

# My GOOD HEALTH *Calendar*

akrongeneral.org | September – December 2021

## COVID-19 Vaccine

Vaccination is an important step in controlling the COVID-19 pandemic.

You can schedule a vaccine appointment with Cleveland Clinic by calling 216.448.4117 or visiting [clevelandclinic.org/covid19](https://clevelandclinic.org/covid19).

## REMINDER

*All event information is current as of publication time, but we recommend you call or check online to confirm that events haven't been altered or canceled due to public health concerns before going to them.*

## Greater Akron Heart Walk

Join Cleveland Clinic's team of caregivers at this event in support of the heart health and stroke care for which Cleveland Clinic is known and the life-saving research and breakthroughs that the American Heart Association supports.

**Date:** Saturday, Sept. 11  
**Time:** Check-in starts at 8 a.m.  
Walk starts at 9:30 a.m.  
**Where:** Lock 3, 200 S. Main St., Akron  
**Register:** <http://www.akrongeneral.org/heartwalk>  
**Call us:** 330.344.6622

## Cleveland Clinic Medina Hospital Bash

Cocktails, appetizers, gaming, dinner, auction, raffle drawings and dancing to raise money for important projects and programs at Cleveland Clinic Medina Hospital.

**Date:** Saturday, Oct. 23  
**Time:** 6-10 p.m.  
**Where:** Weymouth Country Club,  
3946 Weymouth Rd., Medina  
**Website:** <https://e.givesmart.com/events/mti/>

## Drive-Thru Baby Shower

As a partner of Full Term First Birthday Greater Akron, a community collaborative addressing infant vitality by improving birth and maternal health outcomes, particularly for African-American mothers and their babies, Akron General is pleased to sponsor the organization's 2021 Drive-Thru Baby Shower. Do you know an expectant mother who could benefit from these resources for her baby? Tell her about this event!

**Date:** Saturday, Sept. 18  
**Time:** 11 a.m.-2 p.m.  
**Where:** Joy Park Community Center,  
825 James Ingram Way, Akron  
**Cost:** Free. No registration required  
**Call us:** 330.926.5611

## Race with Grace 5k and Fun Walk

Race with Grace is the flagship fundraiser of the Mary Grace Memorial Foundation, a nonprofit organization founded in the spring of 2005 to memorialize Mary Grace, a wife and mother of three children who lost her battle with breast cancer. The mission of the foundation is to provide basic life necessities to those who have been affected by cancer so they can concentrate on battling the disease.

**Date:** Sunday, Sept. 19  
**Time:** 9 a.m.  
**Where:** Cleveland Clinic Medina Hospital,  
1000 E. Washington St., Medina  
**Cost:** \$25; includes T-shirt  
**Register:** [www.racewithgrace.com](http://www.racewithgrace.com)

## CHALLENGE GOLF

### Gearhart Memorial Challenge Golf Outing

Nine-hole scramble, lunch and prizes. Proceeds benefit Akron General's Challenge Golf program, which helps people with disabilities learn to enjoy the physical and social benefits of playing golf.

**Date:** Saturday, Sept. 18  
**Time:** Shotgun starts, 8:15 a.m. and 11 a.m.  
**Where:** Challenge Golf Course,  
1596 Flickinger Road, Akron  
**Cost:** \$55  
**Register:** 330.784.5400

## LODI HOSPITAL

### Safe Sitter Classes

This class teaches babysitter safety, childcare, life and business skills. First aid and rescue skills focus on prevention, injury management, CPR and choking rescue. This class is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings or babysitting. Scholarship applications upon request. Scheduling for groups and individuals.

**Date:** Saturday, Oct. 23  
**Time:** 9 a.m.-2:20 p.m.  
**Cost:** \$45  
**Where:** Lodi Hospital  
**Sign up:** 330.948.5544

### Family and Friends CPR

Learn the life-saving skills of adult, child and infant CPR as well as choking rescue. Group scheduling also available.

