Well Ahead in Your Community Free Blood Pressure Screenings

Main Line Health Screen Team members will be on hand at the following locations to perform blood pressure screenings for members of our community. Nurses will also have available Stroke Risk Assessments and vouchers for Free Cholesterol Screenings at Riddle Hospital.

Aston Community Center

3270 Concord Road Aston. PA 19014

10 am - 12 pm 4th Thursday of the month from September to May January 26 February 23 March 22

Walmart

605 Conchester Highway Boothwyn, PA 19061

10 am - 12 pm 1st Monday of every month

January 3

Please note: This meeting is being held on a Tuesday due to the New Years Holiday.

February 6 March 5

Brookhaven Municipal Building

2 Cambridge Road, #100 Brookhaven, PA 19015

10 am - 12 pm 2nd Monday of the month from September to May January 9 February 13 March 12

Media

Riddle Hospital 1068 West Baltimore Pike Media, PA 19063

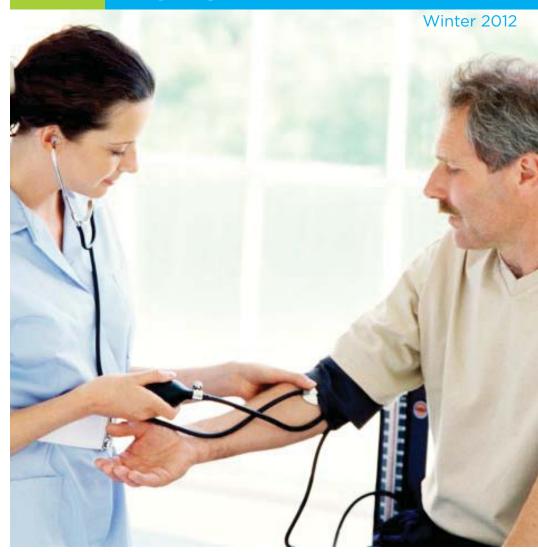
12 - 2 pm 3rd Wednesday of every month in the Main Lobby January 18 February 15 March 21

Rocky Run YMCA

1922 West Baltimore Pike Media. PA 19063

9 - 11 am 2nd Wednesday of every month January 11 February 8 March 14

Helping Hands Newsletter





Well ahead.™

Breast Cancer Survivors Network

Administrative Annex

This group is for women facing breast cancer and focuses on staying positive and healthy through the support of others. January 3 5:30 pm February 7 5:30 pm March 6 5:30 pm

Cancer

Health Center 1 Conference Room

This group is open to patients with all types of cancer. Please call 484.227.4480 with any questions. January 10 & 24 1 pm February 14 & 28 1 pm March 13 & 27 1 pm

Depression Bipolar Support Alliance (DBSA)

Health Center 4 Conference Room 2

Just getting out of bed in the morning can be a daily battle for some people. Those seeking support, their family, and friends are welcome to join us in this comforting atmosphere. For more information, please call 484,442,0086 or e-mail dmda562@msn.com.

January 2, 9, 16, 23 & 23 7 pm On January 2, this group will meet in the Nursing Classroom on the 3rd floor of the main hospital. Please enter the building by the Emergency Room and take the elevators to the 3rd floor.

February 6, 13, 20, 27 7 pm On February 6. Richard Shafto. MD. will address the group in a Question and Answer discussion of Bipolar and Depressive Disorders.

March 5, 12, 19 & 26 7 pm

Diabetes

Health Center 4 Conference Room 2 Please call 484.227.3769 for more information. All are welcome. January 4 7 pm February 14 1 pm March 7 7 pm

Epilepsy

Health Center 3 Community Ed Center

The Epilepsy Foundation of Eastern Pennsylvania Delaware County Support Group is a meeting for individuals affected by epilepsy/ seizure disorders and their family and friends who share the impact of epilepsy in their lives. This group is organized to provide an avenue for individuals experiencing similar life events to gather, share and learn in an information setting.

January 18 6 pm

On January 18, Jaime Spinell Zuckerman, PsyD, Clinical Psychologist, Center for Neuroscience at Riddle Hospital, will speak on "Mood and Epilepsy."

February 15 6 pm

On February 15, Joyce Liporace, MD, Director, Women's Health and Epilepsy Program. Center for Neuroscience at Riddle Hospital will speak on "New Antiepileptic Medications." March 21 6 pm

Grief

Health Center 1 Medical Library

This is a structured, eight-session program designed for individuals who have lost a person close to them within the past twelve months. Please contact 484.227.3929 to register for the next session. February 1 & 15, March 7 & 21, April 4 & 18. May 2 & 16 2:30 pm

Mature Driving National Safety Council

Health Center 3 Community Ed Center This course addresses the specific challenges of drivers over the age of 55. All classes are filled on a first come, first serve basis. If you just need the Renewal Course. please attend Day 1 only and bring proof that you have attended an 8-hour course previously (certificate of completion, cancelled check, insurance statement. etc.) Cost is \$15 per person and checks need to be made payable to "DVSS." Preregistration is required.

