

My GOOD HEALTH Calendar

akrongeneral.org | January – April 2022



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 <https://my.clevelandclinic.org/landing/covid-19-vaccine/ohio>.

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.

CenteringPregnancy®

Cleveland Clinic Akron General is pleased to offer CenteringPregnancy® programming, thanks to grant funding provided to Full Term First Birthday Greater Akron collaborative from the Ohio Department of Medicaid. CenteringPregnancy brings groups of pregnant women with similar due dates together with medical providers during their pregnancies for healthcare in a supportive and learning environment. It empowers patients by giving them more time with their providers as well as with other women who are going through the same things they are. It has been proven to improve outcomes for both mom and baby.

Call us: 330.344.7666

Arthritis Wellness Program

The Arthritis Wellness Program is available for both members and guests of Cleveland Clinic Akron General Lifestyles. The program improves overall wellness by providing recommended exercises and

education for all participants who currently have arthritis or have had a joint replacement surgery.

Included in the program are an initial wellness consultation with an exercise specialist, an exercise prescription, an assessment at three months and an assessment at six months. This is a supervised program. Each time a participant comes in to work out, they will check in with an exercise specialist who will take their blood pressure and ask the participant to rate their pain on a scale of one to 10 on how they are feeling for the day. The exercise specialists are also available to make any adjustments to the exercise program or review exercises with the participant.

Location: Health & Wellness Center, Bath

Cost: Free (members);
\$57 monthly (non-members)

More: Contact Molly Patton at 330.665.8130 or pattonm10@ccf.org

LIFESTYLES EVENTS

Health Screenings for Cholesterol, Glucose & A1C

No need to RSVP. Walk-ins only.

When: Offered monthly
Time: 8:30-11 a.m.
Where: Health & Wellness Centers in Bath, Green and Stow
Cost: Nominal charge
More: Visit events.clevelandclinic.org and search for A1C.

KickStart Your Metabolism: 10 Weeks to a Healthier YOU!

Looking to lose the COVID weight gain? Needing to BOOST a stubborn metabolism?

Revolutionize your wellness and kickstart your weight loss with this 10-week nutrition and fitness program. Enjoy engaging nutrition workshops, a personalized meal planning program, access to our award-winning LifeStyles Fitness Facility and a personalized exercise plan made for YOU.

Cost: \$299 (members); \$350 (non-members)
Register: 330.665.8022 or JacksoC5@ccf.org
More: Visit events.clevelandclinic.org and search for KickStart.

Nufit: FREE Nutrition and Fitness Education for a New You!

This free monthly seminar provides information about the latest topics in nutrition and fitness from a registered dietitian and fitness expert. Each quarter will include three nutrition sessions and one fitness session. Presentations are held virtually from 6-7 p.m. They are free and open to the community.

When: One Tuesday per month from 6-7 p.m.
Cost: Free
Register: 330.665.8022 or vandevj@ccf.org
More: Visit events.clevelandclinic.org and search for NUFIT.

Revitalize Your Health

Revitalize your health with this eight-week holistic wellness program guiding you in creating a life you love. Learn tools to help unlock your potential for weight loss, boost metabolism, balance hormones and optimize your mental and physical health. Weekly health workshops include topics on de-stressing your life, anti-inflammatory nutrition with meal plan, mindful exercise, optimal sleep plan and more.

Cost: \$199 (members); \$250 (non-members)
Register: 330.665.8022 or VandevJ@ccf.org
More: Visit events.clevelandclinic.org and search for Revitalize.

Game Changer: The Ultimate in Personal Transformation Seminar

Don't miss this motivating seminar about permanent weight loss and how it is possible to achieve it. 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.

When: One Wednesday per month from 6-7:30 p.m.
Location: Virtual
Cost: Free (members); \$49 (non-members)
Register: 330.665.8140 or crabies@ccf.org
More: Visit events.clevelandclinic.org and search for Game Changer.

Ballroom Dancing & Line Dancing

Dancing is one of the best ways to exercise and is enjoyable for all! In these six-week classes, we will cover basic steps that will have you out on the floor and the envy of others. Learn basic steps of the Foxtrot, Waltz, Cha-Cha, Salsa, Swing or classic line dances. Then put them to use at the next wedding, party or social gathering!

When: Contact location to learn about next session.
Location: Health & Wellness Center, Green
Cost: Ballroom Dance: \$100 per couple (members); \$140 per couple (non-members)
Line Dance: \$50 (members); \$70 (non-members)
Register: 330.896.5004 or LyonsL3@ccf.org

Tap Dance Lesson

Tap Dance is the Percussive Dance of America and brings joy to all ages. It's one of the most unique dance forms because we dance AND we create music using tap shoes as percussive instruments!

