



**Euclid Hospital
Hillcrest Hospital
Huron Hospital**

**Marymount Hospital
South Pointe Hospital**

Cleveland Clinic hospitals

Journey to Wellness

A comprehensive calendar of
community service events and activities

January, February and March 2010



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HWC denotes Healthwise Connection Programs

Physician Referral Services

Our free physician referral services can help you locate primary care physicians and specialists in a variety of locations.

Medline

Medline offers physician referral and appointment service for Euclid, Hillcrest, Huron and South Pointe Hospitals. Call **440.312.4533** or toll-free **1.866.733.6363** and let Medline put an end to your physician search.

Marymount Physician Referral

Dial **216.581.WELL (9355)** for assistance finding a Marymount Hospital physician.

Event Cancellation Policy

Regularly Scheduled Events

Healthwise Connection supper clubs, lectures, exercise classes, tai chi, yoga, blood pressure clinics, etc.

All regularly scheduled events will be canceled whenever schools in the same community are canceled due to inclement weather or disaster and refunds will be granted. Exercise classes will not meet on legal holidays. If events are canceled for any other reason, we will attempt to contact anyone who has made a reservation for the event.

Special Events

Bus Trips, Holiday Extravaganza, Summer Party, etc.

You will be informed if a bus trip or other special event for which you have purchased a ticket is canceled. Bus trips are generally not canceled for weather unless the State Highway Patrol closes the highways. Once the cancellation deadline date is past, cancellations are at the discretion of the bus company or catering facility.

Health Screenings

All screenings are free unless otherwise noted.

Euclid, Hillcrest, Huron and South Pointe Hospitals

Blood Pressure Screenings

About 43 million Americans have high blood pressure (hypertension), which places stress on a number of organs including the kidneys and heart. Blood pressure screenings are available at no charge on a walk-in basis.

Daily (24 Hours)

Sagamore Hills Medical Center Emergency Department
863 W. Aurora Rd. (Rt. 82), Building One, Sagamore Hills

Monday through Friday ~ 7:30 a.m. – 3:30 p.m.

Euclid Hospital Pre-Admission Testing Department
18901 Lake Shore Blvd., Euclid

2nd Tuesday of each month ~ 10 a.m. – noon

Hillcrest Hospital Atrium, 6770 Mayfield Rd., Mayfield Heights

2nd Wednesday of each month ~ 11 a.m. – 3:30 p.m.

South Pointe Hospital, Building A, Lobby
20000 Harvard Rd., Warrensville Heights

Tuesdays and Thursdays ~ 9–11 a.m.

South Pointe Hospital, 4110 Warrensville Center Rd., Warrensville Hts.
Building A – Community Health Resource Center (off the cafeteria)
Information: **216.491.6690**

Tuesdays, Jan. 26, Feb. 23, and March 23 ~ 1:45–2:30 p.m.

Warrensville Heights Senior and Civic Center
4567 Green Rd., Warrensville Heights. No reservation required.

1st Thursday of each month ~ 9:30–11:30 a.m.

Orange Senior Center, 32000 Chagrin Blvd., Pepper Pike

Marymount Hospital

HWC

Stroke Risk Assessments

Learn your risk for stroke at this free screening. A simple blood pressure check and family health history will help to create a picture of your stroke risk. A “File of Life” emergency medical file, risk assessment form and stroke literature will be provided to each participant.

Thursday, Feb. 25 ~ 9–11 a.m.

Marymount Hospital, Door 4 Lobby (west end of campus near Emergency Dept.)
No fasting or registration necessary. More information: **216.587.8683**

Blood Pressure and Weight Screening

Sponsored by Huron Hospital. Free and open to public.

2nd and 4th Tuesday of every month ~ 11 a.m. – 12:30 p.m.

Helen S. Brown Senior Center, 16100 Euclid Ave., East Cleveland
Information: **216.761.8410**

1st and 3rd Wednesday of every month ~ 11 a.m. – 12:30 p.m. (NEW)

East Cleveland Public Library, Main Branch, 14101 Euclid Ave.
Information: **216.541.4128, ext. 233**

1st and 3rd Friday of every month ~ 11 a.m. – 12:30 p.m.

Jewish Community Center at Council Garden Apartments
2501 North Taylor Rd., Cleveland Heights
Information: **216.831.0700 ext. 1212**

2nd Friday of every month ~ 11 a.m. – 12:30 p.m.

Apthorp Apartments, 12900 Superior Ave., East Cleveland
Information: **216.231.6410**

2nd and 4th Thursday of every month ~ 2:30–4 p.m. (NEW)

Owl's Nest Apartments, 2020 Taylor Rd., East Cleveland
Information: **216.681.4647**

Let's Get Physical: Medicare's One-Time Exam*

Huron Hospital physicians

If you just enrolled in Medicare Part B, you can receive a one-time preventive checkup. You must have the exam within one year of enrollment. Routine physical exams screen for many illnesses and conditions that, if caught early, can be treated and managed to result in far fewer serious health consequences.

The physical exam consists of:

- Cholesterol and blood glucose screening (no fasting required)
- EKG
- Measurement of height, weight, and blood pressure
- Vision and hearing screenings
- Ultrasound screening for abdominal aortic aneurysms, if you are at risk
- Education, counseling, and referral related to other preventive services

Huron Hospital Community Health Center (1st floor)

13951 Terrace Rd., East Cleveland

By appointment only.

Information and appointments: Jacquelyn Adams — **216.761.7684**

**Insurance required for services of the Medicare Physical Exam.*

Medicare Part B accepted. (Medicare HMO, PPO, PFFS may cover routine physicals; please check with your provider.)

Euclid and South Pointe Hospitals

Hearing Screenings (Ongoing)

Hearing Screenings are available at no charge by a licensed audiologist at Euclid and South Pointe hospitals. Discounts on hearing aids are available to Healthwise Connection members. Includes programmable and digital hearing aids. By appointment: **216.692.8760**.

Hillcrest, Huron and South Pointe Hospitals

Hearing Screening and Video Otoscopy

FREE screening by a licensed audiologist. See the inside of your ear (eardrum, canal, cerumen/wax) through a video otoscope.

Tuesday, Jan. 12 ~ 10–11:30 a.m.

South Pointe Hospital, Building A, Audiology Department

4180 Warrensville Center Rd., Warrensville Hts.

By appointment: **216.692.8760**

Tuesdays, Feb. 9 and March 9 ~ 10–11 a.m.

South Pointe Hospital Community Health Resource Center

at the Macedonia Family Recreation Center

1494 E. Aurora Rd. (Rt. 82), Macedonia

By appointment: **216.692.8760**

Thursday, Feb. 18 ~ 2–4 p.m. **HWC**

Apthorp Tower Apartments, 12900 Superior Avenue, East Cleveland

Free and open to the public. Light refreshments will be served.

Reservations required: toll-free **1.877.390.1732**

Friday, Feb. 19 ~ 2–4 p.m. **HWC**

Gates Mills Villa Apartments, 6755 Mayfield Road, Mayfield Heights

Free and open to the public. Light refreshments will be served.

Reservations required: toll-free **1.877.390.1732**

Please call us if you need to cancel a reservation

Please remember to call back to cancel if you find you cannot attend an event for which you have registered. Many of our events have waiting lists and we would like to offer the seat to another interested person if you are unable to attend.

Healthy Heart Screening

Receive a free screening to determine cholesterol, glucose and blood pressure levels. No fasting required. Discuss your personal results with a registered nurse.

Tuesdays, Jan. 12, Feb. 9 and March 9 ~ 9 a.m. – noon

Marymount Hospital, Door 4 lobby (west end of campus, near ED)
Free. No reservation required.

Monthly Cholesterol and Glucose Checks

Wednesday, Jan. 13 ~ 8:30–10:30 a.m.

Wednesday, Feb. 14 ~ 5:30–7:30 p.m.

Broadview Heights Senior Center, 9543 Broadview Rd., Broadview Heights
Back Entrance, Community Center
Free. No reservation required.

Take Care of Your Heart: Healthy Heart Screening

Healthy Heart Nurses, Euclid Hospital

Cheryl Baker, RD, LD, CDE, Nutrition Services, Euclid Hospital

Take time during Heart Month to see if you are at risk. Free screening provided by health professionals from Euclid Hospital; discuss your personal results with a registered nurse. A dietician will be available to discuss nutrition needs.

Saturday, Feb. 6 ~ 9:30 a.m. – 1:30 p.m.

Lost Nation Sports Park, 38630 Jet Center Place, Willoughby
Limited to first 150 participants. Refreshments provided.

Sunday, Feb. 14 ~ 8 a.m. – noon

St. John Vianney Church, 7575 Bellflower Rd., Mentor

Mammogram Screening by ANGELS

The ANGEL Network mission is to empower African American to take an active part in their own health care by offering early-detection programs, access to screening and education on breast health practices.

