

MY health & wellness

A CLEVELAND CLINIC AKRON GENERAL NEWSLETTER FOR LIFESTYLES MEMBERS



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No appointment needed

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New physicians at
Cleveland Clinic
Akron General

 **LIFESTYLES**
AKRON GENERAL
HEALTH & WELLNESS CENTER



Hurt Exercising or Playing a Sport? Walk-In Care Now Available



By Rachel Hummel, DO,
primary care sports medicine
specialist, Akron General

Sports and exercise-related injuries can happen at any time – while jogging, doing aerobics, swimming laps or playing hoops, to name a few. Cleveland Clinic Akron General now offers a walk-in clinic for patients to get care for injuries that need to be seen quickly, but with more convenience than going to an emergency department.

Sports & Ortho Injury Care at the Stow Health & Wellness Center (4300 Allen Road, Suite 410, Stow) provides quick treatment from a primary care sports medicine specialist without an appointment for patients age 7 and up.

INJURIES THAT CAN BE TREATED AT THE CLINIC INCLUDE:

- Broken bones that haven't punctured the skin
- Strains or sprains of the leg, hip, knee, foot or ankle
- Joint, bone or muscle injuries
- New back pain

With X-ray and magnetic resonance imaging available on site, patients can get a thorough evaluation and treatment plan and get back to their lives as soon as possible. Sports physicals are also available.

The walk-in clinic is open Monday through Friday, 8 a.m. to 4 p.m. It is closed on holidays. Most insurance plans are accepted.

Of course, patients who have chest pain, shortness of breath, dizziness, a severe headache or other serious problems should continue to seek care at the nearest emergency department or call 9-1-1.

Dr. Hummel is the director of Sports & Ortho Injury Care at the Stow Health & Wellness Center. For questions about this walk-in clinic, call 330.344.2663 (BONE).

HEALTH AND WELLNESS

LifeStyles offers a variety of wellness services and classes that are open for use by LifeStyles members and the community. For more information and pricing, please call 330.665.8022.

NUTRITION CONSULTATION

Struggling with weight loss? Trying to lower your cholesterol or blood pressure? Looking for increased energy and stamina? Our registered dietitians are here to help.

BIOMETRICS: MEAL PLANNING MADE EASY

Members have access to a web-based program that creates a personalized meal plan to help you achieve your wellness goals. The meal plan includes 3 meals and 3 snacks for each day, grocery shopping lists and healthy recipes based on an appropriate calorie level for you.

LIFESTYLE WEIGHT LOSS PROGRAM: 10-WEEKS TO A HEALTHIER BODY

A life-changing program led by a registered dietitian and certified personal trainer who will show you everything from working out to dining out. Strengthen your muscles and lose fat by forming good habits and changing your views on fitness.

WELLNESS FAIR & COMMUNITY DAY

Join us for a FREE family health fair and community day. The event includes a variety of activities for children and adults.

Green: Saturday, Oct. 26 from 8:30 – 11:30 a.m.

Cost: free for members and community

Information: akrongeneral.org/wellnessfair

GAME CHANGER: THE ULTIMATE IN PERSONAL TRANSFORMATION SEMINAR

Don't miss this motivating seminar to learn about boosting metabolism, taking charge of hormones, fueling your body, exercising smart, burning fat, discovering the secret that leads to lasting change and understanding how to make it happen.

Cost: free for members, \$49/guests

Bath: Sept. 18, Oct. 23, Nov. 13 | 6 – 7:30 p.m.

(GAME CHANGER, continued)

Stow: Sept. 25, Oct. 30, Nov. 27 | 6 – 7:30 p.m.

Register: 330.665.8140, crabies@ccf.org

Green: Sept. 19, Oct. 17, Nov. 21 | 6:30 – 8 p.m.

Register: 330.896.5006, hovana@ccf.org

ARTHRITIS WELLNESS PROGRAM

An overall wellness program that provides recommended exercises and education for anyone with arthritis or has had a joint replacement surgery.

