



Fairview Lakewood Lutheran

Cleveland Clinic hospitals

July, August and September, 2011

# Healthy Happenings

Community Health Calendar



Third Annual Cleveland Clinic Health Fair  
Saturday, September 17 | See page 8 for more details

# Table of Contents

Health Screenings .....	2	Support Groups .....	9
Health Forums and Talks .....	4	Healthwise Connection Program .....	11
Special Events .....	8	Healthwise Connection Tours .....	12
Childbirth and Parenting .....	9		

## Cancellation Policy

There are times when the Fairview Hospital Wellness Center is closed due to weather conditions or other circumstances. In the event the center does close, an announcement would be made on the school closing lists of local news stations and web sites.

Screenings and events are free and require reservations unless otherwise noted.  
Please call toll-free 1.877.234.FITT (3488).

# Health Screenings

All screenings are free unless otherwise noted.

## Blood Pressure Screenings

A blood pressure reading is one indicator of cardiac wellness and general health. Blood pressure screenings are available on a walk-in basis. **Free. No reservations necessary.**

### Fairview, Lakewood and Lutheran Hospitals

#### **Mondays**

**July 4, August 1, September 5**

9–11 a.m.

Dwyer Memorial Senior Center  
300 Bryson Ln., Bay Village

12:30–3:30 p.m.

Rocky River Office on Aging  
21014 Hilliard Blvd., Rocky River

#### **Tuesdays**

**July 12, August 16, September 13**

11 a.m.–noon

Brooklyn Senior Center  
7727 Memphis Ave., Brooklyn

#### **Tuesdays**

**July 12 and September 13**

9 a.m.–noon

WestPark YMCA  
15501 Lorain Ave., Cleveland

#### **Tuesdays**

**July 26, August 23, September 27**

8:30–10:30 a.m.

Great Northern Mall  
4954 Great Northern Blvd., North  
Olmsted

#### **Wednesdays**

**July 6, August 3, September 7**

9–11 a.m.

Lakewood Office on Aging East  
12400 Madison Ave., Lakewood

#### **Wednesdays**

**July 13, August 10, September 14**

9–11 a.m.

Lakewood Office on Aging West  
16024 Madison Ave., Lakewood

9:30 a.m.–noon

Fairview Hospital Wellness Center  
3035 Wooster Rd., Rocky River

1–3:30 p.m.

Barton Center  
14300 Detroit Ave., Lakewood

## Lakewood Hospital

### Breast and Cervical Cancer Screenings

Women who are 40 years of age and older and uninsured are invited to this free breast and cervical cancer screening. Appointment includes clinical breast and pelvic exam, mammogram and a Pap smear. Sponsored by the HOPE Program of Fairview and Lakewood Hospitals, the National Breast Cancer Foundation, Community West Foundation, the Lakewood Foundation, and the Breast and Cervical Cancer Program of Cuyahoga County (BCCP).

**Monday, August 22, 4–8 p.m.**

Lakewood Hospital Community Center, 1450 Belle Ave., Second Floor, Lakewood Free. Women **MUST** call both numbers to register for the program: **1.800.443.2168** to register with BCCP, and **216.476.4673** to register for the mammogram.

## Lutheran Hospital

### Cholesterol Screenings

Take control of your health and learn about your risk of heart attack and stroke. This screening will test blood sugar, total cholesterol, HDL (good cholesterol), LDL (bad cholesterol) and triglycerides. A 12-hour fast is required for a full lipid profile with glucose screen; participants may drink water.

