSVP: 877-597-6348

CE: 1.0 for nurses, social workers and counselors

Dementia and Tricky Issues

#1702 Lisa Anthony, Marketing Director for Arden Courts - Sponsored by Arden Courts and SJMC

| Wednesday, February 29 | 12 Noon | Arden Courts | 28400 Center Ridge Road, Westlake |

Registration and lunch begin at 11:30 am - CE program will start at 12 Noon.

Driving, intimacy and behaviors, this talk answers the question: What to do when you don't know what to do?

RSVP: 877-597-6348

CE: 1.0 for nurses, case managers and social workers

The Healthy Heart

#1703 Tracy Taylor, RN, HCR Manor Care

- Sponsored by Rocky River Manor Care and SJMC

| Tuesday, February 21 | 6:00 pm | Rocky River Manor Care |

| 4102 Rocky River Drive, Cleveland |

Registration and light refreshments begin at 5:30 pm - CE program will start at 6:00 pm.

Do you know someone who suffers from heart disease? Do you know that heart disease is the number one killer in men and women? *The Healthy Heart* is a nice review of heart disease. At the end of the program you will be able to identify modifiable and non-modifiable risk factors. We will also discuss the incidence across various cultures.

RSVP: 877-597-6348

CE: 1.0 for nurses, social workers and case managers

Inside Voices in an Outside World

#1704 Chuck Behrens, M.Div, Hospice of the Western Reserve

- Sponsored by Hospice of the Western Reserve, Brighton Gardens and SJMC

| Wednesday, February 22 | 6:30 pm | Brighton Gardens |

| 27819 Center Ridge Road, Westlake |

Registration and light refreshments begin at 6:00 pm - CE program will start at 6:30 pm

At the end of this program the participant should be able to:

- Define/illustrate how we communicate and how often what is said isn't exactly heard/understood in the intended ways
- Identify the essential components of effective communication and some of the most common errors
- Describe interventions in hearing/speaking for optimal communication during and at end of life

RSVP: 877-597-6348

CE: 1.0 for nurses, social workers and counselors

To Treat or Not to Treat: Infections at the End of Life

#1705 Janice Scheufler, R.Ph, Pharm D, FACP

- Sponsored by Hospice of the Western Reserve, Wellington Place and SJMC

| Thursday, February 23 | 5:30 pm | Wellington Place |

| 4800 Clague Road, North Olmsted |

Registration and light refreshments begin at 5:00 pm - CE program will start at 5:30 pm.

At the end of this program the participant will be able to:

- List two factors to consider in determining an antimicrobial treatment plan
- Name two microbes commonly seen in community-acquired pneumonia and the antimicrobials of choice
- Discuss the use of prophylactic antimicrobials and two routes of administration in a hospice plan of care

RSVP: 877-597-6348

CE: 1.0 for nurses, social workers

Boundaries (an Ethics Course)

#1706 Julia Ellifritt, LISW-S - Sponsored by Westlake Village and SJMC

| Wednesday, March 21 | 8:00 am | Westlake Village |

| 28550 Westlake Village Drive, Westlake |

Registration and light refreshments begin at 7:30 am - CE program will start at 8:00 am.

This workshop, which fulfills the state's ethics requirement, will explore our boundaries from a spiritual point of view. This course is for those who see their vocation as a calling. We will discuss appropriate amounts of self-disclosure, boundary crossings, boundary violations and areas of risk.

RSVP: 877-597-6348

CE: 1.0 for nurses, social workers and counselors

Baby Boomers and Early Onset Alzheimer's Disease

#1707 Lisa Anthony, Marketing Director, Arden Courts - Sponsored by Arden Courts and SJMC

| Thursday, March 22 | 12:00 pm | Arden Courts | 28400 Center Ridge Road, Westlake |

Registration and light refreshments begin at 11:30 am - CE program will start at 12:00 pm.

This presentation discusses an overview of baby boomers, what is dementia and what is Alzheimer's. Differences in early onset and typical Alzheimer's Disease and social and economic repercussions are also illustrated. This presentation is suitable for caregivers, family members and healthcare professionals.

RSVP: 877-597-6348

CE: 1.0 for nurses and social workers

Recognizing the Patient at Risk

#1708 Lil Hanrahan, RN, MA, Ed, CCRN, Director - Acute Care Services at SJMC

- Sponsored by Bradley Bay and SJMC

| Wednesday, March 28 | 8:00 am | Bradley Bay | 605 Bradley Road, Bay Village |

Registration and light refreshments begin at 7:30 am - CE program will start at 8:00 am.

At the end of this program you will be able to define principles of oxygenation and principles of fluid and electrolyte abnormalities, assess de-compensation, oxygen modalities and learn about basic interventions and risks.

RSVP: 877-597-6348

CE: 1.0 for nurses

Palliative Care and Hospice Care

#1709 Jennifer Trudel, Professional Relations Coordinator, Hospice of the Western Reserve

- Sponsored by Life Care Center of Westlake, Hospice of the Western Reserve and SJMC

| Thursday, March 29 | 8:00 am | Life Care Center of Westlake |

| 26520 Center Ridge Road, Westlake |

Registration and light refreshments begin at 7:30 am - CE program will start at 8:00 am.

At the end of this program the participant should be able to:

- Describe palliative care eligibility and reimbursement
- Explain hospice philosophy, history, eligibility and reimbursement
- Identify by who, where and what services are provided
- Discuss difference between palliative and hospice care

RSVP: 877-597-6348

CE: 1.0 nurses, social workers and counselors

Now What Was I Saying? Understanding and Enhancing Memory

#1710A & 1710B Presented by The Alzheimer's Association

- Sponsored by The Alzheimer's Association, Normandy Manor, Gardens of Westlake and SJMC

| #1710A | Tuesday, April 10 | 1:30 pm | Normandy Manor | 22709 Lake Road, Rocky River |

Registration and light refreshments begin at 1:00 pm - CE program will start at 1:30 pm.

-OR-

| #1710B | Monday, July 16 | 8:00 am | The Gardens of Westlake |

| 27569 Detroit Road, Westlake |

Registration and breakfast begin at 7:30 am - CE program will start at 8:00 am.

This presentation will explain the basics of how the brain works, the primary principles of memory, some techniques to improve memory and things you can do for improving overall brain health.

RSVP: 877-597-6348

CE: 1.0 for nurses and social workers

Critical Concepts in Geriatric Pharmacology

#1711 Janice Scheufler, R.Ph, Pharm D, FACP

- Sponsored by Hospice of the Western Reserve, Center Ridge Health Campus and SJMC

| Thursday, April 12 | 12:00 pm | Center Ridge Health Campus |

| 38600 Center Ridge Road, North Ridgeville |

Registration and light refreshments begin at 11:30 am - CE program will start at 12:00 pm.

In this program you will learn the impact of prescription use and adverse drug reactions in the geriatric population. You will be able to list two major physiological changes as we age that impacts medication management. *The Beers List* will also be explained.

RSVP: 877-597-6348

CE: 1.0 for nurses, social workers and case managers

Anger at the End of Life: My God Given Right

#1712 Chuck Behrens, M.Div, Hospice of the Western Reserve

- Sponsored by The Gardens of Westlake, Hospice of the Western Reserve and SJMC

| Thursday, April 19 | 8:00 am | The Gardens of Westlake | 27569 Detroit Road, Westlake |

Registration and breakfast begin at 7:30 am - CE program will start at 8:00 am.