South Pointe Hospital currently provides:

- Free or low cost mammogram services to uninsured/underinsured women
- No age restrictions, call for details
- Transportation and childcare assistance during your appointment
- Breast health education programs and screenings

Information: **216.491.7827**

Mammogram Mondays (through Fridays)

Sponsored by Huron Hospital, in partnership with The National Breast Cancer Foundation and Colgate Palmolive.

This grant-funded program provides free mammogram screenings for qualified women with no insurance. Program is for women 40 years and older; no age restriction for women with a family history of breast cancer.

- Simply obtain a mammogram order from your physician and contact scheduling at **216.636.8000** (Monday thru Thursday, 7:30 a.m. – 6:30 p.m.; Friday, 7:30 a.m. – 5:30 p.m.).
- Tell scheduling you're calling about "Mammogram Mondays."
- If you do not have a physician, call **216.761.7684** for more information.
- Transportation provided as needed within a 5-mile radius of Huron Hospital.
- Uninsured patients who require follow-up will be referred to Huron's Community Health Center.

Help X Out Cervical Cancer

Pap Pelvic and Breast Exam — *provided by Kellye Gaines El-Hunter, CNM, and Sherisse Johnston, CNM, Huron Hospital Mid-Wives*

Women older than 65 account for nearly 25 percent of all cervical cancer cases and 41 percent of cervical cancer deaths in the U.S. Even if you've had a hysterectomy, you may still need a Pap test. Medicare helps pay for a screening Pap test every two years. Medicare may pay more often if medically necessary.

Saturday, Jan. 30 ~ 8:30 a.m. – 12:30 p.m.

Severance Medical Arts Building, Suite 304, 5 Severance Circle, Cleveland Hts.

By appointment only. Information and appointments: Jacquelyn Adams — **216.761.7684**

*Medicare Part B, Medicaid, and most private insurances accepted.

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Health Forums and Talks

**Health forums are free of charge unless otherwise noted.*

Reserve early when required, as space is limited.

Marymount Hospital

HWC

Total Joint Replacement Experience: Lunch and Learn

Presented by Marymount Hospital Rehabilitation Services

Join us for this informative health workshop on total joint replacement. Learn about your care, from pre-surgery evaluation and preparation to surgery, rehabilitation and recovery.

Tuesday, Jan. 12 ~ 11:30 a.m. – 1 p.m.

Assisi Hall, Villa St. Joseph, 5200 Marymount Village Dr., Garfield Heights. Limited seating. Complimentary handouts and light lunch included.

Reservations required: **216.587.8138** — leave your name, phone number and number attending.

Hillcrest Hospital

HWC

Advances in Minimally Invasive Surgery

Joel Anderson, MD, Department of General Surgery



What is minimally invasive surgery? Join us to discuss what types of surgery it can be used for now and what is on the horizon. Dr. Anderson specializes in general surgery, minimally invasive surgery and surgical endoscopy.

Wednesday, Jan. 13 ~ refreshments 9:30 a.m.;
program 10 a.m.

Ross C. DeJohn Community Center, 6306 Marsol Rd., Mayfield Heights Free. Hot breakfast provided by The Greens Nursing and Rehabilitation Center, A Kindred Healthcare Community.

Reservations required: toll-free **1.877.390.1732**

Euclid Hospital

Winterfest Blood Drive: Give the Gift of Life

The American Red Cross knows how valuable that time is and wants you to be aware of your eligibility to give blood. Remember... most people can be blood donors. You must bring photo identification and a list of all current medications. Registration encouraged.

Friday, Jan. 22 ~ noon – 7 p.m.

Wickliffe Italian-American Club, 29717 Euclid Ave., Wickliffe
Gifts, raffles and complimentary food to all donors.

Sponsored by Euclid Hospital and American Red Cross.

Registration: toll-free 1.800.GIVE.LIFE. Walk-ins welcome.

More information: **1.866.426.0922** or www.redcrossdonor.org/donors.asp

Euclid, Hillcrest, Huron, Marymount, South Pointe Hospitals

67th Annual Cleveland Home & Garden Show

Northeast Ohio's original and longest running home and garden show has moved to the new 215,000-square-foot convention center in Euclid. Enjoy fragrant, blooming gardens, expert horticulture advice and interior design ideas. With free parking and the lowest price in the event's history -- \$12 at the door; \$9 in advance at Discount Drug Mart (beginning Jan. 4) -- the show is an exceptional value. While you're at the show, learn about services offered at Euclid, Hillcrest, Huron, Marymount and South Pointe hospitals. Don't forget to visit our booth for some great information and prizes.

Friday, Jan. 22 – Sunday, Jan. 31

Weekdays 11 a.m. – 9 p.m.; Saturdays, 10 a.m. – 9 p.m.;

Sundays 10 a.m. – 6 p.m.

Great Lake Expo Center, 1200 Babbitt Rd., Euclid

www.homeandflower.com/cleveland

South Pointe Hospital

Heartsavers CPR Course

Learn how to recognize and treat life-threatening emergencies with adult, child, and infant victims. Certification is valid for two years.

Not for healthcare providers.

Saturday, Jan. 23 ~ 8 a.m. – noon

South Pointe Hospital Community Health Resource Center at the

Macedonia Family Recreation Center, 1494 E. Aurora Rd (Rt. 82)

Limited to 12 students. \$20 fee. Registration required: **216.491.6532**

Huron Hospital

Living Fit and Staying Healthy in East Cleveland

Nutrition Education Series (Part I):

Omega 3 Fatty Acids — A Way to Improve Heart Health

Kelly J. Satola, MS, RD, LD, Stellar Nutrition LLC

Exercise Session: Tai Chi for Fitness, Fun and Relaxation

Lucky Harris, RS, Certified Tai Chi Instructor

Menu of the Month:

Heart-Healthy Cold Weather Comfort Foods (Part I)

Cooking Light and Cooking Right with Mrs. G's Catering

Healthy Heart Screenings — Cleveland Clinic Healthy Heart Team

Blood pressure, glucose and cholesterol. No fasting required; same-day results.

Monday, Jan. 25 ~ 5:30–8 p.m.

Windermere United Methodist Church, 14035 Euclid Ave., East Cleveland

Free. Heart-healthy recipes, fellowship meal and screenings included.

Reservations required: toll-free **216-761-4215**; reservations open Jan. 2.

Body Mechanics Basics

Join the Rehabilitation Services team from Marymount Hospital for this unique session stressing how to utilize proper body mechanics to reduce the chance of injury, relieve pain and save your aging back and joints.

Tuesday, Jan. 26 ~ noon – 1 p.m. (bring a brown bag lunch)

Independence Library (located behind the Civic Center off Selig Drive)

Reservations required by noon on Friday, Jan. 22.

Registration: Independence Library — **216.447.0160** or online at **cuyahogalibrary.org**.

Stroke Rehabilitation Research at Metro Health A Stroke Education Support Group Presentation

Shannon Hogan, MA, OTR/L, Metro Health Medical Center

Friday, Jan. 29 ~ 11 a.m. – 12:30 p.m.

Euclid Hospital Health Center, 18901 Lakeshore Blvd., Euclid

Free. Light refreshments provided. No reservation required.

AARP Tax Preparation

You must bring all of the following to your appointment:

- Healthwise Connection membership card
- 2008's completed tax return
- All 2009 W-2s and 1099s
- A picture I.D.
- If you are not receiving Social Security payments, bring your Social Security card.

Mondays ~ Feb. 1 – April 12

Euclid Hospital Health Center, 18901 East 189th St., Euclid

(Park in blue lines – lot at N.E. corner of East 189th and Lakeshore Blvd. Enter through front door, go downstairs — not handicapped accessible.)

Free. Healthwise Connection members only.

Program is designed for members with income below \$50,000.

No walk-ins. By appointment only: **216.761.8555**

Please call us if you need to cancel a reservation

Please remember to call back to cancel if you find you cannot attend an event for which you have registered. Many of our events have waiting lists and we would like to offer the seat to another interested person if you are unable to attend.

Understanding Common Digestive Disorders



Emmanuel Okafor, MD, MPH, Gastroenterologist

Learn about the symptoms, treatments and lifestyle changes for acid reflux, irritable bowel syndrome, colon cancer and diverticulitis.

**Wednesday, Feb. 3 ~ refreshments 10 a.m.;
program 10:30 a.m.**

Helen S. Brown Senior Center, 16100 Euclid Ave., East Cleveland.
Hot Breakfast provided by Indian Hills Healthcare Center and University Manor.
Free. Reservations required: toll-free **1.877.390.1732**

How Sweet is Too Sweet?



Viara Bernat, MD, Board-certified, Family Medicine

More than 20.8 million children and adults in the U.S. have diabetes, and nearly one-third of them (6.2 million people) do not know it. Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Learn about prevention, risk factors and treatments.

Wednesday, Feb. 3 ~ lunch at noon; lecture 12:30 p.m.