**Date:** Thursday, Nov. 4  
**Time:** 5-7 p.m.  
**Cost:** Free  
**Where:** Lodi Hospital  
**Sign up:** 330.948.5544

## Did You Know? Cleveland Clinic Lodi Hospital Turned 100 in 2020

Cleveland Clinic Akron General Lodi Hospital reached its 100th anniversary in 2020. Although the public celebration had to be canceled due to the pandemic, the staff remains as proud as ever of its role as a Critical Access Hospital, a federal program that ensures residents of rural communities are able to access medical care quickly and professionally.

Lodi Hospital's 24-hour Emergency Department can treat many problems and arrange transportation to another hospital by ambulance or helicopter when needed.

The 20-bed hospital also offers a comprehensive range of services: acute and skilled care; a full range of outpatient diagnostic, rehabilitation and physical therapy services; outpatient and general minimally invasive surgery; radiology; and primary care, laboratory, respiratory and nursing care. The number of virtual visits that it



offers expanded during the pandemic and is expected to continue to grow.

The hospital has won numerous awards for the care it delivers, earned through the staff's commitment to deliver safe, quality care to every patient.

To learn more about Lodi Hospital, visit <https://my.clevelandclinic.org/locations/lo-di-hospital>.

## Warm Water Exercise

Lodi Hospital offers warm water general and aerobics exercise classes. Call for details.

**When:** Tuesdays and Thursdays

**Where:** Hawthorn Suites, 5025 Park Ave W., Seville

**Call us:** 330.948.5549

## BEREAVEMENT SUPPORT

Most events are currently being held online only, unless otherwise noted. For up-to-date information, visit [clevelandclinic.org/grief](https://clevelandclinic.org/grief). To sign up to participate in a group, call 216.444.9819.

### Main Campus Monthly Group

This is perhaps the most open-ended of all our offerings. There is no set agenda or limit to how few or how many meetings you may attend. This group is good even if you aren't ready to talk but just need the company of people who understand grief. The group is led by Rev. Amy Greene, Director of Spiritual Care for the Cleveland Clinic system. Please sign up in advance if possible. Topics are dependent upon attendees' needs at the time.

**Dates:** First Tuesday of each month

**Time:** 5-6:30 p.m.

### Young Spouse Loss Monthly Group

This drop-in group focuses on healthy ways of coping. Topics include juggling parenthood/grieving children while you are grieving too, and sorting out feelings of shock, anger and fear. Participants can find hope and healing by connecting with others who can relate to their experience.

**Dates:** Third Tuesday of each month

**Time:** 3:30-5 p.m.

### Moving Forward Monthly Group

This drop-in group addresses a different grief topic each month and invites participants to explore and share the connections to their own grief journey.

**Dates:** Third Tuesday of each month

**Time:** 2-3:30 p.m.

**Upcoming Topics:** September: The Benefits of Journaling / October: Good Self-Care While Grieving / November: Reducing Holiday Stress / December: Grief, Loss and the Holidays

### Loss of a Parent

This six-week group is for adults who are working through the death of one or both parents. Join us as we explore the lives of our parents, how we have changed since their passing and the legacy they left.

**Dates:** Tuesdays, Sept. 7-Oct. 12

**Time:** 4-5:30 p.m.



*Cleveland Clinic Akron General caregivers partnered with local organizations to travel through South Akron and Summit Lake neighborhoods for a COVID Care-A-Van in June. Akron General's Dr. Debbie Plate and her team answered COVID questions and distributed educational materials. Our partner, Summit County Public Health, gave 30 vaccines at the event.*

## Neighbor to Neighbor: Cleveland Clinic Akron General Philanthropy Spotlight

The COVID-19 pandemic underscored disparities in healthcare access and outcomes. To address health disparities in Summit County, Cleveland Clinic Akron General has created a campaign called Neighbor to Neighbor. The initiative is raising support for Akron General programs, including COVID-19 education, community health efforts and our Center for Family Medicine.

For example, we delivered vaccine information with 3,000 COVID-19 care kits to South Akron and the Summit Lake neighborhood in partnership with GAR Foundation, South Street Ministries, Love Akron and Akron Urban League. The kits include a mask, Purell (donated by GOJO), thermometer, cleaning wipes and COVID education material.

