



Community Connections

East
Edition

Formerly Journey to Wellness

March 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
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- Healthwise Connection Events **HWC**
- Support Group Information

March 2012

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Health Talks & Special Events

Cleveland Clinic Health Talks

■ Get the Facts on Your Digestive Tract

Speakers:

- Michelle Inkster, MD – “Why You Should Have a Colonoscopy”
- Michael Valente, MD – “Crohn’s Disease: What You Need to Know”
- Luke Weber, MD – “Acid Reflux and Heartburn: Should I Be Concerned?”

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

- Wednesday, Mar. 7 / 6 p.m. registration, 6:30–8 p.m. program
Twinsburg Family Health and Surgery Center, 8701 Darrow Rd., Twinsburg, 44087

■ Sleeping through the Night

Speakers:

- Joanna Fong, MD – “Sleep Apnea: Diagnosis and Treatment Options”
- A. Romeo Craciun, MD, FAASM – “Coping with Excessive Sleepiness”

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

- Thursday, Mar. 15 / 6 p.m. registration; 6:30–8 p.m. program
Signature of Solon, 39000 Signature Dr., Solon, 44139

■ Diabetes: Investing in Your Care

Speakers:

- Beth Czerwony, MS, RD, LD – “Healthy Eating with Diabetes”
- Leila Khan, MD – “Managing Type 2 Diabetes”
- Michael Koniarczyk, MD – “Diagnosis and Prevention of Diabetes”

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

- Wednesday, Mar. 28 / 6 p.m. registration, 6:30–8 p.m. program
Residence Inn Cleveland/Mentor, 5660 Emerald Ct., Mentor, 44060

■ The Gift of Pain: Solutions for Foot Pain

South Pointe Hospital's Edward Nemet, DPM, explains everything you wanted to know about the feet, including issues experienced with diabetes, ulcers and other pains. Lunch sponsored by the Wound Healing Center at South Pointe Hospital. Free. Space is limited. Reservations required: 877.390.1732 or visit clevelandclinic.org/HWC

- Wednesday, Mar. 7 / 11 a.m. lunch, 11:30 a.m. lecture
Warrensville Senior Center, 4567 Green Rd., Warrensville Heights, 44128

■ Healthy You – Self-Management Workshop

Are you living with an illness? Are you helping someone dealing with health issues? Learn self-management skills and tools to maximize your ability to lead your healthiest life possible. These workshops are for individuals and/or caregivers dealing with ongoing health issues such as diabetes, asthma, emphysema, heart conditions, high blood pressure, MS and/or other chronic illnesses. Topics covered to help you achieve your wellness goals include: nutrition, medication, pain, fatigue, stress, healthy behaviors and more. This national evidence-based program was developed by Stanford University and is offered through a partnership between Cleveland Clinic and Fairhill Partners.

Participants must commit to attending all seven sessions.

Class is limited to 14 people. To RSVP, call 216.692.8969.

- Wednesday, Mar. 7 / 1–3:30 p.m. registration and assessment
- Wednesdays, Mar. 14, 21, 28 & April 4, 11, 18 / 1–3:30 p.m. workshops
Euclid Hospital Medical Staff Conference Room (room off main lobby), 18901 Lakeshore Blvd., Euclid, 44119

■ Coping Strategies for Caregivers **HWC**

Illness is stressful for caregivers as well as patients. Ruth Yodice, MHA, PT, provides tips on the strategies for coping with the challenges of caregiving. Sponsored by HCR Manor Care of Willoughby. Free. Reservations required: 877.390.1732 or visit clevelandclinic.org/HWC

- Tuesday, Mar. 13 / 9:30 a.m. hot breakfast, 10 a.m. program
Ross C. DeJohn Community Center, 6306 Marsol Rd., Mayfield Heights, 44124

■ The Post-Menopausal Woman

Join gynecologist Brian Nemunaitis, MD, as he explains the importance of the post-menopausal annual exam. He will discuss hormone replacement, hot flashes, osteoporosis, vitamin D, mammograms and more. Sponsored by Candlewood Park Healthcare Center. Free. Reservations required: 877.390.1732 or visit clevelandclinic.org/HWC

- Wednesday, Mar. 14 / 10 a.m. hot breakfast, 10:30 a.m. program
Stephanie Tubbs Jones Health Center, 13944 Euclid Ave., East Cleveland, 44112

Continued

■ Heartsavers CPR and AED Education

Learn how to recognize and care for life-threatening respiratory or cardiac emergencies in adults, children and infants, including the safe use of an automated external defibrillator (AED). Course certified by the American Heart Association. Cost: \$20. Registration required: 216.491.6532