Tap dance not only has the physical benefits of dance but the developmental benefits of learning music as well! Because of the combined features of counting, music and movement, tap dance engages many parts of the brain and helps to improve its capacity for learning.

When: Contact location to learn about next session.
Location: Green – Wednesdays, 7:30 p.m.
Stow – Mondays, 7:30 p.m.
Cost: \$70 (members); \$100 (non-members)
Register: Green: 330.896.5004 or LyonsL3@ccf.org
Stow: 330.945.3130 or JenkinA11@ccf.org

AQUATICS

For more information on any of these classes or to register:

Bath: 330.665.8131 or ConnerJ@ccf.org
Green: 330.896.5007 or SpicerC2@ccf.org
Stow: 330.945.3131 or WeaverD2@ccf.org

Or visit: <https://my.clevelandclinic.org/locations/akron-general/lifestyles/aquatics>

American Red Cross Swimming Lessons

Our Learn-to-Swim program is designed for children six months to adults. Students will progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of the class includes training in basic water safety and helping others in an emergency, in addition to stroke development. Call for details.

SEALS (Swimming Elite At LifeStyles)

A non-competitive swim program for youth members 8 years and older with Red Cross Level 5 ability or greater.

Red Cross Lifeguard Training Course

Upon successful completion of this course, participants will receive Red Cross certifications in Lifeguard Training, First Aid and CPR/AED for the Professional Rescuer Certification. Participants must be at least 15 years old, possess strong swim skills and pass a swim test.

Cost: \$195 (members); \$225 (non-members)

Red Cross 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. Participants must be at least 15 years old, possess a current certification, have strong swim skills and pass a swim test.

Cost: \$125 (members); \$145 (non-members)

Red Cross Babysitting Course

The purpose of this course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants.

Cost: \$55 (members); \$65 (non-members)

Red Cross 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)

Cost: \$230 (members); \$260 (non-members)

Red Cross Water Safety Instructor (WSI) Course

Learn to teach Red Cross Swim Lessons. Participants must be at least 16 years old on the first day of class and possess strong swim skills. (Instructor-Led)

Cost: \$230 (members); \$260 (non-members)

Red Cross 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 LGIs and LGITs, and must be completed every two years in conjunction with any additional Red Cross requirements for maintaining certification. A "land" and "water" session will take place during this session. Any LGI or LGIT who wishes to become certified or recertified in Basic Lifeguarding may do so during this day-long course at an additional charge. (Instructor-Led)

Cost: \$100 (To certify/recertify in Basic Lifeguarding, add \$50.)

NUTRITION / WELLNESS

To learn more about any of our nutrition services, please call 330.665.8022 or email JacksoC5@ccf.org.

More: <https://my.clevelandclinic.org/locations/akron-general/lifestyles/nutrition-weight-management>

Nutrition Services

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. Nutrition packages are available as individual, family or couple sessions.

Meal Planning Made Easy

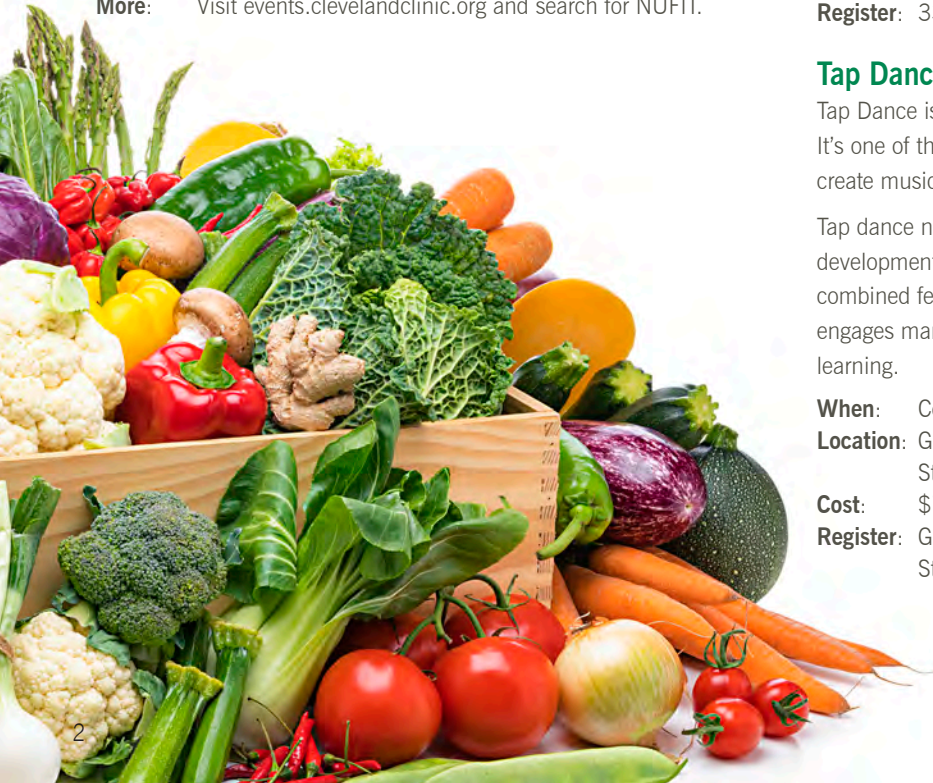
This online meal planning program creates a personalized meal plan to help you achieve your wellness goals. The meal plan includes grocery shopping lists and healthy recipes.