**Friday, July 8, 8–10 a.m.**

Brooklyn Senior Center, 7727 Memphis Ave., Brooklyn  
Fee: \$15. Reservations: toll free **1.877.234.FITT (3488)**

**Friday, August 26, 8–10 a.m.**

Lutheran Hospital Castele Learning Center, 1739 W. 25<sup>th</sup> St., Cleveland  
Fee: \$15. Reservations: toll free **1.877.234.FITT (3488)**

**Wednesday, September 30, 8–10 a.m.**

Brooklyn Senior Center, 7727 Memphis Ave., Brooklyn  
Fee: \$15. Reservations: toll free **1.877.234.FITT (3488)**

## Fairview Hospital

### Diabetes Screenings

Individuals at high risk of developing diabetes include people over the age of 45, those who are overweight and physically inactive, along with minority populations such as African Americans, Latinos, and Native Americans. Fasting is required two hours prior to appointment. This is a finger-prick test and is free of charge.

**Mondays, July 18, August 15, September 19, 9–11 a.m.**

Fairview Park Senior Center, 20769 Lorain Rd., Fairview Park  
Free. Reservations: **440.356.4489**

**Wednesdays, July 20, August 17, September 21, 9–11 a.m.**

Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River  
Free. Reservations: **440.333.6660**

**Mondays, July 25, August 22, September 26, 9–11 a.m.**

French Creek YMCA, 2010 Recreation Ln., Avon  
Free. Reservations: **440.934.9622**

## Fairview Hospital

### Foot Screening

This screening offers a consultation with board-certified podiatrist, Michael Shlonsky, DPM.

**Saturday, August 13, 9 a.m.–noon**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488)

## Fairview Hospital

### Glaucoma Risk Assessment and Vision Screening for Adults

*Co-sponsored by Fairview Hospital Community Outreach and the Cleveland Sight Center.*

**Thursday, August 11, 1:30–3 p.m.**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488)

## Fairview Hospital

### Prostate Screenings

Cleveland Clinic/Glickman Institute Urologists at Fairview Hospital and Urology Partners, Inc. are offering free prostate cancer screenings that include a prostate exam and PSA blood test for all men between the ages of 50 and 70, men with a family history, or African American men between the ages of 40 and 70, who are not being followed by a physician or urologist. Registration begins August 1. Free parking in the Cancer Center/Moll Pavilion lot only.

**Tuesday, September 13, 6–8 p.m.**

Cleveland Clinic Cancer Center at Fairview Hospital Moll Pavilion

18200 Lorain Rd., Second Floor, Cleveland

Free. Reservations: toll free 1.877.234.FITT (3488)

## Health Forums and Talks

Unless otherwise noted, health forums are free of charge. Reservations are required so reserve early as space is limited. Please call toll-free 1.877.234.FITT (3488).

## Lutheran Hospital

### Natural Ways to Lower Blood Pressure

High blood pressure is one of the most preventable conditions, yet it contributes to more than 15% of all deaths in the United States. Fortunately, most people can reduce their blood pressure without medication. Join Jennifer Andrey, CNS, to learn the many “natural” ways you can lower your blood pressure. Light lunch will be served.

**Monday, July 11, 11:30 a.m.–1p.m.**

Brooklyn Senior Center, 7727 Memphis Ave., Brooklyn

Free: Reservations: toll free 1.877.234.FITT (3488)

## Lutheran Hospital

### Self Management Classes for Chronic Disease

As we age, the number of ongoing health conditions we must deal with increases. In this six-week Chronic Disease Self Management session, you will learn: how to set goals; practical ways to deal with fatigue, pain, shortness of breath; medication management; stress management; healthy eating and exercise strategies. This session is taught by specially trained registered nurses.

**Wednesdays, July 13–August 17, 1–3:30 p.m.**

Fairview Hospital Wellness Center, 3035 Wooster Road, Rocky River

**(Pre-screening required – July 6, 1–3:30 p.m.)**

Free, Registration required: 440.356.0670

## Fairview Hospital

### Total Joint Replacement

Join orthopaedic surgeon, Raymond Horwood, MD, as he discusses hip and knee joint replacement and the latest developments regarding this procedure. A Fairview Hospital physical therapist will also discuss post-surgical needs. Co-sponsored by The Normandy and Normandy Manor of Rocky River. Lunch provided. Reservations required.

**Wednesday, July 20, noon–1:30 p.m.**

The Normandy (Front Building), 22701 Lake Rd., Rocky River

Parking available behind the front building.