Aurora Senior Center, Walker Building, 129 W. Pioneer Trail, Aurora
Free. Lunch provided by Walton Manor, a Saber Healthcare Group Facility.
Seating is limited. Reservations required Patty Harrington — **330.995.9148**

Don't Break a Hip: Prevent Falls and Fractures



Theodore T. Suh, MD, PhD, MHSc,

Medical Director, Geriatric Assessment Program, Euclid Hospital

Learn the answers to the following questions:

- How common are falls and fractures among older adults?
- How serious a health problem are hip fractures?
- What are practical ways to reduce the risk for falls?
- What are the ways to treat osteoporosis?

Tuesday, Feb. 9 ~ registration 8 a.m.; breakfast 8:45 a.m.; lecture 9 a.m.

Euclid Senior Center, One Bliss Lane, Euclid, Ohio
Free. Hot breakfast sponsored by ASNE (Aging Services Network of Euclid).
Bring a new friend and receive a gift.
Seating is limited. Reservations required: toll-free **1.877.390.1732**

Marymount Hospital

HWC

Ladies' "Healthy Heart" Afternoon Tea

Bring a friend and join other women at this fun and informative afternoon tea party focusing on your cardiac health and wellness. Event features blood pressure checks, self-pampering tables, one-minute massages, wellness displays, light and healthy refreshments and an informative cardiac health presentation.

Tuesday, Feb. 9 ~ 1–3 p.m.

Assisi Hall, Villa St. Joseph, 5200 Marymount Village Dr., Garfield Heights
Limited seating. Reservations required: **216.587.8138** — leave your name, phone number and number attending.

Euclid Hospital

Be Good To Your Heart

Donna Walker, MSN, RN, CNP,

Chronic Heart Failure–Chronic Kidney Disease Center at Euclid Hospital

Are you at risk for heart disease? Learn about risk factors and how to prevent damage to your heart. Find out what signs and symptoms to look for in heart disease. Learn about preventative measures and treatment for congestive heart failure and kidney disease. Free blood pressure screening prior to the lecture.

Wednesday, Feb. 10 ~ screening 6:30 p.m.; lecture 7 p.m. Euclid Public Library, 631 East 222nd St., Euclid (Shore Room)
Free. Reservations required: **216.261.5300**

Hillcrest Hospital

HWC

Ask the Doctor



Touhama Sayegh, MD, Board-certified Internal Medicine

Bring your questions for the doctor, due to time constraints questions may be limited to one per person. Questions may pertain to any health topic.

**Wednesday, Feb. 10 ~ refreshments 9:30 a.m.;
program 10 a.m.**

Ross C. DeJohn Community Center, 6306 Marsol Rd., Mayfield Heights
Free. Hot breakfast provided by Comfort Keepers and Walton Manor.
Reservations required: toll-free **1.877.390.1732**

About to Retire? — A Patient Financial Session

Wednesday, Feb. 10 ~ 6:30–8 p.m.

Marymount Hospital Auditorium, 12300 McCracken Rd., Garfield Heights
Free. Seating is limited. Complimentary handouts.

Registration: **216.636.1121** — leave full name, phone number and number attending.

How Foot-Smart Are You?



Brian J. Novack, DPM, FACP, FACS, Chief, Division of Podiatry, South Pointe Hospital

Have you or a relative been diagnosed with a foot problem? Diabetes, arthritis, pain when walking, vascular disease and deformities such as hammertoes and bunions are all issues that commonly affect older adults.

Keeping our feet healthy is important in maintaining a healthy and active lifestyle. Learn about common foot problems and how to maintain healthy feet.

Thursday, Feb. 11 ~ lecture 10 a.m.; refreshments to follow

Jimmy Dimora Community Center, 5615 Perkins Rd., Bedford Heights
Free. Refreshments sponsored by AARP Chapter 4941.

Seating is limited. Reservations required: toll-free **1.877.390.1732**

Living Fit and Staying Healthy in East Cleveland

Nutrition Education Series (Part II):

Good Health Hint — Pass the Soluble Fiber, Please!

Kelly J. Satola, MS, RD, LD, Stellar Nutrition LLC

Exercise Session: Tai Chi for Fitness, Fun and Relaxation

Lucky Harris, RS, Certified Tai Chi Instructor

Menu of the Month:

Heart-Healthy Cold Weather Comfort Foods (Part II)

Cooking Light and Cooking Right with Mrs. G's Catering

Monday, Feb. 15 ~ 5:30–8 p.m.

Windermere United Methodist Church, 14035 Euclid Ave., East Cleveland
Free. Heart-healthy recipes, fellowship meal and blood pressure screening included.

Reservations required: toll-free **216-761-4215**; reservations open Feb. 1.

Loving Your Heart



Barbara L. Bakus, DO, Board-certified in Family Medicine and Osteopathic Manipulative Treatment

An integrative medical approach to keeping your heart healthy. Dr. Bakus will discuss nutrition, health and wellness for your heart.

Monday, Feb. 22 ~ lunch 11:30 a.m.; presentation at noon

Warrensville Heights Senior Center, 4567 Green Rd., Warrensville Heights
Free. Light lunch provided by Suburban Pavilion.

Reservations required: toll-free **1.877.390.1732**

Euclid Hospital

Prediabetes and Lifestyle Changes

Cheryl Baker, RD, LD, CDE, Nutrition Services

Has anyone ever told you that you have “borderline” diabetes? Prediabetes is a condition of insulin resistance and abnormal blood sugar that predisposes a person to diabetes. If your fasting blood sugar level is above 99 or non-fasting blood sugar level is greater than 140, you may want to attend this session for more information.

Tuesday, Feb. 23 ~ 5–6 p.m.

Euclid Hospital Waltz Auditorium

Free. Seating is limited. Registration required: Cheryl — **216.692.8503**

Marymount Hospital

Resources for Stroke Patient Caregivers

Presented by Home Instead Senior Care

Learn about in-home resources available to meet some of the practical needs of stroke patients and their caregivers. Light refreshments and handouts included.

Tuesday, Feb. 23, 11 a.m. – noon

Marymount Hospital Board Room, 12300 McCracken Rd., Garfield Heights
Limited seating. Registration: **216.587.8138**

Please call us if you need to cancel a reservation

Please remember to call back to cancel if you find you cannot attend an event for which you have registered. Many of our events have waiting lists and we would like to offer the seat to another interested person if you are unable to attend.

Jazz Up Your Heart

February is American Heart Month and we're celebrating in style with entertainment by John Morton and the Tri-C Jazz musicians. Jazz up your heart with a light dinner featuring recipes that will delight your senses and presentations on ways to age gracefully.

Tuesday, Feb. 23 ~ 5:30–8:30 p.m.

South Pointe Hospital, 20000 Harvard Rd., Warrensville Heights

\$12 per person. All checks and major credit cards accepted.

Light dinner will be served. Reservations required: **216.491.6425**

My Heart Is “Fluttering”



J. Michael Koch, MD, FACC, Cardiologist, Euclid Hospital and Cleveland Clinic

Do you get “twinges” in your chest? Are you tired after a short walk? Has anyone in your family had heart disease? If you answered “YES” to any of these, you may be at risk for heart disease. Dr. Koch will discuss risk factors and treatments available to prevent a heart attack. Free

Healthy Heart screenings (non-fasting) for cholesterol, glucose, blood pressure.

Wednesday, Feb. 24

Screenings 8–9:30 a.m.; breakfast 9 a.m.; lecture 9:30 a.m.

The Waterford, 261 Richmond Rd., Richmond Heights

Free. Hot breakfast provided by The Waterford.

Space is limited. Reservations required: **1.877.390.1732**

You Can Have Both — Beautiful and Healthy Eyes



Victor Bello, MD, Ophthalmology

Dr. Bello will discuss common eye problems and 21st century treatments and surgeries that are now available.

Learn about the newest procedures and cosmetic services for Blepharoplasty (drooping eyelids), permanent eyeliner and growing longer eyelashes.

Thursday, Feb. 25 ~ lunch 11:30; lecture at noon

Willoughby Senior Center, 38032 Brown Ave., Willoughby

Lunch sponsored by Wickliffe Country Place.

Free. Space is limited. Reservations required: **440.951.2832**

Huron Hospital

Your Personalized Medicare Manager is Online

MyMedicare.gov can guide you in making the best health care decisions for your needs.

- Track your health care claims and check your Part B deductible status
- View your eligibility information and track preventive services you can use
- Find your Medicare health or prescription plan, or search for a new one
- Keep your Medicare information in one convenient place

Thursday, Feb. 25 ~ 9:30–11:30 a.m.

East Cleveland Public Library, 2nd Floor – Computer Lab
14101 Euclid Ave., East Cleveland

Limited seating. Information: Jacquelyn Adams — **216.761.7684**

Euclid Hospital

Swallowing Problems Associated with Strokes

A Stroke Education Support Group Presentation

Susan Waizenhofer, MA, CF/SLP, Speech Therapist

Friday, Feb. 26 ~ 11 a.m. – 12:30 p.m.

Euclid Hospital Health Center, 18901 Lakeshore Blvd., Euclid

Free. Light refreshments provided. No reservation required.