A disproportionate number of our re-admitted patients live in the neighborhoods surrounding the hospital where poverty is high, so Neighbor to Neighbor will help launch a new program in 2022 in which a nurse navigator will help our most vulnerable patients at discharge by linking them with social service providers to address housing, food insecurity, transportation and other factors that can limit a person's health. Akron General's goal is for our neighbors to heal and flourish long-term. This initiative will help achieve that goal by connecting patients with resources and follow-up assistance.

Your support is vital to our work for caring for our community, and gifts of all sizes will be put to work immediately. Learn more and donate online at [Give.ccf.org/neighbor](https://Give.ccf.org/neighbor) or call Laura Biddle Clarke, Senior Director of Development, at 330.697.1599.

# How to Find More Events

For the latest Akron General health and wellness events, visit [events.clevelandclinic.org](https://events.clevelandclinic.org). Keyword searches can help you find what you are looking for. Here are a few examples:

## NuFit: Nutrition & Fitness Education

**When:** One Tuesday per month from 6-7 p.m.  
**Cost:** Free virtual event  
**Register:** 330.665.8022 or [vandevj@ccf.org](mailto:vandevj@ccf.org)  
**Search:** NUFIT

## Game Changer: The Ultimate in Personal Transformation Seminar

**When:** One Wednesday per month from 6-7:30 p.m.  
**Cost:** Free for LifeStyles members; \$49 non-members  
**Register:** 330.665.8140 or [crabies@ccf.org](mailto:crabies@ccf.org)  
**Search:** GAME CHANGER

## Health Screenings for Cholesterol, Glucose & A1C

**When:** Now offered monthly at our Health & Wellness Centers in Bath, Green and Stow.  
**Cost:** Available for a nominal charge. Walk-ins only.  
**Search:** A1C

## Childbirth Education and Tours

Take a weekend childbirth, breastfeeding or baby care for beginner's class. Or schedule time to tour our New Life Center.

**Search:** AKRON BABY

## Lost a Loved One?

Support groups are available for a variety of situations.

**Search:** AKRON SUPPORT

# Mammograms and Colonoscopies: Have You Scheduled Yours?

If you delayed your regular health screening appointments during the pandemic, don't forget to make preventive health care a priority again! Regular screenings are particularly useful against cancers since the earlier most cancers are detected, the better the outcomes.

Two of the most important cancer screenings are mammograms and colonoscopies. While both have a reputation for being a little unpleasant, they are key to saving lives. Here are a few details about breast and colorectal cancer that you might not have known:

### BREAST CANCER:

- Is the leading cause of cancer death among U.S. women ages 35 to 54.
- Is diagnosed most often in patients over the age of 55.

If you have no family history, begin yearly mammograms at age 40.

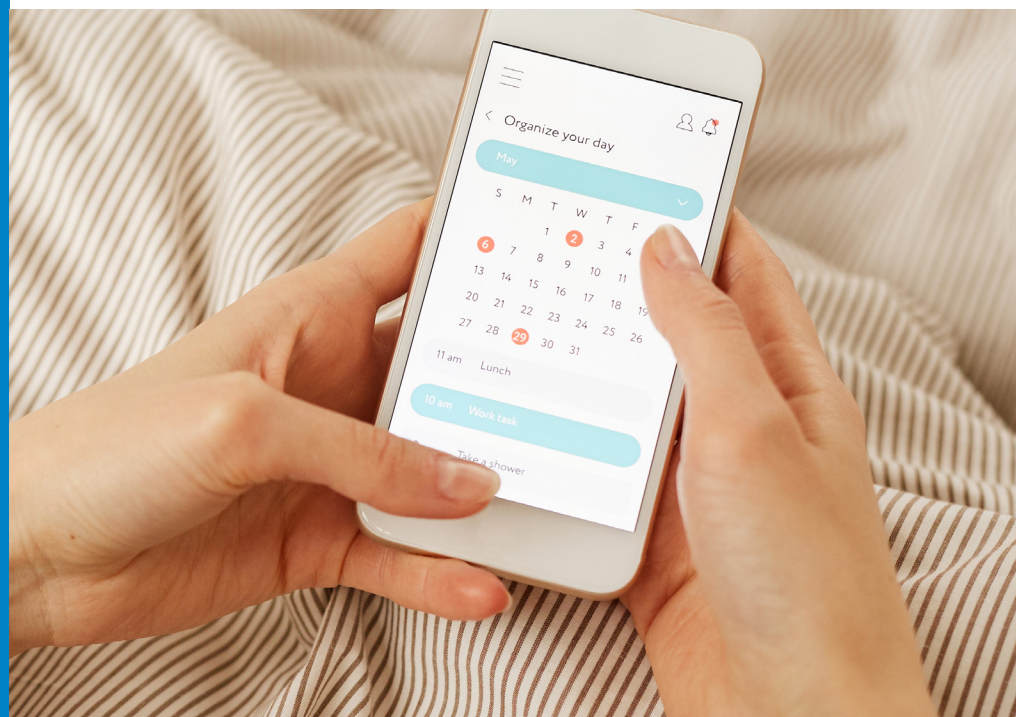
If you have symptoms or abnormal findings on screening exams, your healthcare provider may recommend additional testing.