Free. Reservations: 1.877.234.FITT (3488)

## Fairview Hospital

### Non-surgical Treatment Options for Cardiovascular Disease

From head to toe, there is potential for plaque to build up in your arteries. Join interventional cardiologist E. Dean Nukta, MD, as he discusses possible treatment options that do not require surgery. Heart healthy dinner provided. Reservations required.

**Wednesday, August 3, 6–7:30 p.m.**

North Ridgeville Branch Library

35700 Bainbridge Rd., North Ridgeville

Free. Reservations: toll free 1.877.234.FITT (3488)

## Lutheran Hospital

### Diabetes: Basic and Inexpensive Ways to Lower Your Blood Sugar

High blood sugars can damage blood vessels and nerves causing damage to your kidneys, eyes, heart and circulatory system. Please join registered dietitian, Denise Leslie to learn simple, easy and inexpensive ways to keep your blood sugars under control. A light lunch will be served.

**Monday, August 8, 11:45 a.m.–1 p.m.**

Brooklyn Senior Center, 7727 Memphis Ave., Brooklyn

Free. Reservations: toll free 1.877.234.FITT (3488)

## Lakewood Hospital

### Acupuncture and Supplements

Acupuncture treatments involve painlessly placing hair thin needles into certain areas of the skin to help balance the natural energy of the body. When some conditions do not respond to medical therapies, the ancient arts may help relieve pain and suffering. Nuruddin Presswala, MD, is a practicing internal medicine physician who uses acupuncture to enhance other therapies in his practice. Come and learn how acupuncture works and how it might benefit you.

**Wednesday, August 10, 1–2 p.m.**

Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River

Free. Reservations: 440.333.6660

## Fairview Hospital

### Stroke Awareness and Prevention

Stroke is the third largest cause of death in the United States. Join neurologist Peter Bambakidis, MD, for an educational session on the signs and symptoms of a stroke as well as stroke prevention. Light dinner provided. Reservations required.

**Wednesday, August 17, 6:30–8 p.m.**

Cuyahoga County Public Library, 27403 Lorain Rd.

North Olmsted Branch Meeting Room,

Free. Reservations: 1.877.234.FITT (3488)

## Lutheran Hospital

### Hip & Knee Arthritis

Hip and knee arthritis are among the most common causes of joint pain. Orthopaedic surgeon Kim L. Stearns, MD, will talk about the wear and tear arthritis can cause and treatments available for these conditions. Offered on two separate dates for your convenience.

**Wednesday, August 17, 5:30–7 p.m.**

Brooklyn Senior Center, 7727 Memphis Ave., Brooklyn

A light dinner will be served.

Free. Reservations: toll free 1.877.234.FITT (3488)

**Wednesday, September 7, 11:45 a.m.–1 p.m.**

Lutheran Hospital Castele Learning Center, 1739 W. 25<sup>th</sup> St., Cleveland

A light lunch will be served.

Free. Reservations: toll free 1.877.234.FITT (3488)

## Fairview Hospital

### Gynecological Cancers: Assess Your Risk and Practice Prevention

Join gynecological oncologist Richard Drake, MD as he discusses various female cancers and associated risk factors along with preventative measures to lower your risk. Light dinner will be served.

**Thursday, August 18, 5–7 p.m.**

Westlake Porter Library, 27333 Center Ridge Rd., Westlake

Free. Reservations: 1.877.234.FITT (3488)

## Lakewood Hospital

### Preventing Osteoporosis

Learn about how to strengthen your bones and prevent bone disintegration from occurring. Endocrinologist Kevin Borst, MD, will discuss ways to protect your bones and enhance your life.

**Wednesday, August 18, 7–8 p.m.**

Rocky River Memorial Hall, 21016 Hilliard Blvd., Rocky River  
Free. Reservations: 1.877.234.FITT (3488)

## Lakewood Hospital

### Fall Allergies: How to Stay Safe

Fall is a beautiful time of year, but if you suffer from allergies, you may constantly be on guard while trying to enjoy the outdoors. Allergy specialist Todd Rambesak, MD, will share ways you and your family can be safe and enjoy the change in seasons.