Sugar Detox Program

Addicted to sugar and carbs? Struggling to lose weight and break the sugar cycle? Let us help. This 10-day sugar detox program will help reset your metabolism and hormones so you can end your cravings, lose weight and reverse disease. Program includes three sessions with a registered dietitian.

Nutrition Consultations

Keto, Vegan, Paleo? Are you confused about what program is best? Are you trying to do everything right and still not losing weight? Let us help. Meet with a registered dietitian to find the right nutrition program for your body to reset your metabolism and lose weight.





What is Maternal-Fetal Medicine?



Stephen Bacak, DO

Maternal-Fetal Medicine is the branch of obstetrics and gynecology that focuses on the care of mothers and babies during high-risk pregnancies.

Stephen Bacak, DO, MPH, is the new director of Maternal-Fetal Medicine at Cleveland Clinic Akron General. He has worked at other Cleveland Clinic hospitals for more than two years. Maternal-Fetal Medicine specialists treat women who have underlying medical conditions, who have had past problems with pregnancy outcomes or who may have a problem with their baby in their current pregnancy.

“Our services include preconception planning, genetic screening and diagnostic testing, ultrasound, pregnancy management and delivery,” he said.

You may be a candidate for our services if you:

- » Are carrying a baby with a birth defect or other suspected problem
- » Will be 35 years old or older at the time of conception
- » Have a family history or previous child with birth defects
- » Have a family history of a genetic disorder
- » Have a history of poor pregnancy outcomes (recurrent pregnancy loss and stillbirth)
- » Have a history of pregnancy-related complications (preterm delivery, preeclampsia, gestational diabetes)
- » Have a serious medical condition (high blood pressure, diabetes, heart disease, inflammatory bowel disease, autoimmune disorders, etc.)
- » Have a multiple gestation (twins, triplets or even higher order)

If patients have a preexisting condition or develop a complication during pregnancy, they have the full resources of Cleveland Clinic Akron General available, as well as a neonatal intensive care unit staffed by experts in the care of newborns from Akron Children’s Hospital.

To make an appointment in Maternal-Fetal Medicine at Cleveland Clinic Akron General, please call 330.344.5050.

“Our multi-disciplinary approach provides women with high-risk pregnancies with many advantages, including access to experts in obstetrical and medical care,” he said. “Examples include our Fetal Care Center if a baby has been found to have abnormalities and our Cardio-Obstetrics Clinic for women with heart disease. These services help counsel families during pregnancy and help prepare them for their care and their child’s care after birth.”

Cleveland Clinic’s team in Maternal-Fetal Medicine consists of:

- » Maternal-Fetal Medicine subspecialists (perinatologists)
- » Licensed, certified genetic counselors
- » Neonatologists (experts in the care of newborns)
- » Pediatric specialists, including surgeons, cardiologists and neurologists
- » Licensed sonographers
- » Perinatal nurses

Struggling to Conceive?

For some couples, getting pregnant is easy. But for many others, it requires special attention and medical care. If you’re struggling with infertility, we have a team of specialists to provide you with guidance and options at the Fertility Center at the Cleveland Clinic Akron General Health & Wellness Center, Bath.

We provide the full range of services, from simple evaluations and recommendations to state-of-the-art reproductive technologies. Cleveland Clinic’s in vitro fertilization program is one of the largest in the state, and is equipped with some of the most advanced technologies available.

For appointments for females, call 216.839.3150. For appointments for males, call 330.535.4428.



