

INSIDE:

FREE Health Talks / Health Screenings / Support Group Information / Fitness Classes



The Cleveland Clinic Foundation
9500 Euclid Ave. / AC311
Cleveland, Ohio 44195



Community Connections

West Edition

Formerly Healthy Happenings

February 2012

Your monthly guide to wellness events and activities hosted by Cleveland Clinic.



Community Connections

Formerly Healthy Happenings

February 2012

Cleveland Clinic is committed to helping you make positive health and wellness choices. We invite you and your family to take advantage of the programs offered in your community.

Look inside for:

- Health Talks & Special Events Calendar
- Upcoming Health Screenings
- Fitness Activities Schedule
- Healthwise Connection Events **HWC**
- Support Group Information

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Health Talks & Special Events

Cleveland Clinic Health Talks

■ Diabetes and Heart Disease: What Do They Have in Common?

Three Cleveland Clinic experts will discuss the following topics:

- Theodore Pacheco, MD – “Ways to Lower Your Cardiac Risk in Type 2 Diabetes”
- Kavita Nyalakonda, MD – “What's New in Treating Type 2 Diabetes?”
- Andrea Dunn, RD, LD, CDE – “Heart Healthy Eating for Diabetes”

Free. To attend, call 216.444.3641 or 800.548.8502 or visit clevelandclinic.org/healthtalks

- Wednesday, Feb. 15 / 6 p.m. registration, 6:30–8 p.m. program
Lorain County Community College, John A. Spitzer Center – Room 207-208, 1005 Abbe Rd. North, Elyria

■ Women: Let's Talk about Health Screenings, Heart Attack and Osteoporosis

Cleveland Clinic experts will discuss the following women's health topics:

- Lisa Mementowski, DO – “Health Screening Guidelines for Women”
- Michael Amalfitano, DO – “Women and Heart Attack: Know the Signs and Symptoms”
- Robert Davis, PA-C – “Osteoporosis: Prevention and Treatment”

Free. To attend call 216.444.3641 or 800.548.8502 or visit clevelandclinic.org/healthtalks

- Thursday, Feb. 23 / 6 p.m. registration, 6:30–8 p.m. program
Brunswick Family Health Center, Conference Room, Second Floor, 3574 Center Rd., Brunswick

■ Healthy Heart: Know Your Numbers

Join us for this Healthy Heart two-part series, which includes a screening on Saturday, Feb. 4, and then a health talk to discuss your results on Thursday, Feb. 9. Screening includes total cholesterol, blood sugar, blood pressure, height, weight and body mass index (BMI). Health talk will be given by cardiologist Anthony Vlastaris, MD, to discuss what your results mean, what you can do to improve upon your results and ways to prevent heart disease. Healthy snacks provided. *Event co-sponsored by Heinen's of Avon.* Free. To register, call 440.937.7660.

Part I: Screening

- Saturday, Feb. 4 / 8:30 a.m.–12:30 p.m.
Heinen's of Avon Café, 35980 Detroit Rd., Avon

Part II: Health Talk

- Thursday, Feb. 9 / 6–7:30 p.m.
Heinen's of Avon Café, 35980 Detroit Rd., Avon

■ Heart and Health: Total Cardiac Awareness

Blood pressure. Cholesterol. Waist size. Knowing these three numbers could save your life. In addition, practicing good oral hygiene can reduce your risk of heart disease by 50 percent. Learn about these and other heart-healthy practices with experts from Lutheran Hospital. Includes light heart-healthy brunch.

Free. Registration limited to 40 participants. 877.234.FITT (3488)

- Monday, Feb. 6, 8:30–10:30 a.m.
Brooklyn Senior Center, 7727 Memphis Ave., Brooklyn
8:30–9:30 a.m. / Free total lipid profile
9:30–10 a.m. / “Dental, Oral Hygiene and Heart Health” talk
10–10:30 a.m. / “Know Your Health Numbers” talk

■ Heart-Healthy Eating

Learn tips from Mary McArthur, RD, as she explains ways to establish and maintain a heart-healthy diet. Free. Registration required. 330.721.5992

- Tuesday, Feb. 7 / 6–7 p.m.
Highland Library, 416 Ridge Rd., Medina

■ 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. No fasting or registration necessary.