- Saturday, Mar. 3 / 9 a.m.–noon
Macedonia Family Recreation Center, 1494 E. Aurora Rd., Macedonia, 44056

Continued

■ Choices: Differences between Homecare, Hospice and Palliative Medicine

Do you ever wonder what the choices are between some of the services available for people who need extra help? Laura DePiero, RN, BSN, CHPN, compares the different services. Sponsored by The Avenue Care and Rehabilitation Center, Cleveland Clinic at Home and Home Instead Senior Care. Light refreshments will be served. **Reservations requested: 216.896.9900**

- **Wednesday, Mar. 14 / 10:30–11:30 a.m.**

The Avenue Care and Rehabilitation Center, 4120 Corporate Center Rd., Warrensville Heights, 44128

■ About to Retire?

If you are 63 years of age or older and still employed or do not have Medicare, this educational forum will help prepare you for the transition from commercial insurance to Medicare. Learn the difference between Medicare and a Medicare HMO; find out if you need a supplemental plan; discover what is not covered by Medicare; and have questions answered by Medicare experts. **Free.**

Reservations required: 216.636.1121

- **Thursday, Mar. 15 / 6–8 p.m.**

Marymount Hospital, Auditorium A

■ Living Fit and Staying Healthy in East Cleveland

A Healthy Lifestyle Program designed to help you live healthier and longer through exercise, education and nutrition. **Free. Registration required: Call 216.692.8269 after Mar. 1.**

Exercise: Funky and Fresh Low-Impact Aerobics

Health Education Session: “What’s on Your Plate”

Nutrition: Healthy cooking demo and fellowship meal with Mrs. G’s Good ‘n Plenty Restaurant

- **Monday, Mar. 19 / 5:30–8 p.m.**

Windermere United Methodist Church, 14035 Euclid Ave., East Cleveland, 44112

■ Speaking of Women’s Health: Ladies’ Night Out

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 appetizers, prizes and health information booths. **Free. Registration required: 216.587.8138**

- **Thursday, Mar. 22 / 5:30 p.m. health information, screenings and appetizers, 6:30–7:30 p.m. physician panel discussion**

St. Michael’s Woodside Party Center, 5025 East Mill Rd., Broadview Heights, 44147

■ Health Talk for Your Heart: Taking Charge **HWC**

Better understand the signs and symptoms for heart disease, along with tips for preventing heart failure with Donna Walker, RN, MSN, CNP, from the Congestive Heart Failure Center at Euclid Hospital. **Free. Space is limited. Reservations required: 877.390.1732 or visit clevelandclinic.org/HWC**

- **Friday, Mar. 23 / 11:30 a.m. lunch, noon lecture**

Willoughby Senior Center, 38032 Brown Ave., Willoughby, 44094

Lunch sponsored by Mentor Way Nursing & Rehabilitation Center, Inc.

■ Colonoscopies: When Are They Necessary?

Gastroenterologist Emmanuel Okafor, MD, discusses the importance of colonoscopies, who should get them, how often and what to expect before, during and after the procedure. Nurses from the Euclid Hospital Digestive Health Center will be available to answer questions regarding scheduling or the center. **Free. Reservations required: 216.692.8969**

- **Monday, Mar. 26 / 7 p.m.**

Euclid Hospital, Waltz Auditorium

■ Diabetes Cooking Demo

Learn how to make a simple, delicious diabetic meal with Chef Steve McGowan. Educational materials will be available. **Free. Reservations required: 216.587.8138**

- **Tuesday, Mar. 27 / noon–1 p.m.**

Marymount Hospital, Auditorium A

■ Spring into Health Community Health and Resource Fair

This event, for teens, parents and the general community, includes health screenings and wellness workshops on diabetes, healthy eating, HIV and AIDS. Includes special workshops for teens and parents. Also fun with tai chi and line dancing with Jimmie Jam. **Free. Information: 216.371.7270**

- **Saturday, Mar. 31 / 9 a.m.–noon**

Wiley Middle School, 2181 Miramar Blvd., University Heights, 44118

Ongoing Events

■ Healthy Solon Wellness Experience

As part of the Healthy Solon Initiative, the City of Solon and Cleveland Clinic have teamed up to develop these weekly programs to help individuals lose holiday weight gain. To register send an e-mail to healthysolon@ccf.org with the subject line “Wellness Experience Program.” All programs held at the Solon Recreation Center, 35000 Portz Parkway, Solon.

