

# Find it here.

From special events and health screenings to educational services, you'll find convenient health care here.



## September 2017

### Community Screenings/Events

**Let's Move Our Numbers**—Could you have a cluster of risk factors that greatly increase the possibility that you will develop heart disease, diabetes or stroke? These risk factors are called Metabolic Syndrome, and you can determine if you have them by scheduling your screening and a personal 30-minute session with an RN. Appointment includes: screenings (finger-stick blood glucose & cholesterol, blood pressure, waist circumference, and BMI/Fat analysis), education, hand-outs and a discussion on next steps. Fasting is required for 12 hours prior to your appointment. Screenings are held the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month.

**Dates & Time:** September 6 and 20, 8-10 a.m.

**Location:** Presence Mercy Medical Center Health Institute, 1975 Melissa Lane, Aurora

**Cost:** FREE!

**Registration with appointment required:** Call 877.737.4636

**Colorectal Cancer Screenings** - Colorectal cancer is the second leading cancer killer in the United States. It is preventable and treatable if caught early! Presence Mercy Medical Center is offering a fecal occult blood test for colorectal cancer screening to keep our community healthy.

You should be screened if you're a man or woman and you're 50 to 75 years of age and haven't had a colonoscopy in the last ten years or an FOBT (Fecal occult blood test) in the last year. If so, you may receive a free FOBT take-home testing kit.

For more information please contact, Elaine Springer, Community Health Nurse, at 630.907.1129.

### **Aurora Farmer's Market Screenings**

**Saturday, September 9 and 23, 8–11 a.m.** Blood Pressure Screenings, Type 2 Diabetes Risk Scorecard (Interview only) & Stroke Risk Scorecard (Interview only).

**Location:** Aurora Transportation Center Rt. 25, Aurora

**Cost:** FREE! No registration required.

### **AARP Safe Driver Workshop**

This is a 2-day class. **September 25 and 26, 1:00-5:00 p.m.** (both days)

**Location:** 1975 Melissa Lane, Aurora.

**Cost:** \$15 for AARP members w/card & \$20 for non-members, payable by check only first day of class. Registration required.

Call 1-877-737-4636

### **Take Charge of Your Health Workshop**

Developed by Stanford University, this program has been proven to help adults with ongoing health conditions such as arthritis, high blood pressure, heart disease, COPD and diabetes. Find practical ways to deal with pain and fatigue. Discover better nutrition and exercise choices and learn better ways to talk with your family and doctor about your health.

Free six-week workshop to be held every Tuesday from 9:30 am-12:00 pm,

**October 10th—November 14th.**

**Location:** St. Katharine Drexel Catholic Church, 8s055 Dugan Rd., Sugar Grove 60554 (Room 103)

**Cost:** Free. Resource book, valuable for anyone living with a chronic illness, also provided free. Registration required. Call 1-877-737-4636

### Diabetes Education

#### **A-list: Achieving Good Health Diabetes**

**Prevention Program**—If you have certain risk factors, including high blood pressure, high cholesterol, are overweight or physically inactive, you could be at risk for developing Type 2 diabetes. Meet with a certified diabetes educator and a registered dietitian and learn how to achieve good health. Call 630-897-4000 to register.

**Location:** 1975 Melissa Lane, Center for Diabetic Wellness

**Cost:** Free

**Life with Diabetes Program**— If you have been recently diagnosed with diabetes or are in need of more information on how to better manage your diabetes, ask your health care provider for a referral to our program. Call 630-897-4000.

**Location:** Presence Mercy Medical Center Health Institute—1975 Melissa Lane, Aurora, Center for Diabetic Wellness

### Pre-Surgical Joint Class

**Total Joint Class:** For patients who are interested or scheduled for total joint replacement. Sessions taught by RN, PT and Case Manager. **Wednesday, September 6, 9—10:30 a.m.** and **Wednesday, September 20, 6—7:30p.m.** Classes are held at Presence Mercy Medical Center in the Surgical conference room. This joint program is accredited by *The Joint Commission*. For more information call 877-737-4636

### Cardiac Education & Support Groups

**Cardiac Wellness**— Cardiac nurses discuss the heart and vessel system and things that can affect it negatively, such as blood pressure, cholesterol and stress. **Wednesday, September 6, 10—11:30 a.m.** Presence Mercy Medical Center -Moore Conference Room. Register at 630-801-2798

**Stroke Survivors Support Group**—Join a friendly, supportive environment where stroke survivors and their families can share their experiences of coping with a stroke. Meetings feature speakers, educational material, outings & social activities. **Wednesday, September 6, 11:30 am–1:30 pm,** Presence Mercy Medical Center, Moore Conference Room (Bring a sack lunch!). For more information call 630.801.2686

**Heart Failure**— Discuss early symptom recognition and learn ways to manage this disease through lifestyle modifications.

**Wednesday, September 27, 10-11 a.m.,** Presence Mercy Medical Center— Moore Conference Room. Register at 877-737-4636.



## **Bereavement (Fox Valley Hands of Hope)**

**Next Steps** – This monthly drop-in support group allows individuals who have lost a spouse or life partner discuss grief issues in a safe, welcoming and nurturing environment. Meets the **second Thursday of each month** at 6:30 to 8:00 p.m. at Fox Valley Volunteer Hospice. Registration is required in advance by calling 630-232-2233.