Euclid Hospital

Living Wills and Advance Directives

A “Medical Monday” Program

Sponsored by Euclid Hospital and Regional Claims & Risk Management, Cleveland Clinic

Do you have questions about advance directives, living wills or the durable power of attorney for health care? Do you want help understanding and completing these legal documents? Attorneys and healthcare professionals will be on hand, free of charge, to provide you with information.

Monday, March 1 ~ 7 p.m.

Willoughby Public Library, 30 Public Square, Willoughby

Free. Reservations required: **440.942.3200, ext. 3.**

Please call us if you need to cancel a reservation

Please remember to call back to cancel if you find you cannot attend an event for which you have registered. Many of our events have waiting lists and we would like to offer the seat to another interested person if you are unable to attend.

Dementia vs. Alzheimer's Disease



*Theodore T. Suh, MD, PhD, MHSc,
Medical Director, Geriatric Assessment Program
at Euclid Hospital*

What's the difference? Dr. Suh will discuss the relationship between these two conditions and review current approaches to treatment. Lifestyle habits that may impact the course of memory disorders as well as information relevant for patients, their families and caregivers will be covered. Healthy Heart screenings for blood pressure, cholesterol and glucose will be available (no fasting required).

**Tuesday, March 2 ~ Breakfast 8:45 a.m.; lecture 9:15 a.m.;
screenings ~ 10 a.m. – noon**

Wickliffe Senior Center, 900 Worden Rd., Wickliffe

Breakfast sponsored by Senior Independence Adult Day Care and Wickliffe Country Place.

Free. Space is limited. Reservations required: **1.877.390.1732**

Maturing Easily: 10 Survival Tips for Seniors A Healthwise Connection "Lunch and Learn"

Rachel Kabb-Effron, Esq., Certified Elder Law Attorney, The Kabb Law Firm

Growing more mature gets more puzzling every day. Rachel will discuss the 10 secrets of how to get through the aging process with your finances and dignity intact.

Wednesday, March 3 ~ lunch 12:15 p.m.; lecture 12:45 p.m.

Stephanie Tubbs Jones Community Building of Shaker Heights
(formerly Shaker Heights Community Center)

3450 Lee Rd., Shaker Hts. (between Van Aken and Chagrin)

Lunch provided by Rudwick Manor and University Manor, Saber Healthcare Group Facilities.

Free. Space is limited. Reservations required: toll-free **1.877.390.1732**

BenefitsCheckUp ~ A Service for Seniors A service of The National Council on Aging

BenefitsCheckUp helps thousands of people every day to connect to government programs that can help pay for prescription drugs, healthcare, utilities, and other needs.

South Pointe Hospital, Building A, 1st Floor

Community Health Resource Center, 20000 Harvard Rd., Warrensville Heights

By appointment only: **216.491.6690**

South Pointe Hospital

Heartsavers CPR Course

Learn how to recognize and treat life-threatening emergencies with adult, child, and infant victims. Certification is valid for two years. Not for healthcare providers.

Saturday, March 6 ~ 8 a.m. – noon

South Pointe Hospital Community Health Resource Center at the Macedonia Family Recreation Center, 1494 E. Aurora Rd (Rt. 82)

Limited to 12 students. \$20 fee. Registration required: **216.491.6532**

Euclid Hospital

HWC

Arthritis of the Knee and its Treatment



Daniel Single, MD, Orthopaedic Surgeon

Knee arthritis (also known as Osteoarthritis) typically affects patients over 50 years old. Learn about its causes, the latest developments in the understanding of the disease, and treatments available. Dr. Single will discuss non-operative and operative treatment options.

Monday, March 8 ~ breakfast 8:30 a.m.; lecture 9 a.m.

Gateway Retirement Community, Four Gateway Drive, Euclid

Free. Hot breakfast sponsored by Gateway Retirement Community and Senior Independence Adult Day Care.

Seating is limited. Reservations required: toll-free **1.877.390.1732**

Huron Hospital

HWC

PVD: Walk and Rest Syndrome

John N. Patzakis, DO, FACOS, Board-certified Vascular Surgeon



Our discussion of Peripheral Vascular Disease (PVD) will include leg pain that causes you to “stop and rest” before continuing walking or exercise, leg pain that awakens you from sleep, and foot or toe wounds that do not heal or heal slowly. Sponsored by Candlewood Park Healthcare Center and Grande Pointe Healthcare Community.

Monday, March 8 ~ dinner 6 p.m.; program to follow

Chester's, 1990 Noble Rd., East Cleveland

\$20 per person (checks only); soft drinks and gratuity included.

Seating is limited. Reservations required: toll-free **1.877.390.1732**

Menu choices: Grilled Center Cut Pork Chop, Grilled Salmon, or Prime Rib. All are served with vegetables, salad, bread and dessert.

Make check payable to Hillcrest Hospital.

Send to: Hillcrest Hospital North Campus, 6777 Mayfield Rd., Mayfield Heights, OH 44124 Attn: Healthwise Connection.

Checks should be sent immediately following reservation.

Please write menu choice in the memo section of your check.

Marymount Hospital

HWC

Effective Pain Management: Lunch and Learn

Denise Anderson, RN, and Eileen Sell, RN, Pain Management

Learn about common sources of pain and effective pain management techniques that can help you live a more comfortable and active lifestyle.

Tuesday, March 9 ~ 11:30 a.m. – 1 p.m.

Assisi Hall, Villa St. Joseph, 5200 Marymount Village Dr., Garfield Heights.

Free. Handouts and light buffet lunch included.

Registration: **216.587.8138** — leave full name, phone number and number attending.

South Pointe Hospital

HWC

Reduce Your Risk for Diabetes and Hypertension



Arthur Hale, MD, Board-certified in Family Medicine

Learn about the causes of high blood pressure and what you can do to reduce it through diet, exercise and practical treatment options. Dr. Hale will also discuss diabetes mellitus and how you can manage it properly.

Tuesday, March 9 ~ lunch 11:30 a.m.; lecture at noon

South Pointe Hospital, Building B Auditorium,

20000 Harvard Ave., Warrensville Heights

Free. Lunch sponsored by Park East Care and Rehabilitation Center.

Reservations required: toll-free **1.877.390.1732**

Euclid Hospital

Fitness: You don't have to be an Athlete to Exercise

Joyce Vazquez, PT, Euclid Hospital Outpatient Rehabilitation

Come learn about low impact exercise options and indoor walking programs at the sports park. You don't have to be an athlete to get benefits of exercise. Tours of the facility will be available after the talk.

Wednesday, March 10 ~ lecture 11 a.m.; appetizers at noon

Lost Nation Sports Park, 38630 Jet Center Place, Willoughby

Seating is limited. Reservations required: **216.692.8969**

South Pointe Hospital

Your Computer Will Not Bite You

Knowledgeable volunteers provide hands-on instruction on using e-mail and internet sites, including health resources at your fingertips.

Mondays ~ by appointment only – 9:30 a.m. or 11:15 a.m.

South Pointe Hospital, 4110 Warrensville Center Rd., Warrensville Hts.

Building A – Community Health Resource Center (off the cafeteria)

No fee. Registration: **216.491.6690**

Shingles: Know The Facts

Beena Minai, MD, MPh, Family Medicine



Learn what you should know about shingles — the signs and symptoms, treatment options and how to protect yourself.

**Wednesday, March 10 ~ refreshments 9:30 a.m.;
program 10 a.m.**

Ross C. DeJohn Community Center, 6306 Marsol Rd.,

Mayfield Heights

Free. Hot breakfast provided by The Greens Nursing and Rehabilitation Center, A Kindred Healthcare Community.

Reservations required: toll-free **1.877.390.1732**

Living Fit and Staying Healthy in East Cleveland

Nutrition Education Series (Part III):

Olive Oil — Reaping the Health Benefits

Kelly J. Satola, MS, RD, LD, Stellar Nutrition LLC

Exercise Session: Tai Chi for Fitness, Fun and Relaxation

Lucky Harris, RS, Certified Tai Chi Instructor

Menu of the Month:

Heart-Healthy Cold Weather Comfort Foods (Part III)

Cooking Light and Cooking Right with Mrs. G's Catering

Monday, March 15 ~ 5:30–8 p.m.

Windermere United Methodist Church, 14035 Euclid Ave., East Cleveland
Free. Heart-healthy recipes, fellowship meal and blood pressure screening included.

Reservations required: toll-free **216-761-4215**; reservations open March 1

Sarcoidosis: Pain Management Options

A Quarterly Sarcoidosis Support Group Meeting

Meet and bond with others who have Sarcoidosis. Do you have questions that need answers? Do you share similar symptoms with someone else? If so, join us for informal discussion on options for relief of pain.

Tuesday, March 16 ~ 5:30 p.m.

Euclid Hospital Waltz Auditorium, 18901 Lake Shore Blvd., Euclid

Reservations recommended: **216.692.8969**

Marymount Hospital

Community Health Fair

Join Marymount Hospital, the Brecksville Community Center and the Independence Family Health Center for this free health fair. Enjoy screenings, wellness displays and informational tables designed to help you monitor and improve your health. Light refreshments, screening results form and handouts included.