Free. Information: 216.587.8138

- Tuesday, Feb. 7 / 9–11 a.m.
Marymount Hospital, Door 4 Lobby (west end of campus, near ED)

■ What Is a Heart Attack?

Heart attacks are a leading killer of both men and women in the United States. Join us for this informative health session to learn more about the causes, symptoms, diagnosis and treatment of heart attacks. This program is in partnership with Independence Family Health Center and Marymount Hospital. Light refreshments included. Free. To register, call 216.587.8138.

- Wednesday, Feb. 8 / 6–7 p.m.
Cuyahoga County Public Library, Independence Branch, 6361 Selig Dr., Independence

Continued

Childbirth and Parenting Classes

Fairview and Lakewood hospitals

Fairview and Lakewood hospitals offer a variety of childhood and parenting classes along with support groups for breastfeeding mothers, expectant mothers on bedrest and families who experience a loss. **Free. Registration required. Call 440.356.0347**, or visit fairviewhospital.org/birthingcenter or lakewoodhospital.org/birthing

Fairview and Lakewood hospitals offer tours of the Birthing Centers. In addition to the regular tour, Fairview Hospital offers a *Night with the Anesthesiologist*. **Free. Registration required. Call 440.356.0347** for dates and times.

Medina Hospital Breastfeeding Class

Led by a certified lactation consultant and obstetrical nurse, this class is designed to teach parents-to-be helpful techniques for successful breastfeeding. Fathers and family members are encouraged to attend. **Cost: \$20 per couple. Registration and prepayment required. 330.725.1000, ext. 2288**

- **Monday, Feb. 6 / 6:30–9 p.m.**
Medina Hospital, Edward A. Hall Conference Center

Prenatal Class

Led by an obstetrical nurse, this class is designed to teach new parents techniques during labor. This is perfect for mothers who are going to receive an epidural. Fathers and family members are encouraged to attend. **\$30 per couple. Registration and prepayment required. 330.725.1000, ext. 2288**

- **Saturday, Feb. 25 / 9 a.m.–4 p.m.**
Medina Hospital in the Edward A. Hall Conference Center

■ Choices: The Differences Between Homecare, Hospice and Palliative Medicine

Laura DePiero, RN, BSN, CHPN, of Hospice of Cleveland Clinic, leads this program about the choices available for people who need extra care. *Co-sponsored by Parma Care Center, Cleveland Clinic at Home and Home Instead.* Light refreshments. **Free. Registration requested. 216.661.6800**

- **Wednesday, Feb. 8 / 10:30–11:30 a.m.**
Parma Care Center, 5553 Broadview Rd., Parma

■ For Women Only: Taking Care of Your Heart

More than one in three women have some form of cardiovascular disease. Christine Tanaka-Esposito, MD, cardiovascular medicine, will discuss prevention, risk factors, and signs and symptoms. Heart-healthy lunch provided. *Event co-sponsored by Earth Fare.* Women only. **Free. Registration required. 877.234.FITT (3488)** or visit fairviewhospital.org (click on “Calendar of Events”)

- **Tuesday, Feb. 14 / 11:30 a.m.–1 p.m.**
Rocky River Civic Center, Memorial Hall, 21016 Hilliard Blvd., Rocky River

■ Are You SAD? Managing Seasonal Affective Disorder

John Sanitato, MD, psychiatry, will provide tips to help you feel better during the dark months of winter. **Free. 877.234.FITT (3488)**

- **Wednesday, Feb. 15 / 5–6 p.m.**
Lakewood Public Library, 15425 Detroit Ave., Lakewood

■ Aneurysms: What You Need to Know

Brett Butler, MD, vascular surgery, will discuss the newest techniques to monitor and treat aneurysms. **Free. 877.234.FITT (3488)**