**Thursday, August 31, 6–7 p.m.**

Lakewood Community Health Center, 1450 Belle Ave., Lakewood  
Free. Reservations: toll free 1.877.234.FITT (3488)

## Fairview Hospital

### Foot Pain is Not Normal!

Many people believe that as they age foot pain is normal. It's not! Podiatrist Jennifer Bell, DPM, will discuss reasons for common foot, ankle and lower leg pain and treatment options to return you to a normal lifestyle. Co-sponsored and dessert/coffee provided by Life Care Centers of America. Reservations required.

**Thursday, September 1, 1–2 p.m.**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River  
Free. Reservations: 1.877.234.FITT (3488)

## Lakewood Hospital

### IN Focus: Ophthalmology

Cataracts, macular degeneration and dry eyes will be discussed by vision specialists Ryan Deasy, MD, Peter McGannon, MD, and Michael Parker, DO. The physicians will also conduct a question and answer session to address all of your concerns about vision and eye health.

**Wednesday, September 7, 1–2 p.m.**

Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River  
Free. Reservations: 1.877.234.FITT (3488)

## Lakewood Hospital

### Tai Chi for Better Health

The benefits of Tai Chi are many: better breathing, flexibility of muscles and better balance. Learn ancient techniques to improve overall health and well being.

**Saturdays, September 10–November 12, 9–10 a.m.**

Lakewood Hospital, 14519 Detroit Ave., Third Floor Atrium, Lakewood  
Cost: \$5 per class. Reservations: 1.877.234.3488

## IN Focus: Teen Health

The teen years can be delightful, frightening, humorous, and treacherous. Teens are busy testing limits and defining themselves. As adults, we need to acknowledge that they need both guidance and patience from those who care about them. Attend a panel discussion from adolescent health care professionals: Cory Fisher, DO, Family Practice; the Teen Health Center's Suzanne Sandoval, Certified Nurse Practitioner; and Jennifer Purses, DO, Child Psychologist.

**Tuesday, September 13, 5:30 p.m.**

Lakewood Public Library, 15425 Detroit Ave., Lakewood

Free. Reservations: 1.877.234.FITT (3488)

## Special Events

### 10th Annual Drive for Life Golf Outing

This golf outing is one of the highlights of the summer with two flights at 8 a.m. and 1:30 p.m. The \$375 fee includes golf cart, green fees, food, refreshments, giveaways, and prizes. Morning flight will include a breakfast at 7 a.m. then a round of golf with lunch to follow. Afternoon flight will include lunch, a game of golf, then delicious hors d'oeuvres to follow. Proceeds benefit Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion.

**Tuesday, July 12**

Red Tail Golf Club, 4400 Nagel Rd., Avon

Fee: \$375. Reservations: 216.476.7060

### Starry Night

This magical night has become the biggest and best street party on Cleveland's west side. Experience a radiant evening under the stars mingling with friends, enjoying exquisite gourmet food, entertainment and a silent auction. All proceeds will benefit the Lakewood Hospital Diabetes and Endocrine Center.

**Friday, August 5**

"Under the Stars" on Belle Avenue

Lakewood Hospital, 14519 Detroit Ave., Lakewood

VIP Reception: 6-7 p.m.

Event Time: 7-10 p.m.

Tickets start at \$100; sponsorship opportunities available.

For more information, call 216.529.7009

### 2011 Cleveland Clinic Family Health and Wellness Fair

The 2011 Cleveland Clinic Family Health and Wellness Fair offers a variety of healthcare screenings, activities for children, healthy refreshments, raffles, and the chance to speak one-on-one with physicians from Cleveland Clinic community hospitals and family health centers.