At the end of this program the participant will be able to:

- Define anger at the end of life
- Identify the signs and symptoms of anger in end of life patients
- Describe appropriate interventions to help patients deal with anger

RSVP: 877-597-6348

CE: 1.0 for nurses, social workers, counselors and physicians

“You Can’t Take that Away from Me”

#1713 Mary Lambert, Western Region Director, Alzheimer’s Association

- Sponsored by Alzheimer’s Association, The Gardens of Westlake and SJMC

| Monday, April 23 | 8:00 am | The Gardens of Westlake | 27569 Detroit Road, Westlake |

Registration and breakfast begin at 7:30 am - CE program will start at 8:00 am.

Mary will discuss the stages of Alzheimer’s Disease and the losses associated with them.

The underlying message is to focus on what people with memory loss can do, rather than what they can no longer do.

RSVP: 877-597-6348

CE: 1.0 for nurses and social workers

Virtual Dementia

#1714 Lisa Anthony, Marketing Director for Arden Courts

- Sponsored by Arden Courts, Our House and SJMC

| Tuesday, April 24 | 10:00 am | Our House | 27633 Bassett Road, Westlake |

Registration and light refreshments begin at 9:30 am - CE program will start at 10:00 am.

Ever walk in someone else’s shoes for a day? Come and join this life changing opportunity to experience what it is like to suffer from Alzheimer’s and dementia. This simulation alters your abilities in order to understand how it feels to perform basic everyday tasks when a person is cognitively impaired.

RSVP: 877-597-6348

CE: 1.0 for nurses, social workers and case managers

Working with and Serving Multigenerational Populations

#1715 Jackie Mueckenheim

- Sponsored by Rae-Ann Skilled Nursing & Rehabilitation Centers and SJMC

| Thursday, April 26 | 8:00 am | The Belvedere of Westlake | 29591 Detroit Road, Westlake |

Registration and light refreshments begin at 7:30 am - CE program will start at 8:00 am.

Today’s organizations employ and serve five active generations – Veterans, Boomers, Xers, Millennials and Linksters. Individuals from each generation are unique in how they work, live and expect to be treated in the marketplace. In this highly-charged and fun workshop, gain insights into how individuals are shaped by historical and cultural events and understand what they expect from the organizations for whom they work and from the organizations that serve their healthcare needs.

RSVP: 877-597-6348

CE: 1.0 for nurses and social workers

To Delegate or Not to Delegate

#1716 Diane McGregor, BSN, RN, Staff Development, SJMC

- Sponsored by Rae-Ann Suburban and SJMC

| Wednesday, May 30 | 8:00 am | Rae-Ann Suburban | 29505 Detroit Road, Westlake |
Registration and breakfast begin at 7:30 am - CE program will start at 8:00 am.

The objectives of the program are:

1. Define delegation and its use by nurses
2. Describe the five rights of delegation

The presentation begins by identifying the scope of practice for RN and LPN and then defines delegation using examples for illustration.

St. John Medical Center (OLN-002-P) is approved as a provider of continuing education by the Ohio Board of Nursing through the approver unit at the Ohio League for Nursing (OBN-006-92) and provider unit status is valid through October, 2014.

This program meets the requirement that Ohio licensed nurses and certificate holders complete at least one contact hour of approved continuing education directly related to the law and rules pertaining to the practice of nursing in Ohio.

RSVP: 877-597-6348 CE: 1.0 for nurses

Survival Solutions for Stress

#1717 Laura Hazen, Director of Education, Hanson Services

- Sponsored by Hanson Services, Avon Oaks and SJMC

| Tuesday, May 15 | 8:30 am | Avon Oaks Caring Community |
| 37800 French Creek Road, Avon |

Registration and breakfast begin at 8:00 am - CE program will start at 8:30 am.

This program is designed to empower participants to be prepared for whatever challenges life sends their way. A variety of coping strategies, from practical to philosophical, are offered to help participants arm themselves with tools for managing adversity and improving well-being. The program includes a demonstration of guided imagery, a very effective relaxation technique.

RSVP: 877-597-6348 CE: 1.0 for nurses, counselors, social workers and OT/PT

Learned Bias

#1718 Julia Ellifritt, LISW-S - Sponsored by Normandy Manor and SJMC

| Thursday, June 14 | 8:30 am | Normandy Manor | 22709 Lake Road, Rocky River |
Registration and light refreshments begin at 8:00 am - CE program will start at 8:30 am.

Most people are aware of biases they have and how to set them aside to best serve a customer or client. This program discusses the hidden, learned biases that we each have, how they entered our lives and how to recognize them. It takes a personal look at how bias affects our professional practice and potential impact on clients and customers.

RSVP: 877-597-6348 CE: 1.0 for nurses and social workers

FREE HEALTH SCREENINGS

Cholesterol | Glucose | Blood Pressure

No fasting required for these screenings. No reservations needed (weather permitting).
Wellness literature available at all screenings.

French Creek YMCA
2010 Recreation Ln., Avon
Wednesday, January 25
5:00 pm – 7:00 pm

**Avon Lake - Old Firehouse
Community Center**
100 Avon Belden Rd., Avon Lake
Tuesday, March 13
10:00 am – 12:00 pm

Manor Care
23225 Lorain Rd.,
North Olmsted
Thursday, May 24
11:00 am – 1:00 pm

**Westlake Center
for Community Services**
29694 Center Ridge Rd., Westlake
Thursday, February 9
11:30 am – 1:00 pm

Avon Oaks Caring Community
37800 French Creek Rd., Avon
Tuesday, April 3
9:00 am – 11:00 am

The Gardens of Westlake
27569 Detroit Rd., Westlake
Monday, June 18
10:00 am – 11:30 am

Avon Senior Center
36786 Detroit Rd., Avon
Wednesday, February 22
9:30 am – 11:30 am



Low-Cost Immunizations

Offered by the Cuyahoga County Board of Health

Fridays 9:00 am - 3:30 pm SJMC Community Outreach
29160 Center Ridge Road, Suite R, Westlake

Call 216-201-2041 for an appointment.

Free Blood Pressure Screenings

**Avon Lake - Old Firehouse
Community Center**
100 Avon Belden Rd., Avon Lake
3rd Tuesday of every month
12:30 pm – 2:00 pm

Westlake Recreation Center
28955 Hilliard Blvd., Westlake
2nd Monday of every month
9:00 pm - 11:00 am
4th Monday of every month
6:00 pm - 8:00 pm

The Northridge Apartments
35900 Westminister Ave,
North Ridgeville
2nd Tuesday of every month
9:30 am – 11:00 am

Emerald Village
30344 Lorain Rd., North Olmsted
1st Tuesday of every month
9:30 am – 11:00 am

**Westlake Center
for Community Services**
29694 Center Ridge Rd.,
Westlake
Thursdays, 11:30 am - 1:00 pm

Rocky River Senior Center
21014 Hilliard Blvd,
Rocky River
2nd and 4th Monday
of every month
12:30 pm – 3:00 pm

Our House
27633 Bassett Rd., Westlake
2nd Monday of every month
10:00 am – 11:30 am

**West Shore Family Branch
YMCA**
1575 Columbia Rd., Westlake
1st Wednesday of every month
9:00 am - 11:00 am
3rd Wednesday of every month
of every month
5:00 pm - 7:00 pm

French Creek YMCA
2010 Recreation Lane, Avon
2nd Wednesday of every month
5:00 pm – 7:00 pm
4th Wednesday of every month
8:30 am – 10:30 am

North Olmsted Senior Center
28114 Lorain Rd.,
North Olmsted
1st and 3rd Mondays
of every month
10:00 am - 11:30 am
Closed Memorial Day

Free Bone Density Screening

for women only
No RSVP required

Westshore Family Branch YMCA
1575 Columbia Rd., Westlake
Monday, January 30
6:00 pm – 8:00 pm

Westlake Center for Community Services
29694 Center Ridge Rd., Westlake
Thursday, March 1
11:30 am – 1:00 pm

Avon Senior Center
36786 Detroit Rd., Avon
Monday, April 16
1:00 pm - 3:00 pm

North Olmsted Senior Center
28114 Lorain Rd., North Olmsted
Thursday, May 10
9:00 am – 11:00 am

Dwyer Memorial Senior Center
300 Bryson Rd., Bay Village
Wednesday, June 20
1:30 pm – 3:00 pm

Free Balance Screenings

Westlake Family Health Center
26908 Detroit Rd., Westlake
Suite 300, Rehabilitation Services
RSVP: 440-414-6050
Space is limited.