- **Thursday, Feb. 16 / 1–2 p.m.**
Rocky River Public Library, 1600 Hampton Rd., Rocky River

■ Speaking of Women’s Health: Girl Talk

Ever have a gynecological question that you were too embarrassed to ask your doctor? Join this lively session in which you’ll have the opportunity to ask experts your questions live or anonymously. Learn more about menstruation, incontinence, sex and more in a friendly, relaxing environment. Program includes dinner, prizes and health information booths. **Free. Registration required. Call 330.721.5992** or visit medinahospital.org (Click on “News & Events” and follow the program calendar).

- **Thursday, Feb. 16 / 5:45 p.m. check in/visit vendor booths; 6:30 p.m. dinner**
Diamond Event Catering Center, 1480 Pearl Rd., Brunswick

■ Stroke 101: Get the Facts

Join Stroke Coordinator for Medina Hospital Kathy Burns, RN, as she explains the risk factors, warning signs and prevention of a stroke. **Reservations required. 330.721.5992**

- **Friday, Feb. 17 / 10:30 a.m.**
Medina Community Recreation Center, 855 Weymouth Rd., Medina

■ Grandparenting in the New Millennium **HWC**

A lively one-time class for new grandparents and grandparents-to-be regarding changes in birthing and infant care procedures. **\$20 per family. Reservations required. 440.356.0347**

- **Saturday, Feb. 18 / 9 a.m.–noon**
Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

■ Art in the Afternoon Tours

For individuals with memory loss

Join the Art Program for a guided art tour of the renowned Cleveland Clinic Art Collection, specially designed for individuals with memory loss and their care partners. Tours are designed to lift the spirits, engage the mind and provide an enjoyable social experience. **Free.** Valet parking available.

Reservations required. 216.448.0232

For more information, visit my.clevelandclinic.org/art/special_programs.aspx

- **Sunday, Feb. 19 / 2–3:15 p.m.**
Miller Family Pavilion main information desk at Cleveland Clinic Main Campus.

■ Shake That Smoothie!

Smoothies are a delicious snack or meal on the go. Full of fruits, yogurt and healthy ingredients...or are they? Taste samples and take home recipes as we learn how to make heart-healthy smoothies. **Free. To register, call 216.587.8138.**

- **Tuesday, Feb. 21 / noon–1 p.m.**
Marymount Hospital, Auditorium A

■ Major Depression

True depression is a mood disorder in which feelings of sadness, loss, anger and frustration interfere with everyday life. Nora Finnegan, RN, BSN, of Lutheran Hospital, will discuss causes and treatment options. Program includes light lunch. **Free. Registration required. 877.234.FITT (3488)**

- **Wednesday, Feb. 22 / 11:45 a.m. light lunch; noon lecture**
Brooklyn Senior Center, 7727 Memphis Ave., Brooklyn

■ AARP–Driver Safety Program

National driver safety refresher course for older adults 50 years of age and older. Cost: \$12 for AARP members; \$14 for non-AARP members. **Reservations required. 330.721.5992**

- **Thursday, Feb. 23 / 9 a.m.–1 p.m.**
Medina Hospital, Edward A. Hall Conference Center

■ Dizziness and Vertigo: Should I Worry?

Andrey Stojic, MD, neurology, will present causes and treatments for these common conditions. **Free. 877.234.FITT (3488)**

- **Thursday, Feb. 23 / 2–3 p.m.**
Dwyer Memorial Senior Center, 300 Bryson Ln., Bay Village

Ongoing Events

■ Fit Youth!