**Saturday, September 17, 9 a.m.-1 p.m.**

Lorain County Community College, 1005 North Abbe Rd., Elyria

For more information, call 440.808.7854 or visit [clevelandclinic.org/HealthyCommunitiesWest](http://clevelandclinic.org/HealthyCommunitiesWest)

**HealthyCommunitiesWest**

# Childbirth and Parenting Classes

## Fairview and Lakewood Hospitals

Fairview and Lakewood hospitals offer a variety of childbirth and parenting classes to help educate you about your growing family. Some general topics include: Healthy Pregnancy; Preparing for Birth; Breastfeeding; Preparing for Baby; Preparing for Family; Infant and Child Safety; and After Delivery. Additionally, there are support groups for breastfeeding mothers, expectant mothers on bedrest and families who experience a loss. Registration is required for all classes.

To see the complete list and descriptions of the classes, locations and fees (where applicable), visit [fairviewhospital.org/birthingcenter](http://fairviewhospital.org/birthingcenter) or [lakewoodhospital.org/birthing](http://lakewoodhospital.org/birthing). For more information, call the Childbirth and Parenting Program at 440.356.0347.

We encourage you to schedule a visit of the Birthing Center where you plan to deliver. In addition to the regular tour, Fairview Hospital offers a *Night with the Anesthesiologist*. Please call 440.356.0347 for dates and time. Tours are free and registration is required.

## Support Groups

Fairview, Lakewood and Lutheran hospitals offer a variety of support groups. For more information visit [fairviewhospital.org](http://fairviewhospital.org), [lakewoodhospital.org](http://lakewoodhospital.org) or [lutheranhospital.org](http://lutheranhospital.org). For more information on cancer support groups, please visit [fairviewhospital.org/cancer](http://fairviewhospital.org/cancer) or call 216.476.7241.

### I CAN COPE® Series

I Can Cope is an educational program developed by the American Cancer Society for individuals facing cancer either personally, or as a friend or family member. Classes are taught by nurses, social workers, and other healthcare professionals. The sessions help dispel myths by providing straightforward answers to your cancer-related questions about diagnosis and treatment, side effects of treatment, nutrition, emotional responses, communication, community resources, financial and legal concerns, and spirituality. Continental breakfast and lunch provided.

**Saturdays: September 10, 17, and 27, 10 a.m.–2 p.m.**

Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion  
18200 Lorain Ave., First Floor Conference Room, Cleveland

To register, contact Gwen Paull, Oncology Social Worker, at 216.476.7241 or [gwpaul@ccf.org](mailto:gwpaul@ccf.org)

### Bereavement Support Group

#### Hospice of Cleveland Clinic Bereavement Support

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Six-week session begins in October or monthly drop in support is offered Thursdays, July 14, August 11, September 8, 11:30 a.m.–1 p.m., 216.444.9819.

#### Grief Recovery® Workgroup: An action program for moving beyond loss.

This workgroup is for those who desire to address the pain in their lives due to loss, in hopes of restoring wholeness and the ability to enjoy life. Developed by the Grief Recovery Institute, this program is conducted by certified specialists.

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River  
Thursdays, September 8–November 10, 6:30–8 p.m. (10 sessions)  
Cost: \$25. Scholarships are available.  
Registration required. Call 216.476.7067

## Birthing Support Groups

### **Breast Feeding Support Group**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River  
Mondays, Wednesdays, and Fridays, 1–3 p.m., 440.356.0347

### **New Mothers' Support Group**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River  
Tuesdays, 10 a.m.–noon, 440.356.0347

### **Families Experiencing Early Loss (F.E.E.L.)**

Fairview Hospital, 18101 Lorain Ave., Meeting Room C, Cleveland  
Thursdays, July 7, August 4, September 1, 7:30–9 p.m., 216.476.6965

### **Nursing Moms' Chat**

Lakewood Family Room, 17400 Northwood Ave., Lakewood  
Wednesdays, 9:30–11 a.m., 216.529.5018