COMMUNITY ASSISTANCE INFORMATION

Blood Donation

Working in partnership with LifeShare Community Blood Services, SJMC will host blood drives located at SJMC Building 2, First Floor, Auditorium B
11:00 am - 4:00 pm
Tuesday, February 14, Friday, April 27 and Friday, June 29

For information or other locations, visit www.lifeshare.cc or 866.644.Life (5433).

Health Care Access

is a program designed as a resource to access healthcare services for the uninsured. Program referrals can be made by anyone including community agencies, churches and physician offices. Contact: 440-925-0010

Mobile Medical Care

provides traditional physician house calls (office visits) for the homebound elderly (either at home or in an assisted living facility). Patients must be 65 years of age or older and have traditional Medicare coverage. Continuity of care is provided through regular visits from the physician and nurse on a monthly or bi-monthly schedule.

For more information call 440-617-9029.

Free Audiology Screening

Westlake Hearing and Speech
29101 Health Campus Drive, Westlake
Building 2, 2nd Floor, Suite 290
Call for free appointment at 440-835-6160



HEALTH TOPICS

Uncharted Waters

#1719 Hospice of the Western Reserve - Sponsored by Hospice of the Western Reserve and SJMC

| Thursdays , January 19 through February 9 | 6:30 - 8:00 pm |

| Hospice of the Western Reserve | 29101 Health Campus Drive, Suite 455, Westlake |

Often the bereaved are faced with having to make decisions in unfamiliar areas. This can become daunting during this emotionally difficult time. Hospice of the Western Reserve is offering an educational program to help you make informed decisions. Each week we will cover topics such as: Personal Finance 101 , Personal Safety, Getting to Know Your Car, Dining for One and The Novice Handy Man. REGISTRATION IS REQUIRED.

RSVP: JoDee Coulter at 440-892-6680 or 216-298-0405 ext. 1301

Training the Family Caregiver

#1720 Sponsored by Westlake Village, Home Instead and SJMC

| third Monday of each month, January 16 through June 18 | 7 - 8:00 pm |

| Westlake Village | 28450 Center Ridge Road, Westlake |

Light refreshments served plus respite care for your loved ones is available

These workshops and discussions are designed for anyone caring for a senior loved one, be it a parent, relative or friend.

Come to one or all the workshops

January 16 – How to Provide In-Home Care

February 20 – How to Talk to Your Doctor

March 19 – Caregivers! Yes, it is About You

April 16 – Communicating as though People Really Matter

May 21 – Balancing Work While Caring for Your Senior

June 18 – Taking Care of the Entire Senior

RSVP: 440-892-4200

Empower You: Chronic Disease. Giving You the Right Tools, Equipment and Information to Give You Back the Life You Want

#1721 - VNA - Sponsored by VNA, The Gardens of Westlake and SJMC

| Monday, February 6 | 2:30 pm | The Gardens of Westlake |

| 27569 Detroit Road, Westlake |

Does your medication schedule stop you from leaving your home?

Are you stressed by the medications you take every day?

Do you miss activities like going to church, taking a walk, playing with your grandchildren or getting out of the house? If you answered yes to any of these questions, *Empower You* can help!

RSVP: 440-892-9777

CIRCLE of Hope

#1722 Sponsored by Hospice of the Western Reserve and SJMC

| Thursdays, February 16 through March 22 | 6:30 - 8:00 pm |

| Hospice of the Western Reserve | 29101 Health Campus Drive, Suite 455, Westlake |

A six week educational support class for adults who have had a loved one die. Registration is required. Please call for more information.

RSVP: JoDee Coulter at 440-892-6680 or 216-298-0405 ext. 1301

Vitamin and Dietary Supplements

#1723 Tom Strong - Sponsored by Manor Care North/Omsted and SJMC

| Wednesday, February 29 | 12:00 pm | Manor Care/North Olmsted |
| 23225 Lorain Road, North Olmsted |

Lunch begins at 11:30 am and the talk will start at 12:00 pm.

Confused with all the vitamins and supplements on your drug store shelves? Do you wonder what these supplements do and which ones should you take? Medical lecturer, Tom Strong will explain what works and what doesn't to be an informed consumer.

RSVP: 440-779-6900

Making the Move

#1724 Sponsored by Devon Oaks and SJMC

| Wednesday, March 21 | 6:00 pm | Devon Oaks Assisted Living |
| 2345 Crocker Road, Westlake | *Light refreshments served*

Join us for a discussion with a panel of experts who have firsthand knowledge and experience with assisted living communities. Learn and ask questions to educate yourself on assisted living housing options that might work best for your individual situation. Included on the panel will be a nurse practitioner, registered nurse, admissions coordinator, and family members of individuals currently living in an assisted living environment.

RSVP: Carrie Zdilla at 440-250-2300

Care for the Caregiver

#1725 Avon Senior Center, VNA and SJMC

| Friday, March 23 | 1:00 pm | Avon Senior Center | 36786 Detroit Road, Avon |

This is an overview of the stressors that affect caregivers and how they can cope with these stressors.

RSVP: 440-934-2417

Men's Health

#1726 Tom Strong - Sponsored by Manor Care/North Olmsted and SJMC

| Wednesday, March 28 | 12 Noon | Manor Care/North Olmsted |
| 23225 Lorain Road, North Olmsted |

Lunch begins at 11:30 am and the talk will start at 12:00 pm.

Join us for an informative talk on enlarged prostate (causing frequent urination) and prostatitis. Also, prevention guidelines and treatments for prostate cancer will be discussed. (Ladies also welcome)

RSVP: 440-779-6900

Caring for the Caregiver

#1727 Panelists will include a medical expert in the field of dementia, an attorney who specializes in elder law and a representative from the Alzheimer's Association

| Wednesday, March 28 | 6:30 pm | Normandy Manor |
| 22709 Lake Road, Rocky River |

Dinner begins at 6:00 pm and the presentation will start at 6:30 pm.

This program will feature a panel of experts that will provide answers to your questions about: Alzheimer's disease and related dementias, legal and financial issues when diagnosed with some form of dementia and where to go for information and support.

RSVP: 440-333-5400

Medication Safety for Seniors

#1728 Crossroads Hospice

- Sponsored by Crossroads Hospice, St. Mary of the Woods and SJMC

| Thursday, March 29 | 1:30 pm | St. Mary of the Woods | 35755 Detroit Road, Avon |

Taking a proactive role in your health is something we all need to do. This informational session is designed to help seniors become a more educated consumer with regard to medication. Topics discussed will be types of medications (both prescription and over the counter), possible interactions (with other medications and food), as well as many other tips that are helpful for today's senior in managing their health.

RSVP: 440-937-2701

Alzheimer's Disease: What You Need to Know

#1729 Alzheimer Association Educator

- Sponsored by Alzheimer's Association, Dwyer Memorial Senior Center and SJMC

| Wednesday, May 2 | 1:30 pm | Dwyer Memorial Senior Center |

| 300 Bryson Drive, Bay Village |

Light refreshments begin at 1:00 pm and the talk will start at 1:30 pm.

This presentation provides an overview of the disease and talks about the changes that occur in the brain, comparing normal age-related memory loss to Alzheimer's-related memory loss. Learn how to live a brain-healthy lifestyle; and how the Alzheimer's Association can help.