February 21 & 22 9 am

FREE Maternity Tours

Hospital Main Lobby

A free tour of The Birthplace at Riddle includes a tour of the labor and delivery area, postpartum unit, and newborn nursery. Due to limitations, the participation of children is not permitted. January 27 6:30 pm February Date & Time TBD March Date & Time TBD

Prenatal Breastfeeding Health Center 3 Conference Room 1

This informational class is designed to help you understand the nursing process and to learn the steps to successful breastfeeding. The class also enables you to get answers to any questions you may have. Partners are highly encouraged to attend. Cost is \$40. January 23 7 pm

March 26 9 am

Preparing for Childbirth

Series & 1-Day Classes

Health Center 3 Conference Room 1

Preparation for labor and delivery is offered in this Lamaze-type class. A tour of The Birthplace is included. You should schedule for this course at approximately eight months of pregnancy. Class size is limited! Please enroll early. Cost is \$100 per couple.

January 21 9 am February 1, 8 & 15 7 pm February 11 9 am March 10 9 am

Sibling Preparation Class

Health Center 3 Conference Room 1 This class is designed to help your child(ren) learn about becoming a big brother/sister. All children must be accompanied by an adult. This class is designed for children 3 - 10 years of age and should be taken close to your due date. Cost is \$30 for the first child and \$10 for each additional child. January 28 10:30 am

SmokeFREE

This is Main Line Health's FREE sixsession behavior modification program aimed at helping you guit smoking for good. Participants may be eligible for free nicotine replacement therapy (patch. lozenge, or gum). This Southeastern Pennsylvania (SEPA) Tobacco Control Project is supported by the Health Promotion Council and funded through a grant from the Pennsylvania Department of Health. Tom Corbett. Governor. Preregistration is required. To register or for more information about this or our support group (Quit For Life), please call 484.227.3635.

January 3, 10, 17, 24, 31 & February 7 12:30 pm Conshohocken Library 301 Fayette Street, Conshohocken, PA 19428 | Lukens Room January 3, 10, 17, 24, 31 & February 7 6 pm

Radnor Fire Company 121 South Wayne Avenue, Wavne, PA 19087 | 2nd Floor Meeting Room

January 5, 12, 19, 26, February 2 & 9 6 pm Riddle Hospital 1068 West Baltimore Pike, Media, PA 19063 | Health Center 4, Conference Room 2

January 24, 31, February 7, 14, 21 & 28 6 pm Springfield Library 70 Powell Road, Springfield, PA 19064 | Basement

Unless otherwise noted, please contact us at 1.866.CALL.MLH (225.5654) or visit us online at mainlinehealth.org/riddle or for more information.

Baby & You Series

Health Center 3 Conference Room 1 These classes provide information on the many aspects of baby care, as well as parenting skills. Some physical and emotional aspects before and after the baby arrives will also be discussed. Best taken during the middle months of pregnancy. (Highly recommended for firsttime parents). Please enroll early. Cost is \$90 per couple.

January 4, 11 & 18 7 pm March 7, 14 & 22 6:30 pm

Basic First Aid Class

Health Center 3 Community Ed Center This Emergency Care & Safety Institute course covers basic first aid including bleeds, burns, and fractures for adults. children, and infants. Participants receive a three-year certification upon completion. Cost is \$40. Pre-registration with payment is required.

February 11 9 am

CPR Healthcare Provider Health Center 3 Conference Room 1

This two-night course covers CPR and obstructed airway care for adults, children. and infants and includes one and two person CPR. It is designed for any licensed or certified provider such as physicians. nurses, lifeguards, and EMS personnel. Cost is \$75 and pre-registration with payment is required. January 16 & 17 6:30 pm March 5 & 6 6:30 pm

CPR Healthcare Provider Recertification

Health Center 3 Conference Room 1

This American Heart Association one-night course is geared towards recertifying the professional rescuer. You will need to bring vour unexpired CPR card to class with you. Cost is \$65. Pre-registration with payment is required.