**To schedule a mammogram appointment at Akron General's Breast Health Center, call 330.344.2778 or visit [akrongeneral.org/mammogram](https://akrongeneral.org/mammogram).**

### COLORECTAL CANCER:

- Everyone is at risk for colorectal cancer. Your risk can be higher with age, family history, lifestyle factors and race.
- If you have no family history, a screening colonoscopy is recommended for anyone 45 years of age and older.
- If you have a family history of colorectal cancer or polyps, or if you are experiencing any symptoms, talk to your healthcare provider about early screening.

**To schedule a colonoscopy at Akron General's Colorectal Health Center, call 330.344.2686 or visit [akrongeneral.org/colon](https://akrongeneral.org/colon).**



# Joint Replacement Lets You Resume Your Active Life



Joint replacement is becoming increasingly common today, and Cleveland Clinic Akron General's Orthopedics team has more options than ever to help patients feel their very best.



Gregory Vrabc, MD

Many people put off seeing a doctor to talk about the pain they are having in their hips, knees and shoulders during the pandemic because they were afraid to come into a medical office or hospital, but those fears are unfounded, says orthopedic surgeon Gregory Vrabc, MD.

"We follow all protocols to keep patients safe while they are here, from masking to thorough cleanings of all rooms and preoperative testing," he says. "There really is no need to put off getting

evaluated for your treatment options as soon as possible. In fact, the longer you wait, the greater your risk of falling or hurting yourself and lengthening your recovery."

One of the newest offerings at Akron General is outpatient joint replacement surgery. For some patients, they can get a hip or knee replacement and be home the same night, instead of having to spend one or more nights in the hospital and possibly having to go to a rehab center afterward.

This option isn't for everyone, of course. To be eligible, patients need to be in good overall health, be mobile and active before surgery, be able to do exercises at home afterward with the help of a physical therapist and have a solid support system in place.

"In general, patients under the age of 65 who are within a normal weight range and who don't smoke are the best candidates for a same-day procedure," Dr. Vrabc says. "Home care nurses will come visit and provide extra care and support in the first week or two."

Other new trends that help make joint replacement easier for patients today include:

- **Robots:** Some patients can benefit from having robotic-assisted technology used in their surgery. Currently offered at Cleveland Clinic Medina Hospital and Akron General, this type of procedure offers increased accuracy and precision to knee and hip replacement surgeries.
- **Better pain management:** The use of spinal anesthetics, long-acting local anesthetics and regional pain blocks help pinpoint and control pain. This approach helps hit the pain from different angles, helping to avoid the use of narcotics, which have more side effects and can be addictive.
- **Durability:** Replacement joints today allow for improved motion. With the current technology, both hip and knee replacements are on track to last 20 or more years.

So if you find yourself limiting your activities because of joint pain, there is no better time than now to schedule a consultation to learn if replacement surgery is right for you.

**Call 330.344.2663 to make an appointment with Dr. Vrabc or another of our orthopedic specialists.**

## Evening and Weekend Hours Now Available for Sports, Ortho Injury Clinic

Get quick treatment for minor muscle, bone or joint injuries at Ortho Express Care, located at the Stow Health & Wellness Center, 4300 Allen Road (Suite 410). No appointment needed, and most insurance plans are accepted.

### Hours:

- Monday and Wednesday: 8 a.m.-8 p.m.
- Tuesday, Thursday and Friday: 8 a.m.-4 p.m.
- Saturday: 8 a.m.-noon.