## Cancer Support Groups

### **Blood Cancer Support Group**

Cleveland Clinic Cancer Center at Fairview Hospital  
Moll Pavilion, 18200 Lorain Ave., First Floor Conference Room, Cleveland  
Co-sponsored by the Leukemia Lymphoma Society  
Wednesdays, July 20, August 17, September 21, 5:30–7 p.m., 216.476.7241

### **The Lost Chord Club West**

For patients who have lost their larynx due to cancer.  
Cleveland Clinic Cancer Center at Fairview Hospital  
Moll Pavilion, 18200 Lorain Ave., First Floor Conference Room, Cleveland  
Friday, September 2, 1:30 p.m., 216.476.7241

### **Look Good...Feel Better**

A free American Cancer Society program combats appearance related side effects of cancer. Also supported by the Personal Care Products Council Foundation and the National Cosmetology Association. Participants are provided with free make-up kits.  
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion  
18200 Lorain Ave., First Floor Conference Room, Cleveland

**Tuesdays, July 12, September 13, 5-7 p.m.**

To register, call the American Cancer Society Patient Service Center at 1.888.227.6446, select option 2, and then option 1.

### **Oral, Head, Neck Cancer Support Group**

Cleveland Clinic Cancer Center at Fairview Hospital  
Moll Pavilion, 18200 Lorain Ave., First Floor Conference Room, Cleveland  
Thursdays, July 14, August 11, September 8, 4-5:30 p.m., 216.476.7241

### **Prostate Partners co-sponsored with The Gathering Place**

For men coping with prostate cancer.  
Fairview Hospital, 18101 Lorain Ave., Meeting Room A, Cleveland  
Free parking available at Cleveland Clinic Cancer Center across the street.  
Mondays, July 25 and August 22, 6:30-8:30 p.m., 216.932.2760

### **Women with Gynecologic Cancers**

Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion  
18200 Lorain Ave., Cleveland  
Thursdays, July 7, September 1, 5:30-7 p.m., 216.476.7241

### Other Support Groups/Events

#### **Alzheimer's Support Group**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River  
Thursdays, July 28, August 25, September 22, 1:30-3 p.m., 440.356.6303, ext. 1

#### **Grafted Hearts (for heart patients)**

Fairview Hospital, 18101 Lorain Ave., Meeting Room A, Cleveland  
Wednesdays, July 13, August 10, September 14, 7:30 p.m., 216.476.7210

#### **Lymphedema Awareness**

Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion  
18200 Lorain Ave., Cleveland  
**Wednesday, July 13, 5:30-6:30 p.m.**  
For more information, call 440.414.0380 or 216.476.0683.

#### **Parkinson Support Group**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River  
Tuesdays, July 12, August 9, September 13, 1:30-3 p.m., 216.476.7324

## Healthwise Connection

### **Your Link to a Healthier Life**

Healthwise Connection is a free program provided by Cleveland Clinic hospitals to help people 50 years of age and older 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, you will enjoy exclusive discounts and services. Joining is easy. For more information or to enroll in Healthwise Connection, please call 1.800.775.4HWC (1.800.775.4492) or visit us online at [clevelandclinic.org/hwc](http://clevelandclinic.org/hwc).

### IN Focus: Orthopaedics

Do you have aches and pains in one or more places? Are you limited in your ability to enjoy life because of these pains? Do you have questions about procedures for joint replacement, hand pain, back surgeries or other conditions? Then come to this event which will be offered by orthopaedic surgeons Conjeevaram Maheshwer, MD, Duret Smith, MD, and Jeffrey Roberts, MD, who will engage in a question and answer session to educate you on your own particular concerns. A light dinner will be served.

**Wednesday, July 6, 5:30-7 p.m.**

Westlake Porter Public Library, 27333 Center Ridge Rd., Westlake  
Free. Reservations: toll free 1.877.234.FITT (3488)

### Arthritis Management

Arthritis can be controlling and debilitating and is a very common disease. Family practice physician David Wendt, MD, will review the types of arthritis as well as discuss a variety of natural and medical ways to control the symptoms of this disease.