RSVP: 440-333-5401

Successful Aging: The Four Components of Aging Successfully

#1730 Jerry Gadd, Eliza Jennings Senior Care Network

| Wednesday, May 2 | 6:00 pm | Devon Oaks Assisted Living |

| 2345 Crocker Road, Westlake | *Light refreshments served*

Based on the book "Successful Aging" by Dr. Robert Kahn, this program discusses the four common components of successful aging and how to incorporate these factors into your own life. The program talks about the intellectual, spiritual, physical and social aspects of aging and how each of these factors can impact how we age.

RSVP: Carrie Zdilla at 440-250-2300

Polypharmacy in Elderly Patients

#1731 Ron Heitz, RPh, SJMC Pharmacy Clinical Manager

| Wednesday, May 9 | 7:00 pm | Westlake Village |

| 28550 Westlake Village Drive, Westlake |

Polypharmacy, the use of multiple medications, may be associated with increased risk of adverse drug interactions, medication errors, inappropriate drug use and healthcare costs. The prevalence of polypharmacy has been reported to increase with patient age. A pharmacist will discuss strategies to reduce risks associated with polypharmacy.

RSVP: 440-892-4200

Emergency Senior Kit

#1732 Home Instead - Sponsored by Home Instead, Avon Lake Senior Center and SJMC

| Thursday, May 17 | 10:00 am | Avon Lake Senior Center | 100 Avon Belden Road, Avon Lake |
An emergency can happen at any time. When it does, many family caregivers do not have the information they need to help their loved one. Home Instead Senior Care worked with Humana *Points of Caregiving* to develop a toolkit with a variety of resources at your fingertips in case of an emergency. The toolkit is designed so family caregivers can have ready access to such information as doctors, pharmacy and insurance company, medication and dosage details, as well as allergies and other important documents. Get a free kit and other valuable information. **RSVP: 440-930-4135**

Alzheimer’s Disease: Home Management Techniques

#1733 Sponsored by VNA, Avon Senior Center and SJMC

| Thursday, June 21 | 1:00 pm | Avon Senior Center |
| 36786 Detroit Road, Avon |
This program will discuss disease progression, pharmacological treatment and safety interventions. **RSVP: 440-934-2417**

BALANCE CENTER



Whether it’s performing athletic activities, putting on shoes, or simply getting out of a chair, just about everything we do requires balance control. That is why balance problems can have such a profound impact on our daily lives. This talk discusses common reasons for balance problems and gives the participants tips on how to take action to correct balance difficulties.

Keep your Balance: Reduce Falls

#1734 Provided by St. John Medical Center Rehabilitation Services

| Third Tuesday of every month | 10:00 am |
| Westlake Family Health Center, third floor classroom | 26908 Detroit Road, Westlake | **RSVP: 877-597-6348**

Community Talks

- *****
- | #101 | Wednesday, April 11 | 1:00 pm | French Creek YMCA |
| 2010 Recreation Lane, Avon | -OR- **RSVP: 440-934-9622**
- | #102 | Thursday, April 19 | 10:00 am | Avon Lake Senior Center |
| 100 Avon Belden Road, Avon Lake | -OR- **RSVP: 440-930-4135**
- | #103 | Wednesday, May 9 | 1:00 pm | Rocky River Senior Center |
| 21014 Hilliard Blvd, Rocky River | -OR- **RSVP: 440-333-6600**
- | #104 | Thursday, June 28 | 1:30 pm | St. Mary of the Woods |
| 35755 Detroit Road, Avon | **RSVP: 440-937-2701**

CARDIOVASCULAR



What is Your Risk of Having a Heart Attack and What Can You Do About It!

#1735 Deb Recko, RN, Supervisor, SJMC Cardiac and Pulmonary Rehab
- Sponsored by The Northridge Apartments and SJMC

| Tuesday, February 14 | 9:30 am | The Northridge Apartments |
| 35900 Westminister Avenue, North Ridgeville |

We know that heart disease is our number one killer in America and most of us have at least one risk factor. This presentation will review the risk factors for heart disease and current recommendations to modify them. BP screening to follow talk.

RSVP: 877-597-6348

What is my Risk for Heart Attack?

#1736 Deb Recko, RN, Supervisor, SJMC Cardiac and Pulmonary Rehab
- Sponsored by Avon Lake Senior Center and SJMC

| Tuesday, February 28 | 10:00 am | Avon Lake Senior Center |
| 100 Avon Belden Road, Avon Lake |

Heart disease is the number one killer of both men and women in America. Learn what your risk factors are—both the ones you can change and the ones that you can't, and most importantly, what you can do to reduce your risk.

RSVP: 440-930-4135

Stroke: What is Your Risk?

#1737 Ellen Rogers, RN, BSN, MBA, SJMC Stroke Coordinator
- Sponsored by Life Care Center of Westlake and SJMC

| Thursday, April 26 | 5:30 pm | Life Care Center of Westlake |
| 26520 Center Ridge Road, Westlake |

Light refreshments begin at 5:00 pm and the talk will start at 5:30 pm.

Our risk for stroke increases as we age. Learn what your risk factors are and what you can do to reduce your risk. We will also discuss signs, symptoms and current treatment.

RSVP: 440-871-3030

Lifestyle Changes to Prevent Stroke

#1738 Ellen Rogers, RN, BSN, MBA, SJMC Stroke Coordinator
- Sponsored by Manor Care and SJMC

| Wednesday, May 2 | 5:30 pm | Manor Care | 23225 Lorain Road, North Olmsted |
Light refreshments begin at 5:00 pm and the talk will start at 5:30 pm.

Stroke is still the third cause of death and a leading cause of serious, long-term disability in America. You can achieve plenty of ways to protect your heart and blood vessels even if you have had a stroke. Come to this enlightening talk and learn ways to decrease your chance of having a brain attack.

RSVP: 440-779-6900

American Heart Association Classes

| 6:00 pm - 9:30 pm | SJMC | 29000 Center Ridge Road, Westlake |
| Building 2, 1st floor | Auditorium B |

There must be a minimum of at least six people per class otherwise the class will be cancelled. Limited space available – Must be at least 15 years of age.

Cost: \$25.00 per person

RSVP: 877-597-6348

Heartsaver CPR

#1739 Provided by SJMC Community Outreach

| Tuesdays, February 21 or April 17 |

This class covers one-person adult, child and infant CPR with choking rescues for lay people. This class is NOT intended for healthcare providers.

Heartsaver FirstAid

#1740 Provided by SJMC Community Outreach

| Thursdays, March 29 or May 24 |

This program addresses the general principles of first aid, medical and environmental emergencies and injury emergencies.

DIABETES



Diabetes Class Schedule

| Westlake Family Health Center | 26908 Detroit Road, Suite 300, Westlake |
To register for classes for group education classes and/or individual instruction call scheduling at 440-827-5335.

All diabetes education and classes meet at the Westlake Family Health Center (not at SJMC). Physician referral required.

Class topics include:

- Understanding what diabetes is and how it is diagnosed
- Making healthy food choices and meal planning
- Safely incorporating physical activity to improve blood sugar control
- Blood sugar monitoring, what causes blood sugars to rise and fall, and how to manage fluctuations
- Protecting eyes, heart, blood vessels, nerves, kidneys and feet

Tuesdays | 2:30 pm - 4:00 pm

Tuesdays | 6:00 pm - 7:30 pm

January 3, 10, 17, 24

February 7, 14, 21, 28

March 6, 13, 20, 27

April 3, 10, 17, 24

May 8, 15, 22, 29

June 5, 12, 19, 26

July 10, 17, 24, 31

Diabetes Support Group (see page 22)

Basic Diabetes Skills Series

| January 10, 17, 24; May 15, 22, 29 | 6:00 pm - 7:00 pm | Westlake Family Health Center |
| 26908 Detroit Road, Suite 300, Westlake |

Do you have diabetes, but lack any coverage for diabetes education? If you answered yes, you may be a candidate for our Basic Diabetes Skills Class series. This program is designed for those who do not have insurance benefits that cover diabetes education. Come learn important “survival-level” information such as pre-diabetes, diabetes self-care, or managing your existing diabetes. Call 440-827-5335 for questions. Fee: \$40.00 / three-class series (one hour each), not billed to insurance. Physician referral is required.