Care for Kids

Cleveland Clinic now offers more locations than ever for children to receive primary care. For a full list, visit www.clevelandclinicchildrens.org/locations or call 216.444.KIDS (5437).

PRIMARY CARE:

Brunswick Family Health Center
3574 Center Road
Brunswick, Ohio 44212

Fairlawn
2603 West Market St., Suite 201
Akron, Ohio 44313

Hudson Express and Outpatient Care
82 W. Streetsboro St. (Rt. 303)
Hudson, Ohio 44236

**Medina Hospital
South Medical Office Building**
970 E. Washington St.
Medina, Ohio 44256

Stow
3925 Darrow Road, Suite 105
Stow, Ohio 44224

**Strongsville Family
Health & Surgery Center**
16761 Southpark Center
Strongsville, Ohio 44136

Tallmadge
33 North Ave.
Tallmadge, Ohio 44278

PEDIATRIC SPECIALISTS:

Stow-Falls Medical Outpatient Center
857 Graham Road
Cuyahoga Falls, Ohio 44221

**Medina Hospital
North Medical Office Building**
970 E. Washington St.
Medina, Ohio 44256

**Strongsville Family
Health & Surgery Center**
16761 Southpark Center
Strongsville, Ohio 44136

NEW GROUP EXERCISE

Pilates Reformer

Created by Joseph Pilates as a supplemental progression from mat Pilates, the Pilates Reformer looks like a bed frame with a system of springs, loops and pulleys. You can lie, sit, kneel and stand on the Reformer, providing you endless possibilities to enhance your workout! Get a total body workout and experience, with a focus on building core strength to improve strength, flexibility, coordination, stability, and posture! Research has also shown that Pilates Reformer may be more effective than mat for helping to manage chronic lower back pain.

Locations: Bath, Green and Stow

Date/Time: Sessions available throughout the week.
Contact coordinator for schedules.

Contact: Bath: 330.665.8130 or pattonm10@ccf.org
Green: 330.896.5004 or LyonsL3@ccf.org
Stow: 330.945.3130 or JenkinA11@ccf.org

Online: <https://my.clevelandclinic.org/locations/akron-general/life-styles/group-exercise#other-classes-and-programs-tab>

YOUTH ACTIVITIES

Spring Break Camp

Enjoy a fun-filled week of swimming, rock wall, gym games and more for children ages 5-14 at our three LifeStyles locations. Pack a lunch, a swimsuit and sneakers!

When: March 28-April 1 (Green & Stow)
April 4-8 and 11-15 (Bath)

Time: 9 a.m.-4 p.m.

Cost: \$150 (\$140 for additional child)
\$100 for three-day option

More: Bath: 330.665.8139
Green: 330.896.5016
Stow: 330.945.3105

Summer Day Camp

Campers ages 5 to 14 will enjoy a variety of fun indoor and outdoor challenges to win prizes, while encouraging fitness, nutrition, and sportsmanship!

When: Scheduled to return in 2022

Contact: For more information or to register:
Bath: 330.665.8131 or HaramiB@ccf.org
Green: 330.896.5007 or SpicerC2@ccf.org
Stow: 330.945.3131 or JenkinA11@ccf.org

Parents' Night Out

Enjoy a night out while we entertain your children! Participants can enjoy swimming, gym games, dinner and a movie. Pizza and snacks will be provided during our theater-style projection movie viewing. With so much to do, we can almost promise to send your children home tired. Open to ages 2 to 12 years old.

When: Contact location to learn about next session.

Location: Bath, Green and Stow

Cost: \$15 for first child and \$5 for each additional child (members); \$20 for first child and \$10 for each additional child (non-members)

Register: Bath: 330.665.8131 or HaramiB@ccf.org
Green: 330.896.5007 or SpicerC2@ccf.org
Stow: 330.945.3131 or JenkinA11@ccf.org

More: Visit events.clevelandclinic.org and search for Parents

COMMUNITY HEALTH

Full Term First Birthday

Cleveland Clinic Akron General is a proud member of Full Term First Birthday Greater Akron, a collective impact collaborative working to improve birth outcomes and infant vitality in the community. The vision: All Greater Akron moms will be empowered to deliver at full term so every baby has a fighting chance to celebrate a first birthday.

For pregnancy-related medical care, especially if you are uninsured, call Cleveland Clinic Akron General Women's Health Center at 330.344.6800.

For more information about Full Term First Birthday Greater Akron, contact fulltermfirstbirthday@akronohio.gov.