**Wednesday, July 13, 1-2 p.m.**

Normandy Manor, 22709 Lake Rd., Rocky River  
Free. Reservations: 1.877.234.FITT (3488)

## Maintaining Your Brain

Staying fit usually refers to our physical well-being. Keeping the brain fit is equally important as it plays a critical role in everything we do. Medical director of Lakewood Hospital's Geriatric Assessment Program Babak Tousi, MD, will present ways to help keep your brain healthy as you age.

**Thursday, July 14, 10–11:30 a.m.**

Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488) or 440.331.1114

## Grandparenting in the New Millennium

A lively discussion for new grandparents and grandparents-to-be about the changes in birthing and infant care procedures. Reservations required.

**Monday, July 18, 6:30–9 p.m.**

**Saturday, August 20, 9:30 a.m.–noon**

**Thursday, September 22, 6:30–9 p.m.**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Fee: \$20 per family. Reservations: 440.356.0347

## Now What Was I Saying: Understanding and Enhancing Memory

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. Presented and co-sponsored by the Alzheimer's Association Cleveland Area Chapter.

**Wednesday, September 14, 7–8 p.m.**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Room 100, Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488) or [clevelandclinic.org/HWC](http://clevelandclinic.org/HWC)

## About to Retire? Preparing for Medicare

If you are 63 years of age or older and are still employed or do not have Medicare, this free educational forum will help you prepare for the transition from commercial insurance to Medicare. You will learn the differences between Medicare and a Medicare HMO, find out if you need a supplemental plan, discover what is not covered by Medicare, and have your questions answered by Medicare experts. Light dinner provided. Reservations required. Co-sponsored by Hanson Services, Inc.

**Wednesday, September 28, 6–8 p.m.**

Fairview Hospital Wellness Center, 3035 Wooster Rd., Room 100, Rocky River

Free. Reservations: 216.636.1121

# Healthwise Connection Tours

Seats are limited so call early. For an informational flier or to register, call JKL Tours at **440.942.5350** or toll-free at **1.888.927.8977**. All tours depart from the Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River.

Healthwise Connection (HWC) tours are offered at a discounted rate for Healthwise Connection members. To learn more about the Healthwise Connection program or for an application to join, visit [clevelandclinic.org/HWC](http://clevelandclinic.org/HWC) or call **1.800.775.4HWC (4492)**.

## The GERITOL FOLLIES, Toledo, Ohio

**Thursday, September 22, 9:30 a.m.–7 p.m. (Mild)**

Combine Las Vegas show girls, classic vaudeville comedians, the Mormon Tabernacle Choir, make sure they are all over 60 years old, and you have The Geritol Follies! This sensational cast of “60 over 60” puts on an old-fashioned show that brings fun to life. Includes a plated pre-show lunch. Deadline is August 12.

*HWC Member price is \$79. Non-member price is \$89.*

## The Fall Colors of Chautauqua County

**Friday, September 30, 7 a.m.–6 p.m. (Moderate)**

Join us as we learn the history, secrets and stories that make the Chautauqua Institute a charming Victorian village, while enjoying lunch on the grounds at the historic Athaneum Hotel. After lunch, you will get to see Pennsylvania’s largest Mum Farm with free time at Grandma Shirley’s Market, where fresh berry pies are her specialty and you’ll sample locally produced wines at Arrowhead Winery. Deadline is August 30.

*HWC Member price is \$79. Non-member price is \$89.*

## “Everyone’s Polish For A Day” at St. Stan’s Festival

**Friday, October 7, 3–9 p.m. (Moderate)**

“Who stole the Kiska from the butcher shop?” Join us as we travel to Slavic Village for a special senior day. We’ll visit the Polish American Museum before we arrive at St. Stan’s for a tour of their historic Shrine Church and hear a concert. We’ll have a home cooked Polish dinner followed by music from the Polka Bands, and time to dance the night away.