Program includes an initial wellness consultation with an Exercise Specialist, an exercise prescription, an assessment at 3 months and an assessment at 6 months. This is a supervised program. Prior to each workout, a participant checks in with an Exercise Specialist for a blood pressure check and to record that day's pain level. The Exercise Specialists are also available to make any adjustments to the exercise program and/or review exercises with the participant.

Bath: availability is based on the participant's schedule

Cost: free for members, \$57/month guests

Register: 330.665.8106, jankowa@ccf.org

GUEST FREE DAYS:

The perfect opportunity to bring in family and friends interested in becoming a LifeStyles member. We designate certain Sundays throughout the year for members to bring a guest with them to enjoy any LifeStyles facility for free from 8 a.m. to 6 p.m. Value \$11/adult.

Day passes for guests are available for adults age 18 and up and children under age 18. All guests are required to be accompanied by a LifeStyles member. Please bring photo I.D.

Dates: Sundays, Sept. 1, Oct. 27, Nov. 24, Dec. 22



NUTRITION AND FITNESS EDUCATION FOR A NEW YOU!

NUFIT

A free program that provides information about the latest topics in nutrition and fitness, new recipes, facts vs. myths and tips from a registered dietitian and fitness expert.

6 to 7 p.m. | Free | Open to the community

SEPTEMBER

Virtual Grocery Store Tour / Functional Fitness

3 Stow, 5 Medina, 10 Bath, 19 Wadsworth, 24 Green

OCTOBER

Healthy Holiday Eating / The Benefits of Walking

1 Stow, 3 Medina, 8 Bath, 17 Wadsworth, 22 Green

NOVEMBER

Diabetes Nutrition 101 / Exercises for the Aging Adult

5 Stow, 7 Medina, 12 Bath, 21 Wadsworth, 26 Green

DECEMBER

Nutrition and Goal Setting / Fitness and Goal Setting

3 Stow, 5 Medina, 10 Bath, 17 Green, 19 Wadsworth

Register – Bath: 330.665.8100 | Green: 330.896.5000

Stow: 330.945.3100 | Medina Hospital: 330.721.5992

Wadsworth Public Library: 330.334.5761

Information – akrongeneral.org/nutrition



BABYSITTING & KIDSTYLES

These services are available to parents or guardian that is staying within the Health & Wellness Center. Free for children included on a Family Membership.

BABYSITTING: AGES 6 WEEKS TO 4 YEARS OLD

No more than 2 hours/day for ages 6 weeks to 1 year.
No more than 3 hours/day for children over 1 year to 4 years.

Bath
Weekdays 8 a.m. – 8:30 p.m.
Saturday 8 a.m. – 1 p.m.
Sunday 10 a.m. – 12 p.m.

Green and Stow
Weekdays 8 a.m. – 8:30 p.m.
Saturday 8 a.m. – 5 p.m.
Sunday 9 a.m. – 5 p.m.

KIDSTYLES: AGES 5 TO 12 YEARS OLD (DURING THE SCHOOL-YEAR)

Supervised activities: rock wall climbing, circuit training, gym activities, group games, jump rope and free play.

Bath
Weekdays 3:30 – 8:30 p.m.
Saturdays 9 a.m. – 5 p.m.
Sundays 9 a.m. – 5 p.m.

Green and Stow
Weekdays 8 a.m. – 8:30 p.m.
Saturdays 8 a.m. – 5 p.m.
Sundays 9 a.m. – 5 p.m.

COMMUNITY HEALTH SCREENINGS

Cleveland Clinic Akron General believes in not just getting you well when you need it, but in helping you and your doctor work together to prevent disease. Health screenings are available throughout Akron.

Cholesterol and Glucose Screening Schedule

Time: 8:30 – 11 a.m.

Cost: \$12 to \$58 depending upon the combination of tests

Bath: Sept. 10 & 28, Oct. 8 & 26, Nov. 12 & 23, Dec. 10 & 28

Green: Sept. 14 & 24, Oct. 12 & 22, Nov. 9 & 26, Dec. 4

Stow: Sept. 2 & 21, Oct. 1 & 19, Nov. 5 & 16, Dec. 3 & 21

View the schedule: akrongeneral.org/screenings
Information: 330.665.8175



STAY CONNECTED



Use your smartphone to view class schedules and add a class to your calendar, track and share workouts with friends, and receive timely updates from LifeStyles. Download the free mobile App.