## Growing Through Grief

This eight-week group is for those who wish to learn what they might experience during the grieving process. Group members can share their stories and receive tools for handling grief responses.

**Dates:** Thursdays, Sept. 30-Nov. 18

**Time:** 2-3:30 p.m.

## Loss of a Sibling

This eight-week group explores the unique place that our brothers and sisters have in our lives and the challenges presented after one passes away.

**Dates:** Wednesdays, Oct. 20-Dec. 8

**Time:** 2:30-4 p.m.

## Partner/Spouse Loss

This eight-week series is for adults who wish to connect with others who are experiencing the loss of a spouse. Attendees can expect a caring and confidential environment and learn healthy and effective coping skills.

**Dates:** Tuesdays, Oct. 26-Dec. 14

**Time:** 6-7:30 p.m.

## Holiday Vigil Memorial Service

This in-person event will share remembrances of loved ones who have died with Cleveland Clinic's hospice services.

**Date:** Wednesday, Dec. 8

**Time:** 4-5 p.m.

**Where:** Independence Civic Center, 6363 Selig Blvd.,  
Independence

# COMMUNITY HEALTH

## Alcohol and Drug Recovery Center

The Akron General Alcohol and Drug Recovery Center (ADRC) serves as an outpatient department for patients suffering from drug or alcohol addiction. Assessments, Intensive Outpatient, Aftercare and medication-assisted treatment (vivitrol and suboxone) in conjunction with counseling services are available. No referral necessary. Call to schedule an assessment or with questions.

**Where:** Akron General Medical Office Building,  
3600 W. Market St., Suite 102, Fairlawn

**Call us:** 330.436.0950

## A Matter of Balance

Many older adults restrict their activities due to fear of falling. This free 8-week program is designed to increase activity levels. It emphasizes practical strategies to prevent falls at home and features stretching, balance and range of motion exercises.

**When:** Mondays, 12:15 p.m.-2:15 p.m. starting Sept. 13

**Where:** Bath Health & Wellness Center, 4125 Medina Rd.

**Register:** Contact Carmen Rastorfer at [RastorC@ccf.org](mailto:RastorC@ccf.org) or 330.344.5129

## National Prescription Take Back Day

Akron General encourages all residents to use the U.S. Drug Enforcement Administration National Prescription Drug Take Back Day as an opportunity to dispose of unwanted, unneeded and expired prescription medicines.

**When:** Saturday, Oct. 23

**Time:** 10 a.m.-2 p.m.

**Where:** For disposal locations, visit [www.rxdrugdropbox.org](http://www.rxdrugdropbox.org)



## Hospital Volunteers Wanted!

We are thrilled to have volunteers back in the hospital again after having to pause the program during the pandemic.

We are currently recruiting for several opportunities, including Lobby Greeter, Spiritual Care Liaison, Clerical, Inpatient / Outpatient Nursing Unit and Waiting Room. For more information, please contact Erin Brady Curtis at [BradyCE@ccf.org](mailto:BradyCE@ccf.org), or 330.612.9636.

## Keep Medicines Out of Reach

To reduce the chances of medications getting into the wrong hands, the Outpatient Pharmacy at Akron General is distributing drug deactivation pouches along with dispensed opioid prescriptions. These pouches make it easy and convenient for individuals to destroy unused prescription medicine in their own homes. Akron General is participating in Summit

County Community Partnerships Deterra Project which is working to distribute 40,000 pouches throughout the community. If each pouch is used to capacity, there will be 1.3 million fewer pills available to fall into the wrong hands. Pouches are also available at Acme Fresh Market pharmacies.

**Call us:** 330.208.5499

## LIFESTYLES

### Let Exercise Help Lift Your Mood:

How to keep the blues at bay and reap health benefits, too

Depression affects about 264 million people worldwide, and it can be a serious health problem for some people. While psychotherapy and medication are effective, there is one treatment for depression that is universally available – exercise!