- **Thursday, Mar. 1 / 6–8 p.m.** – Stress Management Health Talk

- **Thursday, Mar. 8 / 6–8 p.m.** – Boot Camp Circuit

- **Thursday, Mar. 15 / 5–8 p.m.** – Healthy Heart, Pulmonary and Fitness Screenings

■ Computer Orientation **HWC**

Knowledgeable volunteers provide hands-on instruction on using e-mail and Internet sites, including finding health resources. **Free. Registration required: 216.491.6690**

- **Mondays / 9:30 a.m. or 11:15 a.m.**

South Pointe Hospital, Building A, Community Health Resource Center (near cafeteria)

■ Benefits CheckUp® Service for Seniors **HWC**

A service of The National Council on Aging, Benefits CheckUp® helps people connect to government programs that can help pay for prescription drugs, healthcare, utilities and other needs.

- **Available by appointment. 216.491.6690**

South Pointe Hospital, Building A, First Floor, Community Health Resource Center (near cafeteria)

■ Fit Youth!

Fit Youth! is a 12-week weight-management program that helps kids and families learn to make healthy lifestyle changes. The session 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
- Stephanie Tubbs Jones Health Center: 216.767.4447
- 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. Preregistration required. Call for dates, times and locations.**

- Euclid Hospital: 216.692.7564
- Hillcrest Hospital: 440.312.8560
- Marymount Hospital: 216.587.8108
- South Pointe Hospital: 216.491.7787

■ Walk with a Doc

Walk with a Doc combines a casual 1.5- to 3-mile walk with a brief informative talk by Cleveland Clinic Family Health Center physicians. Topics based upon the physician’s specialty and the requests of participants. No registration required.

- **Beachwood Chapter: Every Saturday, 8:30 a.m.**
Beachwood Place, 26300 Cedar Rd., Beachwood, 44122 (meet in Food Court) **216.839.3000**
- **Solon Chapter: Every Saturday, 8:30 a.m.**
Beachwood Place, 26300 Cedar Rd., Beachwood, 44122 (meet in Food Court)
- **Twinsburg Chapter: Every Saturday, 8:30 a.m.**
Twinsburg Fitness Center, 10084 Ravenna Rd., Twinsburg, 44087 **330.888.4000**
- **Willoughby Hills Chapter: Every Saturday, 9 a.m.**
Great Lakes Mall, 7850 Mentor Ave., Mentor, 44060 (meet in the food court area), **440.943.2500**

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.

■ Blood Pressure Screenings

Free. Available on walk-in basis.

- **Daily / 24 Hours**

Sagamore Hills Medical Center Emergency Department
863 West Aurora Rd. (Route 82), Building One, Sagamore Hills, 44067

- **Monday through Friday / 7:30 a.m.–3:30 p.m.**

Euclid Hospital, Pre-Admission Testing Department

- **Tuesdays / 9–11 a.m.**

South Pointe Hospital, Building A, Community Health Resource Center, (off the cafeteria) **Information: 216.491.6690**

- **Tuesday, Mar. 13 / 10 a.m.–noon**

Hillcrest Hospital Atrium **Information: 440.312.4784**

■ Hypertension Screening Program: “Know Your Numbers”

Blood pressure, weight and blood glucose screenings. *Sponsored by the Stephanie Tubbs Jones Health Center's Community Wellness Department.*

Free. **Information: 216.692.8226**

- **Tuesdays, Mar. 13, 27 / 11 a.m.–12:30 p.m.**

Helen S. Brown Senior Center, 16100 Euclid Ave., East Cleveland, 44112

- **Wednesdays, Mar. 7, 21 / 11 a.m.–12:30 p.m.**

East Cleveland Public Library, 14101 Euclid Ave., East Cleveland, 44112

- **Wednesdays, Mar. 14, 28 / 1–2:30 p.m.**

Community Circle II Apartments, 8925 Hough Ave., Cleveland, 44106

- **Wednesday, Mar. 28 / 1–2:30 p.m.**

University Heights Public Library, 13866 Cedar Rd., University Heights, 44118

- **Thursdays, Mar. 1, 15 / 2:30–4 p.m.**

Antioch Tower Apartments, 8920 Carnegie Ave., Cleveland, 44106

- **Thursdays, Mar. 8, 22 / 2:30–4 p.m.**

Owl's Nest Apartments, 2020 Taylor Rd., East Cleveland, 44112

- **Fridays, Mar. 9, 23 / 11 a.m.–12:30 p.m.**

Jewish Community Center at Council Garden Apartments, 2501 North Taylor Rd., Cleveland Heights, 44118

■ Mammogram Mondays (through Fridays)

Sponsored by Stephanie Tubbs Jones Health Center (STJHC) in partnership with The National Breast Cancer Foundation and Colgate Palmolive.