OPEN TO THE COMMUNITY

Ladies Night Out: Healthy You!

Thursday, October 3

5:30 – 8:30 p.m.

Raintree Golf & Event Center - 4350 Mayfair Rd., Uniontown

Cleveland Clinic Akron General experts will answer your questions on women's health topics, including menopause, breast health, nutrition, heartburn, sleep, heart health and more. Enjoy health screenings and wellness information.

Registration required.

\$10, includes dinner.

akrongeneral.org/HealthyYou or call 440.312.0212

IGNITE! TURKEY BURN

Turkey Burn features samples of LifeStyles' most popular group exercise classes in 8-15 minutes intervals. Includes a mix of cardio, strength, core and stretch. Get your workout in before the big day. Bring a yoga mat and a friend! Free.

Bath: Thursday, Nov. 28 from 8 – 9:30 a.m.

Cost: Free for members and their guest.

Info: 330.665.8130



NEWS AND EVENTS

Please contact the recreation department for more information.

Bath: 330.665.8139 | Green: 330.896.5007 | Stow: 330.945.3130

Kids Off of School?

Spend the Day at LifeStyles

View all kids-camp options at akrongeneral.org/lifestylescamp



LIFESTYLES YOUTH DAY

Kids age 5-14 are invited to spend their day at LifeStyles for games, swimming, rock climbing and more. Bring a lunch, a friend and have the best day off of school! Please stop by the front desk of any Health & Wellness Center to register.

Time: 9 a.m. – 4 p.m.

When: Sept. 2 (Bath), Oct. 11 (Bath & Green), Nov. 5 (Stow), Nov. 27 (Stow), Nov. 29 (Stow), Dec. 2 (Bath)

Where: Health & Wellness Centers in Bath, Green and Stow

Cost: \$30 for first child, \$25 for additional children of members | \$35 guests

RED CROSS BABYSITTING COURSE

Learn all the basic skills needed for babysitting! The purpose of this course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Open to teens age 11 and older. Bring a small doll or small stuffed animal for diapering practice.

Bath: Fri., Oct. 11 from 9 a.m. to 4:30 p.m.

Green: Fri., Oct. 11 from 9 a.m. – 3 p.m.

Stow: Mon., Dec. 23 from 9 a.m. – 4 p.m.

Cost: \$45 members; \$55 guests

WINTER BREAK CAMP

Kids can spend their winter break enjoying gym games, swimming, rock wall climbing and much more! Ages 5-14 are welcome. Bring a lunch and energy for the best winter break. Before and after care is available for an additional fee. Please stop by the front desk of any Health & Wellness Center to register.

Time: 9 a.m. – 4 p.m.

Bath & Stow: Dec. 23, 26, 27, 30, 31 and Jan. 2, 3 | Green: Dec. 23, 27, 30 and Jan. 2, 3

Cost: \$35/day members; \$40/day guests

PARENTS' NIGHT OUT

Enjoy a Saturday night out while we entertain your children! Participants can enjoy swimming, climbing the rock wall, open gym and more. Pizza and snacks provided during the movie. With so much to do, we can almost promise to send your children home tired. Open to ages 4 – 12.

Time: 6 – 11 p.m.

Where: Health & Wellness Centers in Bath, Green and Stow

When: Saturdays, Sept. 21, Oct. 19, Nov. 16, Dec. 14

Cost: \$15 first child, \$5 for each additional child of members | \$20 first child, \$10 each addition child of guest

Register: Bath 330.665.8139, Green 330.896.5007, Stow 330.945.3141

BIRTHDAY PARTIES

Does someone you know have an important birthday coming up? Choose from our packages or à la carte options to create the perfect birthday celebration with fun, healthy activities, a friendly party leader with a spacious party room and more. Contact the recreation department to book your party!