Fit Youth! is a 12-week weight-management program that helps kids and families learn to make healthy lifestyle changes. The program includes weekly meetings with a pediatric psychologist, registered dietitian, exercise physiologist and pediatrician. **Pre-registration required. Call for dates, times and locations.**

- Beachwood: 216.378.6240 (prompt 7)
- Fairview Wellness Center in Rocky River: 440.899.5731
- Independence: 216.986.4128
- Strongsville: 440.878.3026
- Willoughby Hills: 440.516.8359
- Wooster: 330.287.4580

■ The Total Experience

This Total Joint Replacement Pre-Surgery Education Class prepares individuals for total hip or total knee replacement. Classes cover the entire process. Recommended for anyone considering or scheduled for total joint replacement surgery. It is best to attend the class at the hospital where your surgery will be scheduled. **Free. Pre-registration required. Call for dates, times and locations.**

- Marymount Hospital: 216.587.8108

Cleveland Clinic offers an incredible range of health screenings for you to better monitor and maintain your health. The majority of these opportunities are available at no cost and occur on a regularly scheduled basis, so it's even easier for you to participate.

■ Healthy Heart Screenings

Determine your cholesterol, glucose and blood pressure levels, and discuss results with a registered nurse. Please note: a Healthy Heart screening should be done no more than once every three months. No fasting or registration necessary. **Free. Information at 216.587.8138.**

- **Tuesday, Feb. 7 / 9 a.m.–noon**
Broadview Heights Human Services, 9543 Broadview Rd., Broadview Heights
- **Tuesday, Feb. 14 / 9 a.m.–noon**
Marymount Hospital, Door 4 Lobby (west end of campus, near ED)

■ Blood Pressure Screenings

Free. Available on walk-in basis.

- **Tuesday, Feb. 7 / 11 a.m.–noon**
Brooklyn Senior Center, 7727 Memphis Ave., Brooklyn
- **Wednesday, Feb. 8 / 9:30 a.m.–noon**
Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

■ Handgrip Testing

Measure your grip strength with a hand-held device. Learn how to improve your grip. **Free. Walk-ins welcome.**

- **Friday, Feb. 10 / 8:30–10:30 a.m.**
Medina Community Recreation Center, 855 Weymouth Rd., Medina

■ Diabetes Screenings

Fasting required two hours before appointment for this finger-prick test. **Free. Reservations required.**

- **Wednesday, Feb. 15 / 9–11 a.m.**
Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River / 440.333.6660
- **Monday, Feb. 20 / 9–11 a.m.**
Fairview Park Senior Center, 20769 Lorain Rd., Fairview Park / 440.356.4437
- **Monday, Feb. 27 / 9–11 a.m.**
French Creek YMCA, 2010 Recreation Ln., Avon / 440.934.9622

■ Breast Cancer Screening

Uninsured women 40 years of age and older are invited to this free breast cancer screening. Appointment includes clinical breast exam and mammogram. *Sponsored by the HOPE Program of Fairview and Lakewood hospitals, the National Breast Cancer Foundation and the Lakewood Hospital Foundation.* **Free. Call 216.476.4673 to register.**

- **Saturday, Feb. 25 / 8:30 a.m.–12:30 p.m.**
Elyria Family Health Center, 303 Chestnut Commons, Elyria

■ MedGem® Metabolism Measurement

Screening measures metabolism at rest to determine how many calories you need in a day in order to maintain or lose weight. Cost: \$40. **Registration required. 330.721.5145**

- **Tuesday, Feb. 28 / 9 a.m.–noon**
Medina Community Recreation Center, 855 Weymouth Rd., Medina

Support Groups and Seminars / February 2012

Fairview, Lakewood and Lutheran hospitals offer a comprehensive variety of support groups.

For more information, visit fairviewhospital.org, lakewoodhospital.org or lutheranhospital.org. For more information on cancer support groups, please visit fairviewhospital.org/cancer or call 216.476.7241.

■ Birthing Support Groups

Breastfeeding Support Group

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

La Leche League (Breastfeeding Support Group)

- **Thursday, Feb. 2 / 10–11:30 a.m.**
Medina Hospital, Edward A. Hall Conference Center

New Mothers' Support Group

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

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

- **Thursday, Feb. 2 / 7:30–9 p.m.**
Fairview Hospital, 18101 Lorain Ave., Meeting Room C, Cleveland 216.476.6965

Nursing Moms' Chat

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

■ Cancer Support Groups

Blood Cancer Support Group co-sponsored with The Leukemia Lymphoma Society

- **Wednesday, Feb. 15 / 5:30–7 p.m.**
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion, First Floor Conference Room 216.476.7241

Oral, Head, Neck Cancer Support Group

- **Thursday, Feb. 9 / 4–5:30 p.m.**
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion, First Floor Conference Room 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 makeup kits.