February 21 6:30 pm

CPR Heartsaver AED

Health Center 3 Conference Room 1 This American Heart Association course teaches CPR and AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Participants receive an American Heart Association certification upon completion which is valid for two years. Cost is \$75 and pre-registration with payment is required. February 6 & 7 6:30 pm

Diabetes & You Daytime &

Evening Programs

Health Center 4 Conference Room 2 Riddle is pleased to offer these programs designed to help members of the community gain better management of their diabetes. Cost is covered by most insurance companies. For more information, please call 484.227.3769. January 10, 17 & 24 6:30 pm January 11, 18 & 25 12:30 pm February 7, 14 & 21 6:30 pm February 8, 15 & 22 12:30 pm March 6, 13 & 20 6:30 pm March 7. 14 & 21 12:30 pm

Emergency Medical Services Continuing **Education Program**

Health Center 3 Community Ed Center Participants at these programs will receive CE hours. To register or for more information, please call 484,227,4407. January 4 7:15 - 10:15 pm BSI & Infection Control 2 CE hours (.5 M/T)

February 1 7:15 - 9:15 pm Trauma Rounds 2 M/T CE hours

March 7 7:15 - 8:15 pm Stroke Alert 2 M/T CE hours

Mature Driving AARP

Health Center 3 Community Ed Center

This Driver Safety Program addresses the specific challenges of drivers over the age of 55. All classes are filled on a first come, first serve basis. This is a renewal course only and you must bring proof that you have attended an 8-hour course previously (certificate of completion, cancelled check, insurance statement, etc). Cost is \$12 per person for AARP Members and \$14 per person for Non-Members. March 7 12 pm

Lupus

Health Center 3 Community Ed Center

Join us in a comforting atmosphere to talk about any aspect of Lupus; how it makes you feel, how it changes your outlook, and how it affects those around you. March 3 10:30 am

Main Line Mothers of Multiples

Health Center 3 Conference Room 1 This group offers parents of multiples a network of support and socialization, focusing on child development and parenting issues. All are welcome! January 19 7:30 pm February 16 7:30 pm March 15 7:30 pm

Ostomy

Health Center 3 Community Ed Center

A certified wound, continence Nurse Practitioner chairs this meeting which offers professional education, ostomates feedback and support, and a quest speaker who touches on pertinent topics at scheduled meetings. This group provides the opportunity for support, lively discussions, product information, and resources. Join us for our monthly discussions. All are welcome!

January 11 6:30 pm February 8 6:30 pm March 14 6:30 pm

Perinatal Bereavement

Health Center 3 Community Ed Center

This group is for anyone who has experienced a miscarriage, ectopic pregnancy, still birth, or infant death. Join us in this comforting atmosphere. To register, please call 1.888.488.6483.

January 16 7 pm February 20 7 pm March 19 7 pm

Quit for Life

Health Center 1 Conference Room This support group is for individuals who have quit smoking and want to stay smoke free. For more information, please call 484.227.3635. January 16 7 pm February 6 & 20 7 pm March 5 & 19 7 pm



Look Good. Feel Better

Tuesday, January 17 5 pm Women undergoing treatment for cancer are invited to join us for this program developed by the American Cancer Society, the Cosmetic, Toiletry, and Fragrance Foundation, and the National Cosmetology Association. Learn the latest make-up tips as well as information on wigs, head wraps and more! Each participant will receive a personal beauty kit to take home. This is a free program, but pre-registration is reauired.

All sessions of Look Good, Feel Better will be held in the Community Ed Center.

For more information or to register, call 1.866.CALL.MLH (225.5654) or visit us online at mainlinehealth.org/riddle.





This NEW monthly event will feature dinner and an informative presentation about healthy living for older adults. These are held on the 4th Wednesday of every month at 4:30 pm in the Cafeteria on the ground floor of Riddle Hospital. Cost is \$6 per person.

January 25 Nutrition & Exercise by Lynn Nichols, RD, LDN, CDE, and Katy Coughlin, BS Chicken Cacciatore with Pasta

February 22 Heart Health by Richard R. McCurdy, Jr., MD Baked Buffet Ham

March 28 Save Your Vision by Lee Mielcarek, Jr., MD, FACS, Eileen Dickson Mielcarek, RN, COE, and Lacey Morgan, ABOC Chili Bread Bowl

Reservations are a must! For more information or to register, please call 1.866.CALL.MLH (225.5654)

HeartSmart 2012 | February 29

Understanding Chest Pain 10 - 11 am

In your lifetime, it's likely that you will experience some sort of chest pain. Join us for a lively discussion about the warning signs and treatments for situations you may encounter.

Health Fair 11 am - 1 pm

Join us for our annual HeartSmart health fair. This event features valuable health information, free health screenings and refreshments!

Food For the Heart 1 - 2 pm

Come ready to sample some treats and join us for a cooking demonstration run by our health conscious team at Riddle. They will teach how to cook some heart healthy meals.

Pre-registration is required for each event and all will be held in Health Center 3. To register please visit us online at mainlinehealth.org/riddle or contact us at 1.866.CALL.MLH (225.5654). More information is available online and will be available in the Town Talk Newspapers closer to the event.

4 Helping Hands **Winter 2012 Winter 2012** Helping Hands **5**