This grant-funded program provides free mammogram screenings for qualified women 40 years of age and older with no insurance; no age restriction for women with a family history of breast cancer. Simply obtain a mammogram order from your physician and contact the Stephanie Tubbs Jones Health Center at 216.767.4140 and mention “Mammogram Mondays.” If you do not have a physician, call 216.767.4140 for more information. Transportation provided as needed within a five-mile radius of STJHC. Uninsured patients requiring follow-up will be referred to STJHC.

- **Ongoing program. Information: 216.767.4140**

Stephanie Tubbs Jones Health Center, 13944 Euclid Ave., East Cleveland, 44112

Mammogram Screenings by ANGELS

This program is working toward reducing the number of deaths among African-American women by offering early-detection programs, access to screening and empowering breast health practices. Offers free or low-cost mammograms.

- **Ongoing program / Information: 216.491.7827**

Euclid and South Pointe hospitals

■ Hearing Screening and Video Otoscopy

Screening by licensed audiologist. Hearing aid discounts for Healthwise Connection members. A more comprehensive screening is available by request.

Free. **By appointment only. 216.491.6180**

- **Tuesday, Mar. 6 / 9:30–11:30 a.m.**

Sagamore Hills Medical Center, Bldg 1, 863 W. Aurora Rd., Sagamore Hills, 44067

■ Stroke Risk Assessments

A blood pressure check and family health history will create a picture of your stroke risk. A “File of Life” emergency medical file, risk assessment form and stroke literature will be provided. **Free. Information: 216.491.6690**

- **Tuesdays / 9–11 a.m.**

South Pointe Hospital, Building A, Community Health Resource Center (off the cafeteria)

■ Healthy Heart Screening

Free screening to determine cholesterol, glucose and blood pressure levels. No fasting required. Discuss results with a registered nurse. No reservations required.

- **Wednesday, Mar. 21 / 9 a.m.–noon**

South Pointe Hospital, Building B Lobby

■ Let's Get Physical Day at Stephanie Tubbs Jones Health Center: Medicare's One-Time Physical Exam

If you just enrolled in Medicare Part B, you can receive a one-time preventive checkup from a Stephanie Tubbs Jones Health Center physician. The exam consists of a visual acuity screening; measurement of body mass index; and a review of other factors based on the patient's medical and social history, and current clinical standards. Exam must be done within one year of enrollment. Insurance required for services. Medicare Part B accepted (Medicare HMO, PPO and PFFS may cover routine physicals).

- **Ongoing program. By appointment only. Information: 216.767.4140**

Stephanie Tubbs Jones Health Center, 13944 Euclid Ave., East Cleveland, 44112

■ World Kidney Day Screening: Are Your Kidneys OK?

Chronic kidney disease can develop from an injury or certain conditions such as diabetes or high blood pressure. With regular monitoring and treatment, progression of the disease can be slowed, and adverse complications may be prevented. Event includes free screenings for blood pressure, weight and kidneys, and cooking demonstrations. **Reservations required: 216.767.4111**

- **Thursday, Mar. 8 / 10 a.m.–1 p.m.**

Stephanie Tubbs Jones Health Center, 13944 Euclid Ave., East Cleveland, 44112



■ **Brain Injury Support Group**

Euclid Hospital / 216.738.1806 or 216.658.9996
Hillcrest Hospital / 440.312.0270

■ **Cancer Support Group**

Stephanie Tubbs Jones Health Center / 216.767.4242
3rd Wednesday of each month / 2–3 p.m.
2nd Floor Conference Room C

■ **Congestive Heart Failure and Chronic Kidney Disease Support Group**

Euclid Hospital / 216.692.8679

■ **Diabetes Support Groups**

Hillcrest Hospital / 440.312.4399
Euclid Hospital / 216.692.8711
South Pointe Hospital / 216.491.7385
Stephanie Tubbs Jones Health Center / 216.767.4242

■ **Grief and Bereavement Support Groups**

Love Lives On (miscarriage, loss of infant)

Hillcrest Hospital / 440.312.4692

Newly Diagnosed Cancer Patients Receiving Chemotherapy and/or Radiation

Hillcrest Hospital / 440.312.0270

■ **Lupus Support Groups**

Sponsored by Life with Lupus Now. South Pointe Hospital / 216.246.9639

■ **Pain Support Group**

Cleveland Clinic Pain Management Center at Hillcrest Hospital
Family and friends welcome.

Reservations required. Hillcrest Medical Building 1, 6803 Mayfield Rd., #214, Mayfield Heights / 440.312.4310

■ **Parenting Education Support Groups**

The following parenting education support groups are sponsored by Hillcrest Hospital.