- **Tuesday, Feb. 14 / 5–7 p.m.**
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion 18200 Lorain Ave., First Floor Conference Room, Cleveland
To register, call the American Cancer Society Patient Service Center at 888.227.6446, select option 2, and then option 1.

Prostate Partners co-sponsored with The Gathering Place

For men coping with prostate cancer. Note meeting date and location changes:

- **Tuesday, Feb. 28 / 6:30–8:30 p.m.**
The Gathering Place West, 300 Sharon Dr., Westlake
Contact coordinator Nat Cooke prior to the meeting at 216.932.2760 or Gwen Paull at 216.476.7241.

Women with Gynecologic Cancers

- **Thursday, Feb. 2 / 5:30–7 p.m.**
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion 216.476.7241

■ Other Support Groups/Events

Alzheimer's Support Group

- **Thursday, Feb. 23 / 1:30–3 p.m.**
Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River 440.356.6303, ext. 1

Grafted Hearts (for heart patients)

- **Wednesday, Feb. 8 / 7:30 p.m.**
Fairview Hospital, 18200 Lorain Ave., Meeting Room A, Cleveland 216.476.7210

Parkinson's Disease Support Group

- **Tuesday, Feb. 14 / 1:30–3 p.m.**
Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River 216.476.7324

NAMI Mental Health Support Group

- **Wednesdays, Feb. 8, 22 / 7–9 p.m.**
Medina Hospital, Edward A. Hall Conference Center 330.225.6448

Diabetes Support Group: Marymount Hospital / 216.587.8246

Bereavement Support Group: Marymount Hospital / 216.587.8140

Find More Fitness Offerings at Fairview Hospital Wellness Center

The Fairview Hospital Wellness Center offers dozens of health and recreation programs. For a complete listing, call 440.356.0670 and request a Wellness Calendar, or go to fairviewhospital.org/wellnesscenter to view the calendar online.

Arthritis Foundation Tai Chi

Tai Chi for Arthritis is easy and enjoyable to learn, bringing with it the many healthy benefits safely and quickly. Medical studies have shown this program helps people with arthritis reduce pain and improve on many aspects of health. This program is based on the Sun style tai chi, chosen because of its healing component. Besides the fundamental set of 12-movement tai chi, it contains warm-up, wind down and Qigong breathing exercises. Instructor: Bob Bennett. **To register, call 440.356.0670.**

\$35 for 10-class card or \$5 per individual class.

- **Mondays and Wednesdays (ongoing class) / 8:30–9:15 a.m.**
Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Tai Chi Ch'uan – Wu Style

Tai Chi Ch'uan is a classical form of Chinese exercise characterized by slow, gentle rhythmic movements of ancient martial arts origin. Graceful movements promote physical fitness, flexibility and general health. Studies have shown that people who do Tai Chi regularly can reduce their risk of falling by one-third to one-half. Instructor: Bob Bennett. **To register, call 440.356.0670.**

\$55 per eight-class session.

- **Intermediate: Tuesdays, Mar. 6–Apr. 24 / 7–8:30 p.m.**
Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Aquatic Exercise for Fibromyalgia

Slower-paced aquatic program for persons with fibromyalgia or arthritis is taught in a heated pool. Program participants are led by trained instructors through a series of specially designed exercises. Cost: \$3 per session, physician's permission form required. **Registration required. 330.725.1000, ext. 3060**

- **Tuesdays and Thursdays / 3–4 p.m.**
Medina Community Recreation Center, 855 Weymouth Rd., Medina

Fitpaths

This multilevel class is for adults 50 years of age and older who want to reap the benefits of aerobic and strength training. Dress in comfortable, loose clothing, and leave class feeling energetic. Instructor: Gina Moore.