Here are five reasons why exercise can put you in better spirits:

- 1. Stress is less likely to lead to depression if you exercise.** Nearly 5% of adults 18 or older have regular feelings of depression. High-stress lifestyles tend to be a major source of depression. The increased release of stress hormones can damage or prevent cell growth in the regions of the brain that control our moods. Exercise can counteract this.
- 2. Exercise is a legitimate treatment for depression.** The American Psychiatric Association recommends exercise as a treatment option for depression. It's effective alone or when combined with standard treatments. Randomized trials show that both aerobic (walking, running, biking) and resistance / strength training benefits those with depression, often within about four weeks.
- 3. You have lots of options.** You don't have to start running marathons. Walk, take a Zumba class, ride a bike or take up yoga. It's up to you!
- 4. Any amount of exercise can help.** The CDC recommends 150 minutes of exercise a week, but you don't have to reach that many minutes to see benefits. Any amount of activity is better than nothing.
- 5. Enjoy benefits that extend beyond the brain.** Regular physical activity can lower blood pressure, improve cholesterol, reduce weight and help control blood sugar. It also strengthens bones and muscles and improves flexibility and balance.



**At Akron General's three LifeStyles locations – located in the Health & Wellness Centers in Bath, Green and Stow – your health and wellness have always been essential.**

**Join LifeStyles today and enjoy:**

- Full access to all three locations
- Free fitness assessment and exercise prescription
- Free 24-hour nutrition analysis
- Free babysitting service for family memberships
- Free group exercise classes
- Multiple indoor pools at each location
- Access to degreed and certified exercise specialists, personal trainers and dietitians
- Children's programs including KidStyles, day camps, birthday parties and more
- Sauna and steam room, towel service and private showers

**Plus, many events and classes are open to the community and LifeStyles members:**

- Health screenings
- Youth day camps
- Swim lessons
- Lifeguard certifications
- Parents' Night Out events
- Fitness & nutrition health talks (NuFit)
- Personal transformation seminars (Game Changer)
- Holistic weight management 8-week program

**Learn more at [330.344.5646](tel:330.344.5646) or [akrongeneral.org/getfit](http://akrongeneral.org/getfit).**



## Centering Pregnancy Now Available

Cleveland Clinic Akron General now offers Centering Pregnancy, a national program that brings groups of about 10 pregnant women with roughly the same due date together as a “circle” with a trained facilitator for 8 to 10 sessions to learn about many aspects of pregnancy, labor and delivery and infant care. This program has been shown to dramatically improve maternal outcomes, such as reducing low birth weight and prematurity.

Typically, Centering Pregnancy participants are seen by a healthcare provider for their regular prenatal checkup, including blood pressure and weight checks, at the sessions, then spend up to two hours in their circle. This results in women spending about 10 times more time with a provider than with traditional prenatal care.

**The program is open to all pregnant women who are patients at Cleveland Clinic Akron General's Women's Health Center. To make an appointment at the center, call 330.344.6800.**

## Dispose of Unused Medications Properly (DUMP)

You can safely dispose of unused pills, capsules or liquids by taking them to one of the DUMP box locations in the county. Summit County Public Health has established this disposal program for residents. These free-standing boxes are at most local police stations and are clearly marked.

- Never flush unused medications down the toilet or throw them in the trash.
- Keep medicines in their original container.
- Mark out your name and address.
- Secure the container.
- Deposit medicine in the disposal box.

**For more:** Visit [scphoh.org](http://scphoh.org) or call 330.926.5600 for specific locations and more information.

1 Akron General Ave., Akron, OH 44307  
[akrongeneral.org](http://akrongeneral.org)



*My Good Health Calendar* is published as a community service for the friends of Cleveland Clinic Akron General. Call 330.344.2100 to subscribe for FREE. If you would prefer to be removed from the Akron General *My Good Health Calendar* mailing list, please call 330.344.2100 and leave your name and address. *My Good Health Calendar* comes from a wide range of medical experts. If you have concerns or questions about specific content that may affect your health, please contact your healthcare provider. Images from © Getty Images. © 2021 Akron General.



**Uninsured? Having trouble paying your hospital bill?**  
You may be eligible for financial assistance. Call: 216.445.6249 or 866.621.6385 (toll-free). Visit: [clevelandclinic.org/financialassistance](http://clevelandclinic.org/financialassistance)

**My GOOD HEALTH**  
*Calendar*