**M.A.L.E.S.**—(Men After a Loss Expressing Themselves Safely) We realize that grieving can be particularly difficult for men who are expected to be “strong” and often bottle up their feelings. Many men who appear to be adjusting well to the death of their loved one may be suffering silently. M.A.L.E.S. helps men grieve by allowing them to freely express their thoughts and feelings with other men. Coffee and donuts are provided. This group meets at Fox Valley Hands of Hope’s facilities in Geneva on the **Second Saturday of each month** at 9 a.m. To register, please contact Christy Pitol, phone: 630.232.2233, extension 230 e-mail: cpitol@fvhh.net

### **Support Groups**

*(Support groups are located at Presence Mercy Medical Center, 1325 North Highland Ave. Aurora)*

**AA Big Book Study Group—Fridays** from 9-10 a.m. Presence Mercy Medical Center , Bennett Conference Room.

**AA Penthouse Group - Mondays** from 7-8 p.m. Presence Mercy Medical Center , Atrium

**AA Special Group Soul Steppers - Saturdays**, from 10:30-11:30 a.m. Presence Mercy Medical Center , Bennett room.

**AI-Anon - Wednesdays** from 7:30-8:30 p.m. Presence Mercy Medical Center , Buckley room.

**AI-Anon AFG Group -Fridays** from 8-9 p.m. Presence Mercy Medical Center , Bennett room.

**AI-Anon Serenity Group -Mondays** from 7-8 p.m. Behavioral Health building, Dunleavy room.

**Ala-Teen Support Group - Wednesdays** from 7:30-8:30 p.m. Presence Mercy Medical Center, Bennett room.

**Cocaine Anonymous—Mondays**, 6-8:30 p.m. Presence Mercy Medical Center , McAuley room. **Thursdays**, 7:30-9 p.m. Presence Mercy Medical Center, Buckley room.

**Compassionate Friends - Second Friday** of each month from 7:30-10 p.m. Behavioral Health building, Dunleavy room.

**DBSA Support Group—Tuesdays**, 6:30-8:30 p.m. Behavioral Health building, Dunleavy room.

**Families Anonymous—Support** for families of narcotic addicts. **Mondays** from 7:30-9:00 p.m. Behavioral Health building, Walsh room

**Fox Valley Ostomy Support Group—Second Tuesday** of each month from 6:30-9:00 p.m. Presence Mercy Medical Center, Moore room.

**Gamblers Anonymous - Mondays** from 7-9:30 p.m. Presence Mercy Medical Center Moore Conference Room.

**MS Support Group - Second Saturday** of each month, 10-11:30 a.m. Behavioral Health building, Walsh/Dunleavy Conference Rooms.

**Narcotics Anonymous—Fridays**, 7-9 p.m. Presence Mercy Medical Center, McAuley/Buckley rooms.

**NAMI Family Member Support Group—Third Tuesday** of each month from 7-8:30 p.m. Presence Mercy Medical Center, Bennett Conference Room.

**NAMI Recreation Group—Thursdays**, 1—3 p.m. Presence Mercy Medical Center, Dunleavy Room.

**Overeaters Anonymous— Thursdays**, 7-9 p.m. Presence Mercy Medical Center, Moore conference room

**Providence House Alumni - Second and fourth Saturday** each month from 11:30am-12:30pm , Presence Mercy Medical Center , Bennett Conference Room.

**Sunday Open AA Meeting—Sundays** from 9-10 a.m. Presence Mercy Medical Center , McAuley/Buckley room.

## **Additional Resources**

**Physician Referrals**—With one phone call, our Info Line Navigators can help you find a doctor, and even request an appointment for you. Call **877-737-4636 (INFO)** Monday-Friday from 8 am-8pm and Saturday from 8 am –12 pm.

**Advance Directives & Power of Attorney**—In a Durable Power of Attorney for Healthcare you appoint an agent who is empowered to speak for you on medical matters at any time you are unable to speak for yourself. Call **630-859-2222**, ext. 2615.

**Presence Home Care**—Provides skilled nursing; physical, occupational and speech therapies; medical social services, and personal care assistance. We are a Medicare certified agency. Call **847-931-5553** for information.

**Schedule your Mammogram!** - Think you can't afford it? Think again. You may qualify for a free mammogram! We are proud to partner with A Silver Lining Foundation and cancer crusader Dr. Sandy Goldberg, to bring free mammograms to uninsured patients in the Fox River Valley area. **Call** 312-345-1322. **Ask** about diagnostic testing at Presence Saint Joseph Hospital. **Access** quality care thanks to our partnership with Dr. Sandy Goldberg and A Silver Lining Foundation.

**When there's urgency, but no emergency.** Through our joint venture with Physicians Immediate Care and Presence Health, you can see a physician the same day.

**physicians**  
immediate care™

Affiliated with  
**Presence Health**®

[www.visitphysicians.com](http://www.visitphysicians.com)