Register at 440.356.0670.

\$35 for 10-class card or \$5 per individual class.
Healthwise Connection member discount available.

- **Tuesdays, Thursdays and Saturdays (ongoing class) / 9–9:50 a.m.**
Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Fitpaths Too

This multilevel exercise class is for the active senior who wants to reap the benefits of regular physical activity. Work at your own pace, enjoy the music, and feel refreshed. Instructor: Gina Moore. **Register at 440.356.0670.**

\$35 for 10-class card or \$5 per individual class.
Healthwise Connection member discount available.

- **Tuesdays and Thursdays (ongoing class) / 10–10:50 a.m.**
Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Fit for All

A full-body workout to include warmup, low-impact aerobics, strength training and stretching. Suitable for all ages. Work at your own pace, and leave feeling refreshed. Please bring a mat or towel and a water bottle. Instructor: Gina Moore. **Register at 440.356.0670.**

\$35 for 10-class card or \$5 per individual class.
Healthwise Connection member discount available.

- **Mondays and Wednesdays (ongoing class) / 5:30–6:30 p.m.**
Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

You must show your Healthwise Connection card to receive fitness class discounts!

Healthwise Connection: Your Link to a Healthier Life™

Healthwise Connection is a free program provided by Cleveland Clinic 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 enroll. Once you receive your Healthwise Connection membership card, you'll enjoy a variety of exclusive discounts and services.

Joining is easy. For more information or to enroll in Healthwise Connection, **please call 800.775.4HWC (800.775.4492)** or visit clevelandclinic.org/HWC

You can now register online for many Healthwise Connection programs! Go to clevelandclinic.org/HWCevents for more information.

Daily Dinner Special

Show your HWC card to receive your entire meal for just \$4. Includes choice of one entrée, two side dishes, soup or salad, roll, small beverage (fountain beverage or coffee) and small dessert.

- **Monday through Friday / 4–6 p.m.**
Fairview, Lakewood and Lutheran hospital cafeterias
- **Monday through Friday / 4:30–6 p.m.**
Marymount Hospital Cafeteria
- **Monday through Friday / 4:30–6:30 p.m.**
Medina Hospital Cafeteria
20% discount with Healthwise Connection Membership Card

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 888.927.8977.**

Annual Travel Show

- **Friday, Feb. 24 / 10–11:30 am.**
Rocky River Civic Center, Memorial Hall, 21016 Hilliard Blvd. (behind City Hall)
Reservations call JKL Tours: 440.942.5350

Agatha Christie's *The Mousetrap* at the Hanna Theatre

- **Tuesday, Mar. 20 / 9 a.m.–3 p.m. (Mild)**
HWC Member price is \$65. Non-member price is \$75.

Historic Houses of Worship and the Museum of Divine Statues

- **Friday, Apr. 13 / 8:30 a.m.–5:30 p.m. (Moderate)**
HWC Member price is \$59. Non-member price is \$69.

Springtime at Tara Mansion (and Grove City Shopping!)

- **Friday, Apr. 27 / 7:30 a.m.–7 p.m. (Moderate)**
HWC Member trip price is \$52. Non-member price is \$62.

Historic, Ethnic and International Cleveland – Part 1

- **Friday, Jun. 8 / 8:30 a.m.–5 p.m. (Moderate)**
HWC Member price is \$65. Non-Member price is \$75.

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.

Medline

Medline is a free physician referral and appointment service for Fairview, Lakewood, Lutheran, Marymount and Medina hospitals, as well as Euclid, Hillcrest and South Pointe hospitals on the East Side. Call our free referral line at 866.733.6363, and let Medline take the guesswork out of locating primary care physicians and specialists in your area.