- **Breastfeeding** / Voice Mail: 440.312.5332
- **New Mothers' Discussion Group** / 440.312.4647
- **Boot Camp for Dads** / 440.312.4647
- **Stork's Nest** / 440.312.4647

■ **Prenatal Yoga**

Hillcrest Hospital North Campus, \$10 per class
Call for information and registration. 440.312.4647

- **Mondays and Thursdays / 7–8 p.m.**

■ **Pulmonary Support Group – Chronic Lung Disease**

Euclid Hospital / 216.692.8781

■ **Sarcoidosis Support Group**

South Pointe Hospital / 216.246.9639

■ **Sexual Assault: Educational Support for Adult Survivors**

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

■ **Stroke Support Group**

“Stroke Survivor Testimonials and Their Journey to Recovery”

No reservations required. Walk-ins welcome. 216.692.7476

- **Friday, Mar. 30, 2012 / 11 a.m.–12:30 p.m.**
Euclid Hospital Health Center

■ **Hospital-Based 12-Step Programs**

Food Addicts Anonymous

- **Mondays / 7 p.m.**
South Pointe Hospital, Building A, Meditation Room / 440.842.2822

Food Addicts in Recovery Anonymous

- **Wednesdays / 6:30 p.m.**
South Pointe Hospital, Building B, WW-1 / 216.374.0963
- **Sundays / 8 a.m.**
Hillcrest Hospital, Ross Auditorium / 216.308.0005

Overeaters Anonymous

- **Sundays / 10 a.m.**
Hillcrest Hospital, Ross Auditorium / 440.339.4349
- **Tuesdays / 7:30 p.m. (men only)**
Hillcrest Hospital Cancer Center, Oncology Conference Room, HC-2-301
Call Ralph: 440.951.3570 or Joe: 216.470.3336

Sex and Love Addicts Anonymous (women's meeting)

South Pointe Hospital / 440.886.9663



Line Dancing for Fun and Fitness

Learn and practice line dancing, a fun way to stay fit. Beginners welcome. \$3 per class. No reservations required. **Information: 216.448.0828**

- **Mondays / 5–6 p.m.**
Severance Tower Apartments, Community Room, 25 Severance Circle, Cleveland Heights, 44118
- **Thursday, Mar. 8 / 2–3 p.m.**
Euclid Hospital, Waltz Auditorium (before Supper Club)
Free. For reservations, call 877.390.1732

Line Dance Class with Jimmie Jam

Beginners welcome. \$4 HWC members. **Information: 216.692.8226**

- **Ongoing Thursdays / 6–8 p.m.**
Stephanie Tubbs Jones Health Center, 13944 Euclid Ave., East Cleveland, 44112

Fun with Fitness after 50: Low-Impact Aerobics

Consult your physician before starting a new exercise program or changing your fitness routine. Please wear supportive white-soled tennis shoes.

No reservations required. **Information: 216.448.0828**

- **Tuesdays and Thursdays / 9:15–10:15 a.m.**
Aldersgate United Methodist Church, 4069 Eastwood Ln., Warrensville Heights, 44122 (behind South Pointe Hospital)
\$1.50 per class
- **Tuesdays and Thursdays / 9:30–10:30 a.m.**
Our Savior Lutheran Church, 2154 SOM Center Rd., Mayfield Heights, 44124
\$3 per class
- **Tuesdays and Thursdays / 11 a.m.–noon**
Boulevard Presbyterian Church, Foster Hall, 24600 Lake Shore Blvd., Euclid, 44123. Enter lot from East 248th Street. Ring bell at back door to gain entry.
\$2 per class

“After Work” Fun with Fitness

Aerobics toning, strengthening and fun with Zumba®, an aerobic workout using Latin rhythms and easy-to-follow moves. Please wear supportive white-soled tennis shoes and loose-fitting clothing. Consult your physician before starting a new exercise program or changing your fitness routine. No reservations required.

Information: 216.448.0828

- **Mondays / 3:45–4:45 p.m.**
South Pointe Hospital, Building B, West Wing Conference Room
\$2 per class

Intermediate to Advanced Mat Pilates Class

Pilates focuses on core (abdominal and back) muscles. Research shows that it increases overall strength, improves posture and balance, and reduces the risk of back injuries. \$6 per class; payable at each class. Please bring mat or blanket; hand weights optional. **Information: 440.749.6211**

- **Mondays and/or Wednesdays / 5:15–6:15 p.m.**
Euclid Hospital Health Center

Pilates

Pilates focuses on core (abdominal and back) muscles. Its main focus is to reduce back injuries and improve balance and coordination. All levels welcome. Wear loose-fitting clothing and comfortable shoes. Bring a mat, towel or blanket. \$4 per class. No reservations required. **Information: 216.448.0828**

- **Fridays / 1 p.m.**
Gates Mills Place, South Tower Party Room (lower level),
6805 Mayfield Rd., Mayfield Heights, 44124

Tai Chi for Health – The Skill to Chill

Experience tai chi, the exercise guaranteed to reduce your aches and pains, lower blood pressure and lift your spirits. Class open to all age groups.