Wednesday, March 17 ~ 9 a.m. – noon

Brecksville Community Center, One Community Center Dr., Brecksville
No reservation required.

Find the Brecksville Community Center at www.brecksville.oh.us

Marymount Hospital

Nutrition Strategies to Get You Swimsuit-Ready

Join the Nutrition Services staff at Marymount Hospital for this free session covering diet and nutrition tips that will help you start preparing for swimsuit season. Includes information on meal planning, portion sizes and weight loss strategies.

Thursday, March 18 ~ 5–6 p.m.

Marymount Hospital Auditorium

Free. Light refreshments and handouts included.

Registration: **216.587.8138**; leave your name and phone

Marymount Hospital

HWC

Spine Surgery ~ Lunch and Learn

Roseanna M. Lechner, MD, Neurosurgeon



Join us for this informative health session on back health and surgical options for the spine.

Thursday, March 18 – 11:30 a.m. – 1 p.m.

Holiday Inn, 6001 Rockside Rd., Independence

Free. Light lunch provided.

Limited seating. Registration required: **1.866.924.6906**

Marymount Hospital

HWC

Fall Prevention

Marymount Hospital Rehabilitation Services

Learn how to avoid falls in the home, yard and public places in this practical session.

Tuesday, March 23 ~ 1–2:30 p.m.

Marymount Hospital Auditorium. Free.

Registration: Marymount Rehabilitation Services — **216.587.8108**

Marymount Hospital

Diabetes Support Group: Exercise

Learn about the relationship between regular exercise and managing your diabetes more effectively. Includes both exercise tips and an actual fitness demonstration.

Wednesday, March 24 ~ 1–3 p.m.

Marymount Hospital Auditorium

Free. Limited seating. Registration required: **216.587.8246**

Hillcrest Hospital

HWC

Chronic Pain: How to Live with It



Sameh Yonan, MD, Pain Management Center

Options and treatments for relief of chronic pain.

Sponsored by Chardon Healthcare and Rehabilitation Center

Thursday, March 25 ~ dinner 6 p.m.; program to follow

Alfredo's at the Inn, 780 Beta Dr., Mayfield Village

\$20 per person (checks only); gratuity is included.

Seating is limited. Reservations required: toll-free **1.877.390.1732**

Menu: *Family-style ~ Hand-breaded Chicken Cutlets, Pork Tenderloin Funghetto and Cavatelli Marinara; includes appetizer, soup, salad, vegetable, dessert and soft drinks.*

Make check payable to Hillcrest Hospital.

Send to: Hillcrest Hospital North Campus, 6777 Mayfield Rd., Mayfield Heights, OH 44124 Attn: Healthwise Connection.

Euclid Hospital

How Posture Can Improve Your Physical Therapy A Stroke Education Support Group Presentation

Jennifer Buckland, PT, and Margy Kerestesy, PTA, Euclid Hospital Outpatient Rehab Physical Therapist and Physical Therapist Assistant

Friday, March 26 ~ 11 a.m. – 12:30 p.m.

Euclid Hospital Health Center, 18901 Lakeshore Blvd., Euclid

Free. Light refreshments provided. No reservation required.

Fitness Opportunities

Euclid, Hillcrest, Huron and South Pointe Hospitals

HWC

Tai Chi for Health

Instructor: Susan Cady, MM, CTCI

Tai Chi, a gentle slow-moving exercise for all body types and conditions. Movements are done seated and standing only, and you may sit down at any time. Tai chi consists of rhythmic, flowing movements and breathing to loosen every muscle and joint and release aches and pains. Research results show tai chi lowers blood pressure; boosts immunity; increases range of motion, flexibility, and balance; reduces pain and bone loss. Free trial visit for those interested in trying one class. Bring soft-soled shoes. No reservations required. Information: **216.761.8555**

Euclid Senior Center ~ 3:30–4:45 p.m.

One Bliss Lane, Euclid (*north of Lakeshore Blvd. at East 222nd Street*)

6-Week Series – \$30; \$24 for Healthwise Connection members (you must show your membership card); Drop-ins \$6 per class.

Winter Series II ~ Tuesdays, Jan. 5 – Feb. 9

Winter Series III ~ Tuesdays, Feb. 16 – March 23 (no class 3/30)

Spring Series I ~ Tuesdays, April 6 – May 11

Highland Heights Community Center ~ 2–3:15 p.m.

5827 Highland Rd., Highland Heights

(*between Bishop and Miner, behind police/fire station*)

6-Week Series – \$30; \$24 for Healthwise Connection members (you must show your membership card); Drop-ins \$6 per class.

Winter Series I ~ Mondays, Jan. 4 – Feb. 8 (no class 1/18)

Winter Series II ~ Mondays, Feb. 15 – March 22 (no class 3/29)

Spring Series I ~ Mondays, April 5 – May 10

Severance Tower Apartments ~ 10–11:15 a.m.

Community Room, 25 Severance Circle, Cleveland Heights

6-Week Series – \$15; \$12 for Healthwise Connection members (you must show your membership card); Drop-ins \$3 per class.

Winter Series I ~ Mondays, Jan. 4 – Feb. 8 (no class 1/18)

Winter Series II ~ Mondays, Feb. 15 – March 22 (no class 3/29)

Spring Series I ~ Mondays, April 5 – May 10

Warrensville Senior and Civic Center ~ 10–11:15 a.m.

4567 Green Rd., Warrensville Heights (*just North of Emery Road*)

6-Week Series – \$30; \$24 for Healthwise Connection members (you must show your membership card); Drop-ins \$6 per class.

Winter Series II ~ Wednesdays, Jan 6 – Feb. 10

Winter Series III ~ Wednesdays, Feb. 17 – March 24 (no class 3/31)

Spring Series I ~ Wednesdays, April 7 – May 12

Euclid Hospital

Warm Water Exercise

6 weeks (one day per week) ~ \$24

Limited to four individuals; continuous registration.

Mondays through Fridays ~ 12–12:45 p.m.

Mondays ~ 4–4:45 p.m.; Wednesdays ~ 4:15–5 p.m. or 5–5:45 p.m.

Euclid Hospital Health Center, 18901 Lake Shore Blvd., Euclid

Please make check payable to Euclid Hospital.

Reservations: Joyce — **216.692.7456**

Marymount Hospital

Beginning Tai Chi for Seniors

Joe Bondi, certified fitness trainer

Join us for these senior-friendly Tai Chi classes. Tai Chi consists of flowing movement and breathing that works to relax tight muscles, releasing aches and pains of arthritis and other conditions.

Mondays, Jan. 11 – Feb. 15 ~ 4:30–5:30 p.m.

Marymount gym (located near the Trudell Center entrance at the east end of the hospital campus).

\$30 for one 6-week session; \$24 for Healthwise Connection members.

Payment due by cash or check on the first day of class.

Classes limited to 10 participants. Information or registration:

216.587.8998; enter ext. 3649 and leave your name and phone.

Huron Hospital

Arthritis Foundation Tai Chi Program

Lucky Caswell Harris, RS, Certified Tai Chi Instructor

This no-impact fitness and relaxation program focuses on the entire individual — mind, body and spirit. Instructor is certified by the Arthritis Foundation and is a relaxation specialist. All fitness levels welcome.

Wednesdays and Fridays ~ 12:30–1:30 p.m. (no class Jan. 1)

MLK Civic Center, 14801 Shaw Ave., East Cleveland

Free and open to the public. No reservations required.

Information: MLK Center — **216.851.1180**; instructor — **216.314.5371**

Thursdays ~ 4–5 p.m. (NEW)

Owl's Nest Apartments — Community Room,

2020 Taylor Rd., East Cleveland

Free and open to the public. No reservations required.

Information: **216.681.4647**

Huron Hospital

Tai Chi for Health – the Skill to Chill

Susan Cady, MM, CTCI

Tai Chi, the exercise guaranteed to reduce aches and pains, lower blood pressure and lift your spirits. Class is open to all age groups.

Mondays ~ 5:30–6:30 p.m.

(No classes on Jan. 25 or 3rd Monday of each month)

Windermere United Methodist Church, 14035 Euclid Ave., East Cleveland
Free. No reservations required. Information: **216.932.7717**

Euclid, Hillcrest, Huron and South Pointe Hospitals

HWC

Fun with Fitness After 50: Low-Impact Aerobics

No classes on legal holidays or when school is canceled due to inclement weather. Consult your physician before starting a new exercise program or changing your fitness routine. Please wear supportive white-soled tennis shoes.

You must show your Healthwise Connection card to receive member price.

No reservations required; walk-ins welcome. Information: **216.761.8555**

Every Monday and Wednesday ~ 2–3 p.m.

\$3 per class; \$2 per class for Healthwise Connection members.