Contact: Bath 330.665.8139, Green 330.896.5007, Stow 330.945.3130

AFTER-HOUR EVENTS

Calling all Scouts, Girls Scouts, Youth Groups and any community groups!! LifeStyles is the perfect place to hold an after-hours event. Enjoy an unforgettable night with fun and fellowship with access to our rockwall, pool and more. Packages can be customized for evening hours or an overnight option where you have the entire facility to yourself.

Contact: Bath 330.665.8139, Green 330.896.5007, Stow 330.945.3130

AQUATICS UPDATES

Please contact the aquatics department for more information regarding the programs listed below.

Bath: 330.665.8131 | Green: 330.896.5007 | Stow: 330.945.3131

More information, pricing and current schedule: akrongeneral.org/lifestyleaquatics

RED CROSS LIFEGUARD TRAINING COURSES

LIFEGUARD TRAINING COURSE

Earn American Red Cross certifications in Lifeguard Training, First Aid and CPR for the Professional Rescuer Certification. Open to age 15+ with strong swim skills. Must pass a swim test. Call for details.

Members \$175, guests \$215

Stow: Oct. 24 - 27: Thursday, Friday: 5 – 9 p.m.;
Saturday, Sunday: 10 a.m. – 4:30 p.m.

Stow: Dec. 26 - 29: Thursday, Friday: 5 – 9 p.m.;
Saturday, Sunday: 10 a.m. – 4:30 p.m.

LIFEGUARD REVIEW COURSE (LIFEGUARD RECERTIFICATION)

Participants must possess a current American Red Cross Lifeguarding certification in order to qualify for this course. Upon successful completion, participants will receive Red Cross certifications in Lifeguard Training, First Aid and CPR/AED for the Professional Rescuer Certification. Participants must be 15+ years old, with a current certification, strong swim skills and pass a swim test. Members \$110, guests \$130

Stow: Sept. 24 & 26, 4 – 9 p.m.

Stow: Oct. 22 & 23, 4 – 9 p.m.

Stow: Nov. 7 & 8, 1 – 6 p.m.

Stow: Dec. 19 & 20, 4 – 9 p.m.

S.E.A.L.S. (SWIMMING ELITE AT LIFESTYLES)

A non-competitive swim program for youth members eight years and older with Red Cross Level 5 ability or greater. Call for details. Cost Varies

Bath & Stow: Sept. 9 – Oct. 19 & Nov. 4 – Dec. 21 (no class the week of 11/25)

Green: Sept. 9 – Oct. 19 & Nov. 4 – Dec 14

LIFEGUARD INSTRUCTOR (LGI) COURSE

Become certified to teach American Red Cross Lifeguarding, CPR, and First Aid courses. Participants must have a current certification in Red Cross Lifeguarding and be at least 16 years old on the first day of class. Be prepared to take the Pre-Test (same as Lifeguard pre-test) on the first day of class. There will also be a short online component with this course. Includes all materials. (Instructor Led & online component)

Members \$210, guests \$250

Stow: Sept. 9 – 20, Monday/Wednesday/Friday from 5 – 9 p.m.

Stow: Oct. 31 – Nov. 3, Thursday/Friday from 5 – 9 p.m.

Stow: Oct. 31 – Nov. 3, Saturday/Sunday from 10 a.m. – 6 p.m.

Cost: Members \$210, guests \$250

LIFEGUARD INSTRUCTOR (LGI) & INSTRUCTOR TRAINER (LGIT) REVIEW COURSE

For current Lifeguard Instructors only. The Review Course is the “in-person” requirement for recertification for all LGI’s and LGIT’s, and must be completed every 2 years in conjunction with any additional Red Cross requirements for maintaining certification. Includes a “land” & “water” session. Add on certification or recertification in basic Lifeguarding can add this day-long course for \$40. Choose one class date below.

Time: 8:30 a.m. – 5:30 p.m.

Stow: Sept. 6, 14, 23, Oct. 7, 25, Nov. 11, Dec. 7, 16

Cost: Members \$60 for Review Course (to certify or recertify in Basic Lifeguarding, add an additional \$40)

WATER SAFETY INSTRUCTOR (WSI) COURSE

Learn to teach Red Cross Swim lessons. Age 16+ and possess strong swim skills. This is an instructor-led course.