Diabetes Exercise Program: Moving Toward Control

- *****
- A safe and fun physical fitness and learning experience designed for people with diabetes who want to improve their health, but don't want to go it alone!
 - Eight-week program includes two sessions per week available on Tuesdays and Thursdays from 1:30 pm - 3:00 pm. Available at an affordable rate. Services are not billed to insurance.
 - For registration or questions call Cardiac & Pulmonary Rehabilitation at 440-250-2042. A physician referral is required.

Diabetes Education Day

#1741 Sponsored by SJMC Diabetes Education Program and Community Outreach

| Saturday, April 21 | 9:00 am - 12 Noon | Westlake Recreation Center |
| 28955 Hilliard Boulevard, Westlake |

Program is free and open to the community.
Free screenings: total cholesterol and blood pressure from 8:30 -10:00 am.

Diabetes Science versus Nonsense: Busting the Myths Around the Diabetes Diet and Weight Loss

Michelle Hiatt, RD, LD, SJMC | 10:00 am |

Information overload, that is what many are experiencing when it comes to new diabetes diet and weight loss tips available through various media sources. Diet fads come and go, but following some may lead to health risks not worth taking. Learn the latest proven nutritional strategies that support healthy weight management and improved diabetes control over the long haul.

RSVP: 877-597-6348

What You Need to Know in Your Lifelong Journey for Successful Diabetes Management

#1742 DeAna Rodriguez, BSN, RN, SJMC Diabetes Educator

- Sponsored by Avon Oaks Caring Community and SJMC

| Tuesday, March 13 | 11:30 am | Avon Oaks Caring Community |
| 37800 French Creek Road, Avon |

Lunch served at 11:00 am and the talk will start at 11:30 am.

Diabetes is a complex disease. Some people even describe it as a “full-time job”. The longer you have diabetes the more likely you are to experience periods of “burnout” from all the multi-tasking or you just need motivation to get back on track. Learn the latest recommendations for self-care and how you can avoid diabetes complications.

RSVP: 440-934-5204

Thriving with Diabetes

#1743 DeAna Rodriguez, BSN, RN, SJMC Diabetes Educator
- Sponsored by The Gardens fo Westlake and SJMC

| Monday, March 19 | 2:30 pm | The Gardens of Westlake | 27569 Detroit Road, Westlake |
Do you ever wonder why some people seem to have an easier time managing their diabetes?
What is it they know or what are they doing differently? Learn five key behaviors that will
help you thrive, not just survive with diabetes! **RSVP: 877-597-6348**

Eating Well With Diabetes

#1744 Michele Hiatt, RD, LD, SJMC

- Sponsored by the Westlake Center for Community Services and SJMC

| Tuesday, April 10 | 11:00 am | Westlake Center for Community Services |
| 29694 Center Ridge Road, Westlake |

Learn about the latest recommendations for management of diabetes through diet and
lifestyle modification. **RSVP: 440-899-3544**

Diabetes Skills for Healthy Living

#1745 Sponsored by SJMC Diabetes and Stroke Programs

| Wednesday, June 13 | 1:00 pm | Rocky River Senior Center |
| 21014 Hilliard Blvd., Rocky River |

Living with diabetes requires continuous learning about the disease and your body.
Complications are not inevitable. However, reducing your risk for them requires that you
perform key self-care skills and have important tests and checkups.

1:00 pm - Diabetes Education by DeAna Rodriguez, BSN, RN, CDE
1:30 pm - Complications and Prevention of Stroke
by Ellen Rogers, BSN, RN, MBA, Stroke Coordinator

RSVP: 440-333-6600

MENTAL WELL-BEING



Stress Management

#1746 Lydia Gadd, LPCC-S, MA, Director of SJMC Community Outreach

| Mondays, January 30 through March 5 | 10:00 - 11:30 am | Community Outreach |
| 29160 Center Ridge Road, Suite R, Westlake |

- Need to attend all classes
- Stress Management: What is Stress?
 - Challenge your Perception
 - Guided Imagery
 - Progressive Muscle Relaxation Techniques
 - Affirmations
 - Forgiveness

RSVP: 877-597-6348

Guided Imagery for a Healthy Heart

#1747 Lydia Gadd, LPCC-S, MA, Director of SJMC Community Outreach
- Sponsored by Bradley Bay and SJMC

| Tuesday, February 14 | 10:00 am | Bradley Bay Assisted Living |
| 605 Bradley Road, Bay Village |

This program focuses on reducing stress, opening the heart, reducing impatience and resentment while cultivating peace, calm and gratitude. We will be using a guided imagery CD by Belleruth Naparstek
Blood pressure screening immediately following program. RSVP: 877-597-6348

Happiness is a Choice

#1748A & 1748B Lydia Gadd, MA, LPCC-S, Director of SJMC Community Outreach

| #1748A | Monday, January 23 | 11:00 am | Westlake Center for Community Services |
| 29694 Center Ridge Road, Westlake | -OR- RSVP: 440-899-3544
| #1748B | Wednesday, March 14 | 1:00 pm | French Creek YMCA |
| 2010 Recreation Lane, Avon | RSVP: 440-934-9622

No matter what trial, trauma, or tribulation we face in life, happiness is a matter of perspective because "what you think is what you get." Come to this informal discussion and learn some tips on how to change your perspective.

NUTRITION



Medical Nutrition Therapy

Medical Nutrition Therapy is a program that features a registered dietitian teaching individuals how to improve their health and manage certain diseases through healthy eating. Michele Hiatt, RD, LD, SJMC can help you manage conditions such as diabetes, hypertension, hyperlipidemia, obesity, cardiovascular disease, food allergies and eating disorders. You must have a physician referral for this service and some insurances may cover certain medical conditions. For more information call Michele at 440-827-5341 ext. 3.



Carbohydrates: How Do I Keep Them Consistent?

#1749 Michele Hiatt, RD, LD, SJMC

| Tuesday, January 10 | 11:00 am | Westlake Center for Community Services |
| 29694 Center Ridge Road, Westlake |

The importance of following a consistent carbohydrate diet and some practical ways to achieve this will be discussed. Learn about our Diabetes Education Program and support groups. RSVP: 440-899-3544

Intuitive Eating

#1750 Gina Nemecek, RD, LD, SJMC

- Sponsored by Dover United Church of Christ and SJMC

| Monday, January 30 | 6:30 pm | Dover United Church of Christ |

| 2239 Dover Center Road, Westlake |

Dieting is a very profitable business; a nearly 40 billion dollar industry! Have you tried every new and upcoming diet? Forget the diet fads and don't waste your money! Discover Intuitive Eating. This discussion explores the premise of intuitive eating, trusting that your body will tell you what it needs to promote a healthy weight. Learn about simple strategies you can incorporate into your life to manage out of control eating and to help you feel satisfied without feeling deprived of your favorite foods. Our busy lifestyles are impacting our dietary choices: Come find out how we can make healthier decisions! **RSVP: Virginia at 440-871-1050**

Healthy Eating for Seniors and Making the Right Food Choices

#1751 Michele Hiatt, RD, LD, SJMC

- Sponsored by North Olmsted Senior Center and SJMC

| Thursday, February 16 | 12:30 pm | North Olmsted Senior Center |

| 28114 Lorain Road, North Olmsted |

Come to this informal talk regarding healthy food choices to make the most of your senior years. The food pyramid will be reviewed so that you can learn to make sure your diet is balanced.