Pregnant and Uninsured

Prenatal Care is critically important to the health of your baby and you. If you are pregnant and uninsured, make an appointment at Cleveland Clinic Akron General Women's Health Center. No insurance is necessary, and Medicaid is welcome. Akron General accepts Buckeye, CareSource, Molina, Paramount and United Healthcare Community Plans.

Where: Akron Health Center, 676 S. Broadway St., Akron
Call: 330.344.6800

Unite Us

Cleveland Clinic Akron General is pleased to invite local social service organizations to partner with us to help patients with social needs get the help they need. In a collaboration begun last year, our caregivers are utilizing the electronic platform of Unite Us Ohio to effectively connect patients to health care and social care in their communities. The platform decreases barriers for patients and enables agencies to send and receive electronic referrals while addressing needs and improving health across communities. It also provides up-to-date tracking of outcomes and measures community impact at no cost to organizations.

If you are an area agency providing health or social care and would like to learn more about Unite Us, call 330.344.7913.

CHALLENGE GOLF

Challenge Golf Classes

Ideal for individuals who have experienced a stroke, amputation, head trauma, spinal cord injury, orthopedic condition or other illness or injury, who would like to resume playing golf or learn for the first time.

When: Fridays, from April 22 to May 20

Time: 1-2:30 p.m.

Where: Challenge Golf Course, 1596 Flickinger Road, Akron

Cost: \$80 for each five-week session; scholarships available

Call us: 330.784.5400

Challenge Golf League Meeting

For people with abilities of all kinds, this league is designed to increase skill level and improve physical functioning while enjoying the social aspects of golf. Please call for more information, or plan to attend the introductory meeting.

When: Saturday, April 2

Time: 10 a.m.

Where: Challenge Golf Course, 1596 Flickinger Road, Akron

Call us: 330.784.5400

Swing Into Spring Golf Clinic

Ideal for beginners or novices to learn and/or improve their golf game.

When: Thursdays from April 21 to May 12

Time: 5:45-7 p.m.

Where: Challenge Golf Course, 1596 Flickinger Road, Akron

Cost: \$80 for four sessions

Small Group Classes

Contact PGA Professional Ron Tristano at 330.784.5400 to arrange.

BEREAVEMENT SUPPORT

Events are currently being held online only. For up-to-date information, visit 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.

Moving Forward Monthly Group

This drop-in group addresses a different topic in grief 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 p.m.

Upcoming topics: January: After the Holidays / February: Continuing Bonds / March: The Benefits of Journaling / April: Good Self-Care While Grieving

Growing Through Grief

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

Dates: Thursdays, Jan. 6-Feb. 24

Time: 2-3:30 p.m.

Dates: Fridays, April 1-May 20

Time: 12:30-1:30 p.m.

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: Wednesdays, Jan. 26-March 2

Time: 4-5:30 p.m.

Dates: Tuesdays, April 19-May 24

Time: 4-5:30 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, Feb. 15-April 5

Time: 4-5:30 p.m.

Dates: Wednesdays, March 16-May 4

Time: 4-5:30 p.m.

Six-week option:

Dates: Thursdays, April 28-June 2

Time: 4-5:30 p.m.

Loss of a Sibling

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

Dates: Thursdays, March 10-April 14

Time: 2-3:30 p.m.

Facilities for Virtual Visits Now Available at Lodi Hospital



The use of virtual doctors' appointments has increased nationally due to the pandemic, but people who do not have access to high-speed internet or audio-video devices have been unable to take advantage of this option.

However, thanks to a recent grant, Cleveland Clinic Akron General Lodi Hospital has created a virtual visit room where patients can access the remote care they need.

The private room features a large screen monitor with microphones and speakers. It is currently available to Lodi Community Care Center patients who are scheduling with either general surgeon William Papouras, MD, or cardiologist Vinayak Hegde, MD. Plans are under way to expand the scheduling system to any patient or specialist within Cleveland Clinic.

When requesting an appointment, patients will need to ask for a virtual appointment using Lodi's on-site virtual visit room. Once the doctor's office receives the referral, they will schedule the appointment and reserve the room. There is no cost to use the room, but the patient's insurance will be billed by the doctor for the visit. Options are also available for self-pay.

Patients should bring appointment instructions with them so staff can help them connect to the correct platform (e.g., MyClevelandClinic) for the visit. The room is available Monday through Friday from 8 a.m.-4 p.m.

For more about virtual visits and the MyClevelandClinic app, visit clevelandclinic.org/virtualvisits.

1 Akron General Ave., Akron, OH 44307
akrongeneral.org



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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

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