Apthorp Tower Apartments, 12900 Superior Avenue, East Cleveland

Every Tuesday and Thursday ~ 11 a.m. – noon

\$3 per class; \$2 per class for Healthwise Connection members.

Boulevard Presbyterian Church, Foster Hall, 24600 Lake Shore Blvd., Euclid
Enter lot from East 248th St. Ring the bell at back door to gain entry.

Every Tuesday and Thursday ~ 9:30–10:30 a.m.

\$4 per class; \$3 per class for Healthwise Connection members.

Our Savior Lutheran Church, 2154 SOM Center Rd., Mayfield Heights

Every Tuesday and Thursday ~ 9:15–10:15 a.m.

\$3 per class; \$1.50 per class for Healthwise Connection members.

Aldersgate United Methodist Church, 4069 Eastwood Lane,
Warrensville Heights (*behind South Pointe Hospital*)

Marymount Hospital

HWC

Senior-cize

Get out of that recliner and start getting fit with other seniors at a free weekly “senior-cize” class. Simple, low-impact fitness activities will help you gain strength and balance. Exercises can be done sitting or standing.

Wednesdays, Jan. 6 – March 31 ~ 10:15–11 a.m.

Villa St. Joseph, Assisi Hall (on the Marymount Hospital campus)
5200 Marymount Village Dr., Garfield Hts.

Registration: **216.587.8138** — leave your name and number.

A call-back will be provided.

Huron Hospital

Fit 'n Fun 30/30

Fit by Faith, Inc.

Join us for 30 minutes of low impact aerobics followed by thirty minutes of toning. Wheelchair participants and all fitness levels welcome.

Mondays ~ 4:15–5 p.m.

Jan. 11 and 25; Feb. 8 and 22; March 8 and 22

Abington Arms Apartments, 11501 Mayfield Rd., Cleveland

Free and open to the public. Information: **216.791.6470**

Hillcrest Hospital

Arthritis Foundation Exercise Program

Gain mobility, strength, and endurance as you do gentle land exercises in a group setting. This is a recreational program designed specifically for people with arthritis and/or rheumatic and musculoskeletal conditions.

Exercises can be done in a seated or standing position. Bring 1 or 2 lb. weights, if available.

Tuesdays and Thursdays, Jan–Feb (8 weeks) ~ 10:30–11:30 a.m.

Cleveland Clinic Family Health Center, Chagrin Falls (lower level)

\$2 per class; you are not required to register for the entire session (attend as you are able). Information: **216.491.7395**

Marymount Hospital

Get fit with ZUMBA

Joanne Economos, certified fitness trainer and Zumba instructor

Join us for this fun and fast-paced exercise class designed to get you moving to music. Wear athletic shoes and comfortable clothing.

Signed participation waiver required before beginning class.

Mondays, Jan. 11 – March 1 ~ 5:30–6:30 p.m.

Assisi Hall, Villa St. Joseph, 5200 Marymount Village Dr., Garfield Heights

Minimum of 20 enrollees needed to offer class.

\$35 for 8-week class; or pay \$5 drop-in fee per class.

Advance registration required for both full class and drop-in; class registration closes (no new participants) after 2nd week.

Registration required: **216.587.8138** — leave full name, phone number and number attending.

Gentle Yoga for Stress Relief and Wellness

Stretch and relax parts of your mind and body that have been neglected. Yoga can help revitalize you and enhance your balance, flexibility, strength, clarity, and focus. Wear loose-fitting clothing. Bring a mat, towel, or blanket for comfort. All facilitators are Certified Yoga Instructors. No reservations necessary.

Mondays ~ 1 p.m.; Wednesdays ~ 10 a.m.

\$5 per class; \$4 per class for Healthwise Connection members (you must show your membership card)

Gates Mills Place, South Tower Party Room (lower level)

6805 Mayfield Rd., Mayfield Heights

No reservations necessary. Information: **216.761.8555**

Line Dancing for Fun and Fitness

Join us to learn and practice line dance steps. Line dancing is a fun way to stay fit and spend time with friends or make new ones. Beginners welcome.

Mondays (ongoing) ~ 5–6 p.m.

Instructor: Jimmy Jam

Severance Tower Apartments, Community Room,

25 Severance Circle, Cleveland Heights

\$4 per class; \$3 per class for Healthwise Connection members — you must show your membership card to receive member price.

No reservations required.

Thursdays ~ Jan. 14, Feb. 11 and March 11 ~ 2–3 p.m.

Euclid Hospital Waltz Auditorium, 18901 Lake Shore Blvd., Euclid

Free. Reservations: toll-free **1.877.390.1732**

Fridays (ongoing) ~ 10:30–11:30 a.m. (NEW LOCATION)

Instructor: Beth Parnin

Gates Mills Villa Apartments, 6755 Mayfield Rd., Mayfield Heights

\$4 per class; \$3 per class for Healthwise Connection members — you must show your membership card to receive member price.

No reservations required.

Please call us if you need to cancel a reservation

Please remember to call back to cancel if you find you cannot attend an event for which you have registered. Many of our events have waiting lists and we would like to offer the seat to another interested person if you are unable to attend.

Euclid Hospital

Pilates Class for Beginners

Pilates is a form of exercise that focuses on “core muscles” (the abdominal and back muscles). With emphasis on concentration and slow, controlled movements, Pilates helps develop a mind-body connection. Research shows that Pilates increases overall strength, improves posture and balance, and reduces the risk of back injuries.

Mondays and/or Wednesdays

Euclid Hospital Health Center, 18901 Lake Shore Blvd., Euclid
\$6 per class; payable at each class.

Please bring mat or blanket; hand weights optional.

For more information and to check for cancellations due to inclement weather during the winter months: www.pilatesondemand.net
Reservations: Pilates on Demand — **440.749.6211**

Euclid Hospital

Break Out Fitness Club

A unique health club designed by a physical therapist, Break Out Fitness caters to the fitness needs of seniors and people with disabilities with accessible equipment, knowledgeable staff, a motivating atmosphere, and a personalized exercise program.

Break Out Fitness is sponsored by Euclid Hospital and Hilltop Village.

Mondays – Fridays ~ 4:30–8 p.m.

Euclid Hospital Rehabilitation Center, 18901 Lake Shore Blvd., Euclid
Information: **216.548.5383**

South Pointe Hospital

HWC

Chair Tai Chi

Healthwise Connection members are invited to participate in “Chair Tai Chi,” a chair exercise program geared to senior adults.

Monday, Wednesday and Friday ~ 10:45–11:30 a.m.

Elmcroft at Sagamore Hills, 997 W. Aurora Rd., Sagamore Hills
Free. No reservations required. Information: **330.908.1166**

South Pointe Hospital

ParCourse

Sagamore Hills Medical Center has an outdoor exercise course available for you to use. The ParCourse (the same course found in many of the MetroParks) is located on the top of the hill, adjacent to the Emergency Department. The course includes a quarter-mile track for walking or running, and workout stations. Each station has directions posted for various levels of workout intensity. Bring a friend and enjoy the beautiful grounds.

Support Groups

Brain Injury Support Group.....216.738.1806 or 216.658.9996
2nd Tuesday of every month ~ 7–9 p.m.
Euclid Hospital ~ Lake Erie Room (off cafeteria)

Cancer Support Groups

Breast Cancer Support ~ “Staying in Touch”..... 440.312.6636
Last Wednesday of the month. ~ 6–7:30 p.m.
Hillcrest Hospital Auditoriums A and B, no registration fee.

Breast Cancer Survivors’ Support 216.584.4354
2nd Thursday of the month. ~ 5:30–7:00 p.m.
Marymount Hospital, Charles Zegiob Auditorium

Cancer Support ~ Huron Hospital Cancer Center..... 216.761.3502
3rd Tuesday of each month ~ 2 p.m. For patients and family members.

Congestive Heart Failure and Chronic Kidney Disease Support Group

Euclid Hospital..... 216.692.8679

Diabetes Support Groups

Euclid Hospital Waltz Auditorium..... 216.692.8711
1st Wednesday of the month ~ 7 p.m.
(No meetings in January, July or August.)

Hillcrest Hospital 440.312.4399

Huron Hospital..... 216.761.4286

Marymount Hospital..... 216.587.8246

South Pointe Hospital 216.491.7385

Grief and Bereavement Support Groups

Bereavement Support Group

Marymount Hospital.....216.587.8141

Love Lives On (miscarriage, loss of infant)

Hillcrest Hospital.....440.312.4692

Grieving the Death of a Loved One (monthly).....216.444.9819

Presented by Hospice of Cleveland Clinic and

South Pointe Hospital Pastoral Care Department. Contact Jim Kulma.

2nd Thursday of every month ~ 11:30 a.m. – 1 p.m.

South Pointe A ~ Meditation Room

Lupus Support Groups

Huron Hospital.....216.246.9639

Cafeteria Conference Room

3rd Wednesday of every month ~ 7–9 p.m.

Sponsored by Life with Lupus Now

South Pointe Hospital.....216.246.9639

Building B, Conference Room W2 (first floor)

2nd Thursday of every month ~ 6:30–8:30 p.m.