RSVP: 440-716-4264

Healthy Eating on a Budget

#1752 Michele Hiatt, RD, LD, SJMC

- Sponsored by Rocky River Senior Center and SJMC

| Wednesday, April 11 | 1:00 pm | Rocky River Senior Center |

| 21014 Hilliard Blvd., Rocky River |

One of the most common roadblocks to healthy eating is the fear that healthy eating will cost too much. Learn the truth about healthy eating and how it can decrease both your budget and your waistline!

RSVP: 440-333-6600

Reading Food Labels

#1753 Michele Hiatt, RD, LD, SJMC

- Sponsored by The Normandy and SJMC

| Tuesday, May 22 | 10:00 am | The Normandy |

| 22701 Lake Road, Rocky River | *Light refreshments served*

Take the mystery out of reading food labels. Come and learn how to count calories, sodium, fat and serving sizes at this informational talk. **RSVP: 440-333-5401**

Heart Healthy Eating

#1754 Michele Hiatt, RD, LD, SJMC

- Sponsored by Manor Care and SJMC

| Wednesday, June 13 | 5:30 pm | Manor Care | 23225 Lorain Road, North Olmsted |

Light refreshments begin at 5:00 pm and the talk will start at 5:30 pm.

Come to this informal talk and learn how to eat "healthy" for your heart and make the most of your senior years through smart food choices. **RSVP: 440-779-6900**

ORTHOPEDICS



Options for Reducing Hip and Knee Pain

#1755 Paul Forthofer, BS, ED, SJMC Service Line Educator

Come learn about the causes of pain, plus the latest medical and surgical treatment options including alternative treatments. Reservations are required.

- | second Thursday of every other month starting in January |
- | 10:00 am - 11:00 am & 6:00 pm - 7:00 pm | SJMC | 29000 Center Ridge Road, Westlake |
- | 4th Floor Spine/Ortho Unit - Common Room | **RSVP: 877-597-6348**

Community Talks - Hip and Knee Pain

- *****
- | #105 | Wednesday, February 15 | 1:00 pm | French Creek YMCA |
- | 2010 Recreation Lane, Avon | **RSVP: 440-934-9622**
- | #106 | Wednesday, April 11 | 5:30 pm | Manor Care |
- | 23225 Lorain Road, North Olmsted | **RSVP: 440-779-6900**

Do You Have a Pain in the Neck or Back?

#1756 Paul Forthofer, BS, ED, SJMC Service Line Educator

If so, our spine pain seminar is the program for you. Join us and learn the causes of neck and back pain as well as the latest medical and surgical options, including nutrition and exercises. Reservations are required.

- | fourth Thursday of every other month starting in January |
- | 10:00 am - 11:00 am & 6:00 pm - 7:00 pm | SJMC | 29000 Center Ridge Road, Westlake |
- | 4th Floor Spine/Ortho Unit - Common Room | **RSVP: 877-597-6348**

UROLOGY



UroDynamic Center

Urinary incontinence is a common medical problem that affects more than 13 million men and women every day. In fact one in every four women and one in every nine men suffer from urinary incontinence. It can leave you feeling embarrassed, isolated and frustrated over not having control of your own body.

Urinary Incontinence: Take Control

#1757 Paul Forthofer, BS, ED, SJMC Service Line Educator

- *****
- | third Thursday of every other month starting in January |
- | 10:00 am - 11:00 am & 6:00 pm - 7:00 pm | SJMC | 29000 Center Ridge Road, Westlake |
- | 4th Floor Spine/Ortho Unit - Common Room |

Please plan to attend a urodynamic informational program on this common and often not talked about problem. You will learn why incontinence occurs as well as the different treatments available from conservative to state-of-the-art surgical procedures.

Reservations are required. **RSVP: 877-597-6348**

Free Support Groups

St. John Medical Center sponsors a variety of support groups for area residents who join together to face life's many challenges.

General

Adult ADHD Support Group

Conducted by Attention-Deficit Hyperactivity Disorder (ADHD) Coach Joyce Kubik

| second Thursday of every month | 7:00 pm - 9:00 pm |

| SJMC Community Outreach | 29160 Center Ridge Road, Suite R, Westlake |

Join others with ADHD to learn how they manage daily concerns and gain a positive insight to living with ADHD. Non-ADHD spouses are welcome. Occasional guest speakers. For further information, call Joyce at 440-933-8309 or email at joyce@bridgetosuccess.net.

Child ADHD Support Group for Parents

Conducted by Attention-Deficit Hyperactivity Disorder (ADHD) Coach Joyce Kubik

| fourth Thursday of every month | 7:00 pm - 9:00 pm |

| SJMC Community Outreach | 29160 Center Ridge Road, Suite R, Westlake |

Join other parents who have children with ADHD to discuss effective ways to cope and help their children take ownership of their disorder. Occasional guest speakers. For further information, call Joyce at 440-933-8309 or email at joyce@bridgetosuccess.net.

Low Vision Support Group through The Cleveland Low Vision Center

| first Friday of every month | 1:00 pm - 3:00 pm |

| Westlake Village | 28550 Westlake Village Drive, Dover Room, Westlake |

This monthly meeting is open to all patients with any type of vision loss or impairment. It is an excellent source of empathy and practical advice run by blind and visually impaired persons with the help of sighted volunteers. All are invited to share experiences, insights and the special camaraderie of those who have lost vision. Various speakers and community members are invited to present an array of topics such as safety, overall health, technology advances and more. Group discussions are encouraged to share successes and struggles. For more information, call Sarah Pechaitis at 440-892-4200.

Multiple Sclerosis (MS) Support Group

| second Wednesday of every month | 7:00 pm |

| North Olmsted Senior Center | 28114 Lorain Road, North Olmsted |

Individuals with MS and their families are invited to join this group. Members share experiences with other individuals dealing with MS who can understand and identify with them. For more information, call 440-777-8100.

Better Breathers Club

| first Tuesday of every other month starting in February | 1:00 pm - 2:30 pm |

| SJMC Westlake Family Health Center | 26908 Detroit Road, Suite 300, Westlake |

This support group is for those suffering from lung disease. Various topics chosen by members are discussed. For more information, call 440-250-2042.

SUPPORT GROUPS continued -

Over-Breathers Anonymous

| Tuesday February 21, April 17 or June 19 | 1:00 pm - 2:00 pm |
| SJMC Westlake Family Health Center | 26908 Detroit Road, Suite 300, Westlake |
A bi-monthly review of breathing techniques for patients who have lung disease and anxiety problems. Individuals must have had some previous experience in attending some formal Buteyko techniques. For more information, call Lynn Gorton, RRT, Buteyko Breathing Educator (BBE) at 440-250-2042.

A Second Chance - A Lung Transplant Support Group

| second Monday of every month | 6:00 pm - 8:00 pm |
| SJMC Westlake Family Health Center | 26908 Detroit Road, Suite 300, Westlake |
This monthly group is for anyone who is considering or has received a lung transplant. Family and friends are welcome. For more information, call 440-250-2042.

Food Addicts Anonymous

meets Friday evenings	7:00 pm	SJMC	29000 Center Ridge Road, Westlake
Building 2, 1st floor	Auditorium B		
meets Sunday evenings	6:00 pm	Auditorium A	
This program offers hope and recovery for the disease of food addiction. Support group for obesity, anorexia and bulimia. For more information, call Kay at 216-548-3366 or Gloria at 440-327-9492.