Free. No reservations required. Information: 216.932.7717

- **Mondays / 5:30–6:30 p.m. (Except third Mondays)**
Windermere United Methodist Church, 14035 Euclid Ave.,
East Cleveland, 44112

Tai Chi for Health

Class features gentle, slow-moving exercises for all body types and conditions. Includes seated and standing movements. Free trial visit for those interested in trying one class. Bring soft-soled shoes. No reservations required. Euclid, Highland Heights and Warrensville classes: Six-week series, \$30. Drop-ins, \$6 per class.

Spring Series I: Mondays, Apr. 9–May 21 (skip May 28) (7 wk.) / 10–11:15 a.m.

- Severance Tower Apartments Community Center
25 Severance Circle, Cleveland Heights, 44118
Seven-week series \$12, Drop-ins, \$3 per class.

Spring Series I: Mondays, Apr. 9–May 21 (skip May 28) (7 wk.) / 2–3:15 p.m.

- Highland Heights Community Center, 5827 Highland Rd.,
Highland Heights, 44143 (behind police/fire station between
Bishop and Miner Roads)

Spring Series I: Tuesdays, Apr. 10–May 15 / 3:30–4:45 p.m.

- Euclid Senior Center, One Bliss Ln., Euclid, 44123 (north of Lakeshore Blvd.
at East 222nd Street)

Spring Series I: Wednesdays, Apr. 11–May 16 / 10–11:15 a.m.

- Warrensville Senior and Civic Center
4567 Green Rd., Warrensville Heights, 44128 (just north of Emery Rd.)

Arthritis Foundation Tai Chi Program

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 strategist. All fitness levels welcome. **Free. No reservations required. Information: MLK Civic Center – 216.851.1180; Instructor – 216.314.5371**

- **Wednesdays and Fridays / 12:30–1:30 p.m.**
MLK Civic Center, 14801 Shaw Ave., East Cleveland, 44112

Tai Chi for Mind, Body and Spirit

Tai chi for all fitness levels with stretching and QiGong breathing for relaxation. No reservations required. **Information: 216.314.5371**

- **Thursdays, 4:30–5:30 p.m.**
Stephanie Tubbs Jones Health Center, 13944 Euclid Ave., East Cleveland, 44112

Gentle Yoga for Stress Relief and Wellness

Yoga can revitalize and enhance your balance, flexibility, strength, clarity and focus. Wear loose-fitting clothing. Bring a mat, towel or blanket. \$4 per class. No reservations required. **Information: 216.448.0828**

- **Mondays / 1 p.m. or Wednesdays / 10 a.m.**
Gates Mills Place, North Tower Party Room (lower level),
6809 Mayfield Rd., Mayfield Heights, 44124

Staying on Your Toes

Join our light exercise class designed to concentrate on posture, balance, bone-building and fall-prevention strategies. **Free. Information: 216.448.0828**

- **Thursdays, Mar. 22–May 10 / 4–4:45 p.m.**
Mayfield Church, Fellowship Hall, 7747 Mayfield Rd., Chesterland, 44026

Warm Water Exercise

Limited to four individuals; continuous registration. \$24 for six weeks (one day per week). Checks payable to Euclid Hospital. **All classes held at Euclid Hospital Health Center. Reservations: 216.692.7456**

- **Mondays through Fridays / noon–12:45 p.m.**
- **Mondays / 4–4:45 p.m.**
- **Wednesdays / 4:15–5 p.m. or 5–5:45 p.m.**

Break Out Fitness Club

Designed by a physical therapist, this unique “health club” caters to the fitness needs of seniors and people with disabilities. Program includes knowledgeable staff, accessible equipment, a motivating atmosphere and a personalized exercise program. **Information: 216.548.5383**

- **Mondays through Fridays / 4:30–8 p.m.**
Euclid Hospital Rehabilitation Center

Zumba®

A low-intensity, high-energy, Latin-inspired dance class that is safe and easy to follow—even for beginners! Wear loose-fitting clothing and comfortable shoes. \$3 per class. No reservations required. **Information: 216.448.0828**

- **Wednesdays / 11 a.m.**
Mayfield Church, Fellowship Hall, 7747 Mayfield Rd., Chesterland, 44026

Healthwise Connection: Your Link to a Healthier Life™

Healthwise Connection provides programming to help people 50 years of age and older maintain a healthy and active lifestyle.