Sponsored by Life with Lupus Now

Pain Support Group.....440.312.4310
 3rd Monday ~ 2–3 p.m. Family and friends welcome. Reservations required.
 Cleveland Clinic Pain Management Center at Hillcrest Hospital
 Hillcrest Medical Building 1, 6803 Mayfield Rd. #214, Mayfield Heights

Parenting Education Support Groups

Breastfeeding (Voice Mail) 440.312.5332
 New Mothers' Discussion Group 440.312.4647

Pulmonary Support Group ~ Chronic Lung Disease

Euclid Hospital..... 216.692.8781
 South Pointe Hospital 216.491.6083

Sarcoidosis Support Group

Euclid Hospital 216.692.8969
 South Pointe Hospital.....216.246.9639

Sexual Assault: Educational Support for Adult Survivors

Cleveland Rape Crisis Center.....Kirsti – 216.619.6194, ext. 118
 Hillcrest Hospital North Campus (west entrance)

Stroke Education Support Groups

Euclid Hospital..... 216.692.7476
 Call for dates ~ 11 a.m. – 12:30 p.m.
 Euclid Hospital Health Center. No reservations required.
 Marymount Hospital..... 216.587.8138
 South Pointe Hospital 216.491.7052
 Meets on the 4th Friday of each month
 South Pointe Hospital, Building A, Meditation Room or Classroom 101

Hospital-Based 12-Step Programs

Alcoholics Anonymous..... 216.241.7387
 Sundays ~ 2 p.m. ~ Huron Hospital Cafeteria
 Saturdays ~ 10 a.m. and 6 p.m.
 South Pointe Hospital, Building A, Classrooms 101/102

Cocaine Anonymous.....216.523.8701
 Sundays ~ 7:30 p.m. ~ Huron Hospital Cafeteria

Food Addicts Anonymous440.842.2822
 Mondays ~ 6:30 p.m.
 South Pointe Hospital, Building A, Meditation Room

Food Addicts in Recovery Anonymous.....440.476.4373
 Mondays ~ 6:30–8 p.m. ~ Hillcrest Hospital, Lower Level, Aud. C

Narcotics Anonymous.....1.888.438.4673
 Wednesdays ~ 7 p.m. ~ Huron Hospital Cafeteria

Overeaters Anonymous216.391.6664
 Sundays ~ 10 a.m. ~ Hillcrest Hospital, Ross Auditorium

Overeaters Anonymous (Men only)...Ralph-440.951.3570 or Joe-216.470.3336
 Tuesdays ~ 7:30 p.m.
 Hillcrest Hospital Cancer Center, Oncology Conference Room, HC-2-301

Sex and Love Addicts Anonymous (women’s meeting)440.886.9663
 South Pointe Hospital

Healthwise Connection Supper Clubs

Euclid, Hillcrest, Huron and South Pointe Hospitals

HWC

See details below for menus, locations and activities. Cost is \$3.50.

- Reservations must be made in advance (at least two days before the dinner) by calling **216.761.2933**.
- Payment will be accepted in the cafeteria on the day of the supper.
- All meals include entree, side dishes, salad, roll, dessert and beverage.

Euclid Hospital Supper Club

Euclid Hospital Cafeteria, lower level

Line Dancing at 2 p.m. in Waltz Auditorium (see page 27);

Bingo at 3 p.m. in cafeteria; Supper at 4 p.m.

Thursday, Jan. 14 ~ Stuffed Cabbages

Bingo sponsored by Chardon Healthcare, Indian Hills and The Waterford.

Entertainment sponsored by University Manor.

Thursday, Feb. 11 ~ Chicken Paprikash

Bingo sponsored by Comfort Keepers, Hilltop Village and Wickliffe Country

Place. Entertainment sponsored by Hillside Plaza.

Thursday, March 11 ~ Corned Beef and Cabbage

Bingo sponsored by Grande Pointe Healthcare Community and Indian Hills, a Saber Healthcare Group facility. Wear something “green” and receive a “green” prize from Hanson Services.

Hillcrest Hospital Supper Club

Hillcrest hospital cafeteria, lower level

Free hand massages 2–3 p.m., sponsored by Cleveland Clinic East Lifeline (first come, first served); supper at 3:30 p.m.; bingo to follow.

Please consider parking across the street from the hospital at Hillcrest North Campus, 6777 Mayfield Rd. A hospital shuttle circles the campus approximately every 10 minutes and will bring you to the hospital main entrance.

Tuesday, Jan. 19 ~ Chicken Paprikash

Bingo sponsored by Visiting Physicians Association and The Greens Nursing and Rehabilitation Center, A Kindred Healthcare Community.

Tuesday, Feb. 16 ~ Baked New England Cod

Bingo sponsored by Hanson Services and The Greens Nursing and Rehabilitation Center, A Kindred Healthcare Community.

Tuesday, March 16 ~ Flank Steak – Wear Your Green!

Bingo sponsored by Comfort Keepers and Grande Pointe Healthcare Community.

Huron Hospital Supper Club

Huron hospital cafeteria

Free hand massages 2–3 p.m., sponsored by Cleveland Clinic East Lifeline (first come, first served); bingo at 3 p.m.; supper at 3:30 p.m.

Wednesday, Jan. 20 ~ Pepper Steak

Bingo sponsored by Comfort Keepers Cleveland and Hillside and Cedarwood Plaza Skilled Nursing Facilities.

Wednesday, Feb. 17 ~ Chicken Marsala

Bingo sponsored by Candlewood Park Healthcare Center.

Wednesday, March 17 ~ Corned Beef ~ Wear Your Green!

Bingo sponsored by Visiting Physicians Association and Hillside and Cedarwood Plaza Skilled Nursing Facilities.

South Pointe Hospital Supper Club

South Pointe Hospital, Building A cafeteria

Complimentary hand massage from 2–2:30 p.m. provided by South Pointe Hospital Integrated Therapy Healing Service Team;

Bingo at 2:30 p.m.; Entertainment at 3 p.m.; Supper at 3:30 p.m.

Wednesday, Jan. 13 ~ Chicken Paprikash

Bingo sponsored by Hanson Services and Suburban Pavilion. Entertainment sponsored by University Manor, a Saber Healthcare Group facility.

Wednesday, Feb. 10 ~ Veal Parmesan ~ An Italian Bistro!

Bingo sponsored by Chardon Healthcare, Park East Care and Rehabilitation Center and Willow Park.

Entertainment sponsored by Park East Care and Rehabilitation Center.

Wednesday, March 10 ~ Corned Beef and Cabbage

Bingo sponsored by Comfort Keepers and University Manor, a Saber Healthcare Group facility. Wear something “green” and receive a “green” prize.

Entertainment sponsored by Suburban Pavilion.

Please call us if you need to cancel a reservation

Please remember to call back to cancel if you find you cannot attend an event for which you have registered. Many of our events have waiting lists and we would like to offer the seat to another interested person if you are unable to attend.

Marymount Hospital Supper Club

Join Marymount Hospital and Villa St. Joseph Senior Living Community for a monthly supper club. The club meets on the third Wednesday of every month, offering dinner, entertainment and activities for adults 50+.

Wednesday, Jan. 20 ~ 3–5 p.m. ~ Island Luau

Roasted Pork Tenderloin

Entertainment by Island Jeff Cavallo.

Sponsored by Holy Family Community Hospice.

Wednesday, Feb. 24 ~ 3–5 p.m. ~ Mardi Gras

(Please note: 4th week, to accommodate Ash Wednesday)

New Orleans Bayou Feast

Entertainment by Ray Kasal. Sponsored by Tender Loving Care Home Care.

Wednesday, March 17 ~ 3–5 p.m. ~ An Irish Celebration

Traditional Corned Beef Dinner

Entertainment by Ralph Szubski. Sponsored by Kabb Law Firm.

Assisi Hall Community Room at Villa St. Joseph

5200 Marymount Village Dr., Garfield Hts.

\$3.50 for HWC members; \$4 for non-members, payable by cash or check on the day of the club.

Limited seating. Reservations required: **216.587.8138** — leave full name, address, phone number and number attending.

Healthwise Connection Daily Dinner Special

Monday through Friday

Receive your entire meal for just \$4 includes: choice of one entree, two side dishes, soup or salad, roll, small beverage (fountain beverage OR coffee) AND small dessert. You DO need to show your Healthwise Connection membership card to receive this benefit. Weekly menus are available at the cafeteria cash register.

Euclid Hospital Cafeteria ~ 4:30–6:30 p.m.

Call **216.531.9000 ext. 63008** for the day's menu.

Hillcrest Hospital Cafeteria ~ 4–6 p.m.

Call **440.312.4500 ext. 23077** for the day's menu.

Marymount Hospital Cafeteria ~ 4:30–6 p.m.

Call **216.587.8047** to hear a recording of the weekly menu.

South Pointe Hospital Building B Cafeteria ~ 4–6 p.m.

Call **216.491.4196** for the day's menu.