Caregivers Support

Dementia Care Support Group

Facilitated by the Alzheimer's Association

| first Friday of every month | 2:30 pm |
| North Olmsted Senior Center | 28114 Lorain Rd., North Olmsted |
Join caregivers of individuals with Alzheimer's or a form of dementia to share techniques and provide support. For more information, contact Tiffany Hunt, LSW at 440-716-4264.

Alzheimer Support Group for Caregivers

Facilitators Geri Bryan and Kathy Schreiber

Care for loved ones available.
| third Tuesday of every month | 6:30 pm |
| Avon Oaks Caring Community | 37800 French Creek Road, Avon |
For information, contact Mindi Husk at 440-934-5204 ext: 305 or the Alzheimer's Association at 216-721-8457.

Saturdays at 3:00 - Caregiver Support Group for Everyone

Facilitator: Kara Hibler, Registered and Licensed Occupational Therapist
Sponsored by Westbay Rehab and Care Center and SJMC

| last Saturday of every month | 3:00 pm | Westbay Rehab and Care Center |
| 27601 Westchester Parkway, Westlake | Therapy Gym |
Welcoming all caregivers of loved ones with all types of illness. Sessions include professional speakers every 3 months on various caregiving topics. This group is centered on providing all kinds of caregivers a time to connect, talk, or just listen to others.
For more information call Kara at 440-930-0431. Email kkarbin@yahoo.com

Bereavement

New Beginnings Facilitated by Hospice of the Western Reserve

- Sponsored by Hospice of the Western Reserve and SJMC

| second Wednesday of every month | 6:30 pm - 8:00 pm |

| SJMC Community Outreach | 29160 Center Ridge Road, Suite R, Westlake |

A monthly support group for young widows and widowers (age 55 and younger).

This group is open-ended and ongoing. For further information, contact the Elizabeth Prentiss Bereavement Center at 216-486-6838.

Grief Recovery Program - Moving Beyond Loss to a Richer Quality of Life

Facilitated by John Monnin, Chaplain, Crossroads Hospice

- Sponsored by Crossroads Hospice and SJMC

| Wednesdays | February 2 through April 20 -OR- May 4 through July 20 | 12:30 - 2:00 pm |

| SJMC Community Outreach | 29160 Center Ridge Road, Suite R, Westlake |

One of the least addressed concerns in our society is grief, the normal and natural reaction to loss.

The Grief Recovery Program will guide those who wish to resolve their loss issues and move beyond their grief to a richer quality of life. This program is 12 weeks long and is free to the community.

RSVP or for questions, call John at 216-654-9300.

Hospice of the Western Reserve Healing Arts Workshops

- Sponsored by Hospice of the Western Reserve and SJMC

| SJMC Community Outreach | 29160 Center Ridge Road, Suite R, Westlake |

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to all grieving people. No art experience is necessary. Call Mollie Postotnik at 216-486-6544 or email her at mpostotnik@hospicewr.org to register no later than four days in advance of workshop date. Suggested \$5.00 donation for supplies.

Painting the Light

| Tuesday, January 17 | 6:30 - 8:30 pm |

Paint a candle to commemorate your loved one. Combining acrylic paint and painting adhesion medium, make a beautiful design on the surface of the candle itself. If you wish, you may bring your own plain white pillar candle (not in glass) or use ours. A candlelight ceremony will complete the evening.

Snuggle Bears

| Tuesday, February 21 | 6:30 - 8:30 pm |

One of the hardest parts of losing a loved one is the inability to hold them again. Create a Snuggle Bear using fleece and/or clothing from your loved one to help you feel nearer to them. Give it to a child, grandchild or keep it for yourself. (No sewing experience necessary).

Art for Relaxation: Feelings Sculpture

| Tuesday, March 20 | 6:30 - 8:30 pm |

It is well known that working with clay evokes emotion. Let your hands create a sculpture that represents how you feel. We will be using paper clay which is light, easily manipulated, and air dries.

Cancer

Hope Group (Breast Cancer Support Group)

| first Wednesday of every month | 5:30 pm - 7:30 pm |

| SJMC Community Outreach | 29160 Center Ridge Road, Suite R, Westlake |

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors. RSVP or for questions, call Joyce Forristell, CBPN-IC at 440-827-5459.

Cancer Support Groups

“I Am Not Alone”

| second Tuesday of every month | 7:00 pm - 9:00 pm | SJMC Community Outreach |

| 29160 Center Ridge Road, Suite R, Westlake |

This support group is for all cancer survivors, family and friends.

“I Am Fighting Again”

| third Tuesday of every month | 7:00 - 9:00 pm |

This support group is for recurrent cancer survivors. Registration is necessary for the “I Am Fighting Again” group only. This group does not meet at the hospital. For information on these cancer support groups, call Tina Hlaverty, RN at 216-476-1717.

Diabetes

SJMC Diabetes Support Group

| third Thursday of every month (no meeting in February) | 7:30 pm - 9:00 pm |

| SJMC Westlake FamilyHealth Center | 26908 Detroit Road, Suite 300, Westlake |

This is a support group for persons with diabetes and their families. Members enjoy the support, encouragement and friendship of their peers. No physician referral is required. For more information, call DeAna Rodriguez, RN, Diabetes Educator at 440-827-5341.

July 19 - Group Picnic 6:30 - 8:00 pm, will meet at St. John Medical Center, 29000 Center Ridge Road, Westlake (not at the Family Health Center on Detroit Road)

Westlake Center for Community Services Diabetes Support Group

| second Tuesday of every month | 11:00 am | Westlake Center for Community Services |

29694 Center Ridge Road, Westlake | For information, contact Sue Venick at 440-899-3544.

Diabetes Support Group

| second Thursday of every month | 2:00 pm | Westlake Village |

| 28550 Westlake Village Drive, Dover Room, Westlake |

Participants are encouraged to share their successes and challenges for the benefit of the group. Speakers, medical news and diet updates to support a healthy lifestyle for those dealing with diabetes will be featured. For questions, call Julia Gruss at 440-892-6240.

Postnatal

New Mom's Group

| every first and third Thursday of every month | 1:00 pm – 3:00 pm | SJMC Community Outreach |
| 29160 Center Ridge Road, Suite R, Westlake |

No matter if this is your first or fifth newborn, receive the support of other new mothers with infants. Discuss current concerns, learn stages of growth and development, community resources and interact with other mothers. Free and no registration needed.

Breastfeeding Group

| every Wednesday | 10:00 am – 12:00 pm | SJMC Community Outreach |
| 29160 Center Ridge Road, Suite R, Westlake |

Come and meet with other moms who have experienced the joy of breastfeeding and have all your questions answered. This group is facilitated by an international board certified lactation consultant. Free and no registration needed.

Stroke

Westlake Center for Community Services Stroke/Parkinson Support Group

For stroke survivors, family and friends.

| first Monday of every month | March through December | 1:30 pm |
| Westlake Center for Community Services | 29694 Center Ridge Road, Westlake |
For information, contact Sue Venick at 440-899-3544.

Women's Services



SJMC Breast Health Program

St. John Medical Center's Breast Health Program offers a variety of comprehensive services. Whether a patient is healthy or has been diagnosed with a breast abnormality or breast cancer, she can receive the resources and education needed to promote and maintain breast health. Through this program, patients of all ages can turn to our highly qualified and compassionate Breast Health Coordinator, Joyce Forristell, CBPN-IC, for support and guidance at 440-827-5459.