For more information, please call **800.775.4HWC (800.775.4492)** or visit **clevelandclinic.org/HWC**.

You are encouraged to register online for many Healthwise Connection programs!
Go to **clevelandclinic.org/HWCevents** for more information.

Healthwise Connection Supper Clubs

See details below for menus, locations and activities. All meals include entrée, side dishes, salad, roll, dessert and beverage. Cost is \$3.50. Payment will be accepted in the cafeteria on the day of the supper. **Reservations must be made in advance (at least two days before the dinner) by calling 216.448.1210.**

Euclid Hospital Supper Club / Euclid Hospital Cafeteria

- **Thursday, Mar. 8 / Corned Beef and Cabbage**
Bingo 3–4 p.m.; supper 4 p.m.

Bingo sponsored by Gateway Retirement Community, Hanson Services Inc. and Wickliffe Country Place. Birthday cakes sponsored by HCR Manor Care of Willoughby.

Hillcrest Hospital Supper Club / Hillcrest Hospital Cafeteria

- **Tuesday, Mar. 20 / Beef Macaroni in Sauce**
Free hand massages 2:30–3:30 p.m. (first-come, first-served); supper at 3:30 p.m.; entertainment during supper; 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.

Bingo sponsored by Mentor Way Nursing & Rehabilitation Center, Inc. Free hand massages sponsored by Grande Pointe Healthcare Community. Entertainment sponsored by Comfort Keepers.

South Pointe Hospital Supper Club / Building A Cafeteria

- **Wednesday, Mar. 14 / Corned Beef and Cabbage**
Bingo 2:30 p.m.; entertainment 3-4 p.m.; supper 3:30 p.m.
Bingo sponsored by Gateway Retirement Community. Entertainment sponsored by Broadway Care Center.

Stephanie Tubbs Jones Health Center Supper Club / 2nd Floor Community Room

- **Wednesday, Mar. 21 / Corned Beef and Cabbage**
Bingo 3:30–4 p.m.; supper 4 p.m.; entertainment during supper.
Bingo sponsored by Candlewood Park Healthcare Center. Entertainment sponsored by Healthwise Connection.

■ Daily Dinner Special

Stop in Monday through Friday 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. You must show your Healthwise Connection membership card to receive this benefit.

- **Euclid Hospital Cafeteria / 4:30–6:30 p.m.**
Weekly menus are available at the cafeteria.
- **Hillcrest Hospital Cafeteria / 4–7 p.m.**
For the day's menu, please call 440.312.4019.
- **South Pointe Hospital Building B Cafeteria / 4–6 p.m.**
For the day's menu, please call 216.491.6000, ext. 45354.

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.**

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

Call for additional departure locations.

■ Springtime at Tara Mansion with Grove City Shopping

- **Wednesday, May 9 / 7:30 a.m.–6 p.m. (Moderate)**
Tour this charming antebellum mansion inspired by *Gone with the Wind*, followed by lunch and shopping with no sales tax on clothing in PA. \$53 per person. Payment deadline: Monday, Apr. 9.

■ Oscar and Felix: A New Look at the Odd Couple at the Riverside Inn of Cambridge Springs, PA

- **Wednesday, June 13 / 8:30 a.m.–6 p.m. (Mild)**
A visit to Campbell Barn Pottery and then a matinee show featuring a new look at the Odd Couple in this Neil Simon comedy. \$70 per person. Payment deadline: Friday, May 11.

■ Summer Day Trip to Ohio's Amish Country

- **Friday, June 22 / 7:30 a.m.–7:30 p.m. (Moderate)**
Family-style lunch at Amish Farmhouse with stops at Smucker's, Dunne Woodworking, Lehman's, Shearer's and more. \$65 per person. Payment deadline: Tuesday, May 22.

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 Euclid, Hillcrest and South Pointe hospitals, as well as Fairview, Lakewood, Lutheran, Marymount and Medina hospitals on the West 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.