Healthwise Connection Tours

Departure locations:

- Orr Skating Rink in Euclid (off Babbit Road, across from YMCA)
- Mayfield Village Civic Center (Rt. 91 and Wilson Mills Rd.)
- Mandel Jewish Community Center, 26001 S. Woodland Ave., Beachwood

Classic Cultural Cleveland

Friday, Jan. 15, 9:30 a.m. – 4 p.m. ~ \$65

See a late-morning Cleveland Orchestra concert at Severance Hall. After lunch at the elegant Cleveland Chop House, view the world-class exhibits at the recently reopened Cleveland Museum of Art. Payment due Jan. 2.

Historic and Ethnic Cleveland – Part 2

Friday, Feb. 12, 8:30 a.m. – 5 p.m. ~ \$49

Discover Cleveland's historic and ethnic neighborhoods including League Park, Coventry, Slavic Village and Tremont. Ethnic lunch at Balaton Hungarian Restaurant and surprises included. Payment due Jan. 12.

Church Basement Ladies — A New Musical Comedy

Tuesday, March 16, 9:30 a.m. – 6:30 p.m. ~ \$69

Follow four women as they prepare food, debate recipes and solve the world's problems — the good clean fun will keep you laughing. Includes lunch at the Stranahan Theatre in Toledo. Payment due Feb. 16.

Love, Sex and the IRS! at the Riverside Inn Dinner Theatre

Wednesday, April 21, 10 a.m. – 6 p.m. ~ \$69

Enjoy a delightful luncheon matinee at the Riverside Inn in Cambridge Springs, Pa. This comedy tells the tale of two out-of-work musicians — one of them has not been exactly truthful on his taxes, and comedy kicks into high gear when the IRS investigator shows up. Payment due March 21.

Springtime Tour of Ohio's French Countryside

Wednesday, May 19, 8 a.m. – 6 p.m. ~ \$59

Imagine the French countryside on a tour of the charming Kingwood Center, a 47-acre French provincial estate with majestic gardens bursting with spring colors. Visit the wedding site of Humphrey Bogart and Lauren Bacall — Ohio's historic 914-acre Malabar Farm & Estate. Enjoy an Amish lunch at Troyer's Dutch Heritage Restaurant. Payment due April 19.

Ohio's Amish Country

Friday, June 11, 8 a.m. – 7:30 p.m. ~ \$59

Welcome summer with a visit to the rural beauty of Ohio's heartland. Stop at Smucker's, Lehman's, Shearer's, Heini's and more. Lunch at an actual Amish family home. Payment due May 11.

Information or reservations:

JKL Tours — **440.942.5350** or toll-free **1.888.927.8977**.

See bus trip policies on page 35

Healthwise Connection **HWC**

Your Link to a Healthier Life

Healthwise Connection is a free program provided by Cleveland Clinic hospitals to help people 50 and older to maintain a healthy and active lifestyle. You do not need to be a current Cleveland Clinic patient to qualify for enrollment in this exciting program. Once you receive your Healthwise Connection membership card, enjoy exclusive discounts and services.

Your Link to Exciting Free Benefits

- Health screenings
- Catalyst Scripts prescription discount card
.... toll-free 1.866.565.0100 (plan 70311220)
- Health and wellness programs
- Physician referral service (see page 2)
- Quarterly newsletter
- Exercise programs*
- Insurance form assistance*

- South Pointe Hospital 216.491.1697 or 216.491.6281
- Transportation assistance for medical appointments*
 - Hillcrest 216.797.4014
 - Huron 216.761.4201
 - South Pointe Hospital 216.797.4014

Call **1.800.308.0374**
for information about
Catalyst Outlook Vision
(plan **662003**) and
Catalyst Dental
(plan **657002**).

Your Link to Valuable Discounts

- Hospital parking and valet service*
 - Hospital cafeteria dining
 - Hospital gift shop purchases*
 - Home medical equipment
 - In-home, non-medical care
 - Emergency response system
 - Hearing aids
 - Hotel accommodations*
 - Vision and dental discount cards
- *Available only at select locations*

Ready to 'Link' Up?

Joining is easy. For more information or to enroll in Healthwise Connection, please call us toll-free at **800.775.4HWC (800.775.4492)** or visit us online at www.clevelandclinic.org/hwc.

Bus Trip Policies

Space is limited to one bus per trip. Trips include round-trip luxury motorcoach fare, all admissions and tours listed, meals as indicated, all taxes and gratuities. Overnight trips include lodging and baggage handling (one bag per person).

Please be prepared to give the following information for each person booking a trip: name, address, phone number, boarding location, meal choice (if applicable), and credit card information. Trips are offered to members and their guests only.

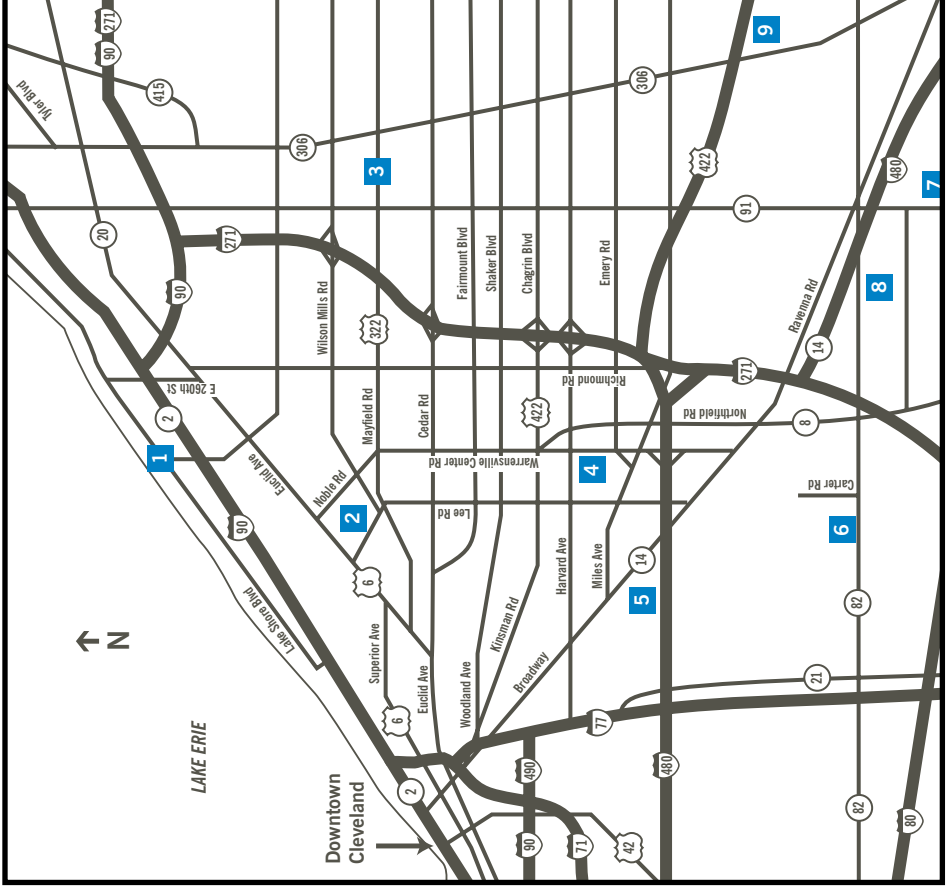
Times listed are approximate; you will receive final itinerary (including departure location and time) about one week before trip.

Please note: Trips canceled by the published deadline are guaranteed a refund. Later cancellations will be granted a refund in the form of a gift certificate only if we can fill the spot. All trips have reserved seating, based on order in which reservations are received.



Euclid Hospital
Hillcrest Hospital
Huron Hospital
Marymount Hospital
South Pointe Hospital
Cleveland Clinic hospitals

- 1. Euclid Hospital**
18901 Lake Shore Blvd., Euclid
www.euclidhospital.org • 216.53.1.9000
- 2. Huron Hospital**
13951 Terrace Rd., East Cleveland
www.huronhospital.org • 216.761.3300
- 3. Hillcrest Hospital**
6780 Mayfield Rd., Mayfield Heights
www.hillcresthospital.org • 440.3.12.4500
- 4. South Pointe Hospital**
20000 Harvard Rd., Warrensville Heights
www.southpointehospital.org • 216.491.6000
- 5. Marymount Hospital**
12300 McCracken Rd., Garfield Heights
www.marymount.org • 216.581.0500
- 6. Sagamore Hills Medical Center**
863 West Aurora Rd., Sagamore Hills
- 7. Twinsburg Medical Center and Urgent Care**
2365 Edison Blvd., Twinsburg
- 8. South Pointe Hospital**
Community Health Resource Center
at the Macedonia Recreation Center
1494 E. Aurora Rd. (RT. 82), Macedonia
- 9. Marymount Urgent Care**
17747 Chillicothe Rd., Chagrin Falls



Huron Hospital
13951 Terrace Rd.
East Cleveland, Ohio 44112

Address Service Requested

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