Look Good/Feel Better

Joyce Forristell, CBPN-IC, SJMC Breast Health Coordinator
– Sponsored by The American Cancer Society; The National Cosmetology Association; The Cosmetic, Toiletry and Fragrance Association Foundation and SJMC

| second Monday of every other month | 1:00 pm - 3:00 pm |
| SJMC Community Outreach | 29160 Center Ridge Road, Suite R, Westlake |
| February 13, April 9, June 11 |

Cancer can rob a woman of her energy, appetite and strength. It doesn't have to take away her self-confidence. *Look Good/Feel Better* is a free program that teaches beauty techniques for women who are in active treatment for cancer to help them combat the appearance-related side effects of treatments. Our *Look Good/Feel Better* program is a make-over for the spirit. For more information or registration please call 888-227-6446.

Childbirth Education & Programs

If you are planning on delivering or thinking about delivering at St. John Medical Center, please feel free to call the Maternity Department at 440-827-5093 and schedule a tour. You will be able to ask questions of the caregivers, see a labor and delivery room and meet the staff.

MONTHLY CAR SEAT INSPECTION

Sponsored by SJMC Community Outreach & Westlake Fire Department

By appointment only. Call 440-827-5440 to schedule your appointment

Dancing for Birth

#1758 Instructed by Doula Rae Schmidt

| Sundays | 7:00 pm | SJMC | 29000 Center Ridge Road, Westlake |
| Building 2, 1st floor | Auditorium B |
Feel great and prepare for the birth you want with dance! Learn how to work with gravity and movement. Class will be offered to both prenatal and postpartum moms. For more information please contact Rae Schmidt at 440-353-3404.

Holistic Birth Options

#1759 Westshore Midwifery Associates, Certified Nurse Midwives: Colleen Brezine, Susan Dornan, Sharon Johnson, Maureen Stein-Vavro, Colleen Zelonis, and Doula Rae Schmidt

| Mondays, January 9, February 13, March 12, April 9, May 14, June 11, July 9 |
| 7:00 pm– 9:00 pm | SJMC | 29000 Center Ridge Road, Westlake |
| Building 2, 1st floor | Auditorium B |
This class will cover a variety of birthing options including an introduction to our “Holistic Birth Center” program. Topics includes: natural childbirth options, smooth relaxing properties of hydrotherapy, aromatherapy, music therapy and relaxation techniques during labor and birth. During this class you will also be introduced to the unique services offered by a midwife and a doula. A tour of the Holistic Birth Center will complete the class.
Light snacks and beverages will be provided. **RSVP: 877-597-6348**

Avoiding a Cesarean Section?

#1760 Westshore Midwifery Associates, Certified Nurse Midwives: Colleen Brezine, Susan Dornan, Sharon Johnson, Maureen Stein-Vavro, Colleen Zelonis, with the assistance of Doula Rae Schmidt

| Wednesday, January 23, April 23, July 23 | 7:00 pm – 9:00 pm | SJMC |
| 29000 Center Ridge Road, Westlake | Building 2, 1st floor | Auditorium B |
Whether you are a first-time mom or a mom that has had a previous Cesarean Section, this educational seminar is for you. Come explore ways to increase your likelihood of a vaginal delivery. This class is open to anyone interested in exploring childbirth options. A tour of the Holistic Birthing Center & Family Suites will complete this class.
Light snacks and beverages will be provided. **RSVP: 877-597-6348**

Postnatal Support Groups (see page 23)

Breastfeeding Class

#1761 Pat Bucknell, IBCLC

| Mondays, January 9, March 12, May 14, July 9 | 7:00 pm – 9:30 pm |
| SJMC | 29000 Center Ridge Road, Westlake | Building 2, 1st floor | Auditorium A |
Learn the benefits and importance of breastfeeding while discussing different techniques for a good start. Cost: \$30.00. Register or for more information, call 877-597-6348.

Daddy Boot Camp

#1762 Sponsored by Cornerstone for Women and SJMC

| second Monday of every other month starting in February | 6:30 pm – 8:30 pm |
| SJMC | 29000 Center Ridge Road, Westlake | Building 2, 1st floor | Auditorium A |
Come to this informative class on helping fathers for their new roles as daddies. Included in his class are hands-on techniques for diapering, cuddling, swaddling, feeding and bonding with their newborn. Also, techniques are taught on how to support the new mommy. Cost: \$20.00. Register or for more information, call 877-597-6348.

Natural Family Planning

#1763 - Classes are taught in a set of three sessions. Attendance is required for all three.

| Session 1 - February 20, March 19, April 16 | 6:30 pm – 9:00 pm |
| University Hospital Westlake Medical Center | 960 Clague Road, Westlake |
This class teaches a healthy and highly effective way for a couple to understand and cooperate with how a woman’s body works in order to achieve or postpone pregnancy. This class enhances communication and respect for the gift of life. Couples switching to Natural Family Planning report greater marital intimacy. Cost: \$135.00 including materials. Register and for more information call 440-779-5793.

Childbirth Classes

#1764 Includes Infant Care, six week course

| Thursdays, January 26 through March 1 or April 26 through May 31 |
| 7:00 pm – 9:30 pm | SJMC | 29000 Center Ridge Road, Westlake |
| Building 2, 1st floor | Auditorium B |
Preparation for childbirth can increase the joyful experience and confidence of the mother-to-be and her partner. Learn about nutrition, exercise, relaxation, breathing and the birth process. Cost: \$110 RSV: 877-597-6348

Childbirth Weekend Classes Must attend both four hour sessions #1765

Saturdays	January 7 & 14, March 3 & 10, April 14 & 21, June 2 & 9 or July 21 & 28	
9:00 am – 1:00 pm	SJMC	29000 Center Ridge Road, Westlake
Building 2, 1st floor	Auditorium B	
Includes Infant Care Classes (scheduled separately at no charge) Cost: \$85 RSV: 877-597-6348

Infant Care Classes #1766

| January 19, March 1, April 12, May 31, July 19 | 7:00 pm – 9:30 pm | SJMC |
| 29000 Center Ridge Road, Westlake | Building 2, 1st floor | Auditorium B |
Classes help to prepare new parents in the care of their newborn and what to expect in the first weeks. Different techniques in bathing, diapering, feeding and swaddling are demonstrated. All questions are answered. Cost: \$30 RSV: 877-597-6348

Bradley Method of Prepared Childbirth #1767 12-class series

| Wednesdays, January 4 through March 21 or April 11 through June 27 |
| 7:00 pm – 9:30 pm | SJMC Community Outreach | 29160 Center Ridge Road, Westlake |
The Bradley Method focuses on a natural, unmedicated childbirth in the absence of medical complications. This class stresses the importance of a healthy baby, healthy mom and healthy family. Emphasis is placed on nutrition, exercise, coaching and the natural process of labor and birth. Cost: \$150 RSV: 877-597-6348

St. John Medical Center
29000 Center Ridge Road
Westlake, Ohio 44145



For more information on
Community Health Events,
call 440-827-5440.

IMPORTANT NUMBERS

SJMC MAIN HOSPITAL	440-835-8000
COMMUNITY OUTREACH	440-827-5440
HEALTHCARE ACCESS (TUESDAY & THURSDAY)	440-925-0010
MOBILE MEDICINE	440-617-9029
BREAST HEALTH	440-827-5459
PASTORAL CARE	440-827-5031
PHYSICIAN REFERRAL	877-597-6348
RAINBOW RAPIDCARE (AFTER 5:30 PM)	440-827-5085
REHABILITATION SERVICES PHYSICAL THERAPY OCCUPATIONAL THERAPY	440-414-6050
SERVICE LINE SPINE & ORTHOPEDIC URODYNAMIC CENTER	440-827-5539
CARDIAC REHABILITATION	440-250-2042
PULMONARY REHABILITATION	440-250-2042
DIABETES EDUCATOR & MEDICAL NUTRITION THERAPY	440-827-5341

Calendar Updates

Watch for SJMC Hospital Community Calendar Event
updates throughout the year at our website:

www.stjohnmedicalcenter.net