Time: 9 a.m. – 5 p.m.

Green: Oct. 26, 27, Nov. 2, 3

Cost: Members \$210, guests \$250



AMERICAN RED CROSS LEARN-TO-SWIM CLASSES

Learn stroke development, basic water safety and helping in an emergency. For age six months and older. Choose from Parent/Child, Level 1-6 or Adult classes. Students progress through levels at their own pace, mastering the skills in one level before advancing. Call or stop by the front desk for details. Cost Varies.

Bath & Stow: Sept. 9 – Oct. 19 & Nov. 4 – Dec. 21 (no class the week of 11/25)

Green: Sept. 9 – Oct. 19 & Nov. 4 – Dec 14

Cleveland Clinic Akron General welcomes the following new physicians:



Adeeb Al-Quthami, MD
Cardiology



Amy Jarvis, MD
Surgery



Jaudat Mahmood, MD
Pain Management



Nina Moore, MD
Neurosurgery



Neel Parekh, MD
Urology-Infertility



Kathleen Rogers, MD
Geriatrics



Amanda Rose, PsyD
Psychology



Aijaz Sofi, MD
Gastroenterology

For more information about our new providers, visit physicians.akrongeneral.org.



Warm Cinnamon Apple Cranberry Crisp Packed with distinct flavors

This cinnamon apple cranberry crisp is made with apples, dried fruit, walnuts and oatmeal. It's full of flavors and is sure to please. Make it for your family or for a larger gathering.

INGREDIENTS

- 6 medium apples, peeled
- 1 cup dried cranberries
- 1 teaspoon ground cinnamon
- 1 tablespoon lemon juice
- ¾ cup old fashioned oatmeal
- ¾ cup all-purpose flour
- ½ cup brown sugar, packed
- 1/3 cup light butter
- ½ cup black walnuts, chopped

PREPARATION

Heat oven to 375 degrees F.

In a large bowl, mix apples, cranberries, cinnamon and lemon juice. Spoon into ungreased 11×7 or 12×8 inch glass baking dish.

In another large bowl, mix remaining ingredients with fork until crumbly. Sprinkle over fruit mixture.

Bake for 35-40 minutes or until apples are tender, juices bubble and topping is golden brown. Serve warm.

NUTRITIONAL INFORMATION (per serving)

Serves: 8
Serving size: 1/8 of recipe

Calories: 307 | Total fat: 9.5 g | Saturated fat: 2.7 g | Cholesterol: 9.9 mg | Sodium: 70 mg | Total Carbohydrate: 55 g | Dietary fiber: 5.8 g | Sugar: 33 g | Protein: 4.4 g | Potassium: 247 mg

Recipe provided by Cleveland Clinic Children's Hospital Pediatric Nutrition Support Team. For more fall recipes, visit health.clevelandclinic.org

Health & Wellness Center, Bath
4125 Medina Road, Akron, Ohio 44333



#1 hospital in Akron

Because we are neighbors caring for neighbors

To see why we are top-ranked, visit AkronGeneral.org

You're invited to Ask the Experts on Oct. 3
in Green / Uniontown. See page 4 for details.

Holiday Hours

REGULAR HOURS OF OPERATION:

MONDAY - FRIDAY 5:30 A.M. – 10 P.M. | SATURDAY 7 A.M. – 6 P.M. | SUNDAY 8 A.M. – 6 P.M.

	FACILITY HOURS	DEPENDENT HOURS	KIDSTYLES HOURS	BABYSITTING HOURS
Labor Day Monday, September 2	8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.
Thanksgiving Day Thursday, November 28	5:30 a.m. - 1 p.m.	9 a.m. - 1 p.m.	9 a.m. - 1 p.m.	9 a.m. - 1 p.m.
Christmas Eve Tuesday, December 24	5:30 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.
Christmas Day Tuesday, December 25	CLOSED	CLOSED	CLOSED	CLOSED
New Year's Eve Tuesday, December 31	5:30 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.