*HWC Member price is \$39. Non-Member price is \$49.*

## “CABARET” comes to the Hanna Theatre

**Tuesday, October 11, 9 a.m.–3 p.m. (Mild)**

“Wilkomen” to the Kit Kat Klub as the musical “Caberet” comes to the wonderfully restored Hanna Theatre for an early day matinee performance. After the show, we’ll enjoy lunch at a downtown restaurant. “Wilkomen” to the Kit Kat Klub as the musical “Caberet” comes to the wonderfully restored Hanna Theatre for an early day matinee performance. Pre-Nazi Germany (1931) is a hotbed of tension as nightclub entertainer “Sally Bowles” falls in love with an American writer. After the show, we’ll enjoy lunch at a downtown restaurant. Main floor seats are very limited, so call soon. Deadline is Sept. 11.

*HWC Member price is \$59. Non-member price is \$69. Initial deadline is September 11.*

## Autumn in America’s Hometown, Tiffin, Ohio

**Friday, October 21, 7 a.m.–6 p.m. (Moderate)**

Step back in time and enjoy classic little town America in the charming village of Tiffin, Ohio. Featuring a guided tour of the historic downtown with time for shopping in the little box shops along main street. After lunch, we’ll have a live glass-blowing and crystal-cutting demonstration and visit to Ballreich’s Potato Chip Factory before heading home. Deadline is September 21.

*HWC Member price \$65. Non-member price \$75.*

## Historic, Ethnic Cleveland – Part III

**Friday, November 4, 8:30 a.m.–5:30 p.m. (Moderate)**

Discover more historic and ethnic neighborhoods on this day-long adventure including the Brewery Trail of early 1900's, the original Stockyards of 1881, Gordon Square Arts District, The Warehouse District, The Terminal Tower, and Woolworth's House of Blues. Lunch is included and will be held in a 1903 bank building.

*HWC Member price is \$59. Non-member price is \$69.*

### Walking Key

**Mild:** Up to two blocks at a time, limited steps, mostly even surfaces, some standing, intermittent seating.

**Moderate:** Up to ¼ mile at a time, stairs, slight changes in surface level, standing or walking required for up to one hour. Those with limited mobility should bring a caregiver capable of and responsible for providing necessary assistance throughout trip.

**Strenuous:** Long periods of walking, up to one mile at a time, stairs, changes in surface level, standing for long periods. Recommended only for those in good physical condition.

## New! Online Event Registration for Healthwise Connection programs

Now it's easier than ever to register for Healthwise Connection (HWC) events. Simply go to your computer and log onto [clevelandclinic.org/HWCevents](http://clevelandclinic.org/HWCevents). From this web calendar, you will be able to register for all classes, events and HWC sponsored activities. Of course, you can still register by phone, but you now have another option to register for your favorite activities.

How do you get started?

1. Log onto [clevelandclinic.org/HWCevents](http://clevelandclinic.org/HWCevents).
2. Search the calendar for events you'd like to attend.
3. A window with a detailed description of the event will pop up on your screen. If online registration is not available, it will be noted in red at the top of the window.
4. View the event details, scroll down and click on "Close This Window" at the bottom.
5. If you want to attend the event, click the "Start Registration" button.
6. Enter the required information (boxes shaded pink). If you supply your email address, you will receive a confirmation that you are registered for the event.
7. Click "Submit Contact For This Event."
8. Click "Review/Submit Registrations."
9. Click "Finalize All."

Registering for events online can be just that simple. Be sure to visit [clevelandclinic.org/HWC](http://clevelandclinic.org/HWC) for all your of Healthwise Connection information.



## The search for the best care leads you right back home.

Located throughout Greater Cleveland, nine Cleveland Clinic community hospitals and 16 family health centers offer unmatched medical care, convenience and quality. From routine check-ups to more serious conditions, we offer the expert care your family can count on.

Same-day appointments available.  
[clevelandclinic.org/locations](https://clevelandclinic.org/locations)



Every life deserves world class care.