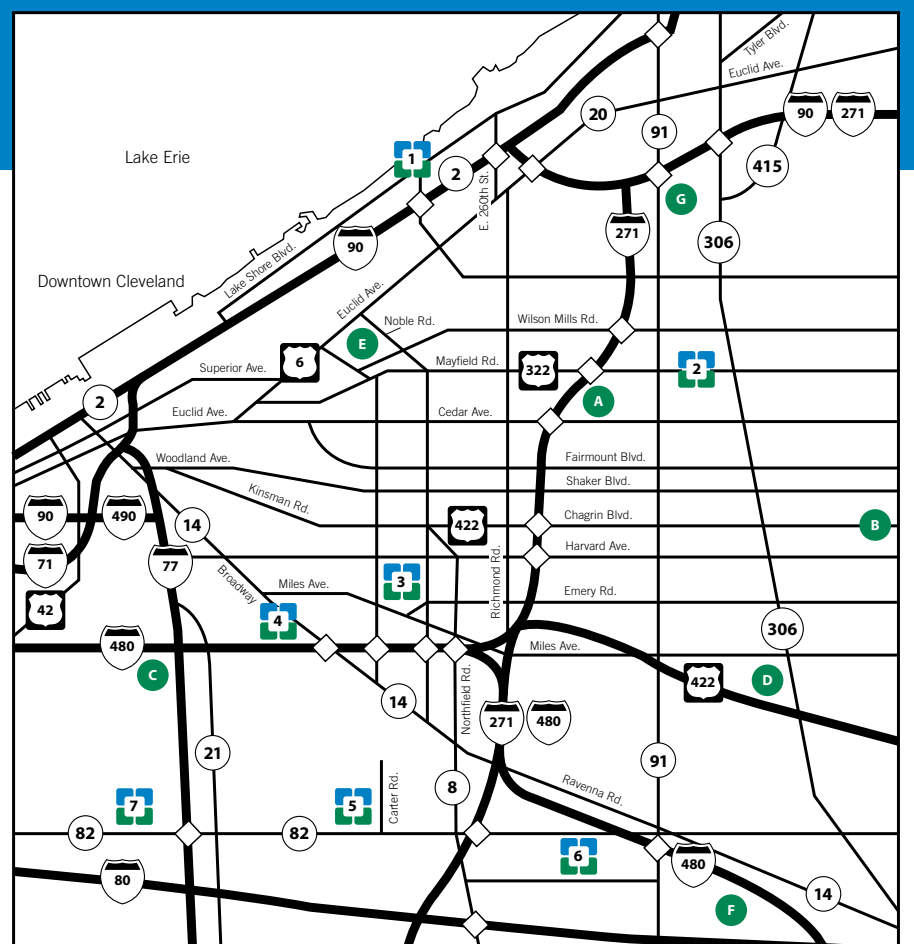
Location Information

Community Hospitals

- 1. Euclid Hospital**
18901 Lakeshore Blvd., Euclid, 44119
euclidhospital.org • **216.531.9000**
- 2. Hillcrest Hospital**
6780 Mayfield Rd., Mayfield Heights, 44124
hillcresthospital.org • **440.312.4500**
- 3. South Pointe Hospital**
20000 Harvard Rd.,
Warrensville Heights, 44122
southpointehospital.org • **216.491.6000**
- 4. Marymount Hospital**
12300 McCracken Rd.,
Garfield Heights, 44125
marymount.org • **216.581.0500**
- 5. Sagamore Hills Medical Center**
863 West Aurora Rd.,
Sagamore Hills, 44056
- 6. South Pointe Hospital
Community Health Resource Center
at the Macedonia Recreation Center**
1494 E. Aurora Rd. (Rt. 82),
Macedonia, 44056
- 7. Marymount Medical Center**
2001 East Royalton Rd.,
Broadview Heights, 44147
440.717.5800

Family Health Centers

- A. Beachwood Family Health
& Surgery Center**
26900 Cedar Rd., Beachwood, 44122
216.839.3000
- B. Chagrin Falls Family Health Center**
551 E. Washington St., Chagrin Falls, 44022
440.893.9393 / 800.232.0263
- C. Independence Family Health Center**
5001 Rockside Rd., Crown Center II
Independence, 44131
216.986.4000 / 800.544.6333
- D. Solon Family Health Center**
29800 Bainbridge Rd., Solon, 44139
440.519.6800 / 800.648.0022
- E. Stephanie Tubbs Jones Health Center**
13944 Euclid Ave., East Cleveland, 44112
216.767.4242
- F. Twinsburg Family Health & Surgery Center**
8701 Darrow Rd., Twinsburg, 44087
330.888.4000
- G. Willoughby Hills Family Health Center**
2570 SOM Center Rd., Willoughby Hills, 44094
440.943.2500 / 800.807.2888



Cancellation Policy

Call the number listed with the program's registration information if you are unable to attend an event or if you have questions about refunds. Regularly scheduled events (fitness classes, blood pressure clinics, supper clubs, etc.) will be cancelled whenever

schools in the same community are cancelled. Fitness classes will not meet on legal holidays. Special events (bus trips, health fairs, etc.) are generally not cancelled due to weather unless the State Highway Patrol closes the highways.

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INSIDE:

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



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



Community
Connections

East
Edition

Formerly Journey to Wellness

March 2012

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