Other Health Information Resources

Cleveland Clinic also offers free access to health information through a variety of additional resources including:

- The Patient and Family Health and Education Center on Cleveland Clinic main campus provides free access to easy-to-understand health information. Staffed by health educators and resource nurses, the center is open 8 a.m. to 5 p.m., Monday through Friday. Call 216.444.3771 for health information requests, or 216.445.9288 for heart, vascular and thoracic questions.
- The Center for Consumer Health Information Online Learning Center at my.clevelandclinic.org/health offers free online interactive health resources. Log on between 10 a.m. and 1:30 p.m. weekdays to chat live with health educators who can provide web resources, help you find a physician, tell you how to get a second opinion, or help you make an appointment. The website also offers a schedule of Online Health Chats led by Cleveland Clinic physicians and health specialists.
- Patients and families who already have a primary care physician at a Cleveland Clinic Family Health Center may use Nurse On Call, a free resource staffed by registered nurses. Nurse On Call is available 24 hours a day, seven days a week, at 216.444.1234 or 800.801.2273.
- Fairview Hospital Adult Day Care provides respite for caregivers with a safe, stimulating environment for their loved ones. Our personalized program is designed for the mentally and physically challenged, many of whom suffer with Alzheimer's disease and other forms of dementia. Your family members are cared for by registered nurses and led in a structured program of activities designed to enhance their quality of life. For more information, call 440.356.6303. Monday through Friday, 8 a.m.–4 p.m. Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Helping to Keep Our Community Healthy

Welcome to *Community Connections*, a schedule of events, activities and resources designed to help keep you and your family healthy and well. Cleveland Clinic created this expanded calendar format to help you more easily identify upcoming events in your area. Plus, you'll get a new, updated *Community Connections* every month, so you'll be able to find and register for programs on a more timely basis.

Cleveland Clinic offers an incredible breadth of ongoing health screenings, health talks, programs and other resources at our main campus, eight community-based hospitals (Euclid, Fairview, Hillcrest, Lakewood, Lutheran, Marymount, Medina and South Pointe), 18 Family Health Centers and our affiliate, Ashtabula County Medical Center. This edition of *Community Connections* lists events on your side of town.

Cleveland Clinic is committed to helping you make positive health and wellness choices, so we invite you to browse and choose the information and/or programs that are best for you.

Family Health Centers

Avon Family Health Center
36901 American Way, Avon
440.899.5550

Avon Lake Family Health Center
450 Avon Belden Rd., Avon Lake
440.930.6800

Brunswick Family Health Center
3574 Center Rd., Brunswick
330.225.8886

Elyria Family Health & Surgery Center
303 Chestnut Commons Dr., Elyria
440.366.9444

Independence Family Health Center
5001 Rockside Rd.,
Crown Center II, Independence
216.986.4000 / 800.544.6333

Lakewood Family Health Center
16215 Madison Ave., Lakewood
216.521.4400

Lorain Family Health & Surgery Center
5700 Cooper Foster Park Rd., Lorain
440.204.7400

Medina Medical Office Building
970 East Washington St., Medina
330.721.5700

Richard E. Jacobs Health Center
33100 Cleveland Clinic Blvd., Avon
440.695.4000 / 800.599.7771

Strongsville Family Health & Surgery Center
16761 South Park Center, Strongsville
440.878.2500

Wooster Family Health Center
1740 Cleveland Rd., Wooster
330.287.4500

Community Hospitals

Fairview Hospital
18101 Lorain Ave., Cleveland
fairviewhospital.org
Physician Referral: **866.733.6363**

Lakewood Hospital
14519 Detroit Ave., Lakewood
lakewoodhospital.org
Physician Referral: **866.733.6363**

Lutheran Hospital
1730 West 25th St., Cleveland
lutheranhospital.org
Physician Referral: **866.733.6363**

Marymount Hospital
12300 McCracken Rd., Garfield Heights
marymount.org • **216.581.0500**

Marymount Medical Center
2001 East Royalton Rd.,
Broadview Heights
440.717.5850

Medina Hospital
1000 East Washington St., Medina
medinahospital.org • **330.725.1000**

Sagamore Hills Medical Center
863 West Aurora Rd., Sagamore Hills
330.468.0190