

# Find it here.

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



## September 2018

### 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 first and third Wednesday of each month.**

**Dates & Time:** **September 5 & 19**, 8-10 am  
**Registration with appointment required:**  
**Call 1-877-737-4636**

**Location:** PPMC Health Institute, 1975 Melissa Lane, Aurora

**Cost:** FREE!

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

**September 8 & 22**, 8-11:00 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.

### **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 2—November 6**

**Location:** PPMC Health Institute, 1975 Melissa Lane, Aurora (2<sup>nd</sup> floor education room)

**Cost:** **Free.** *Living a Healthy Life with Chronic Conditions*, an invaluable resource book for anyone living with a chronic illness, also provided free.

**Registration required. Call 1-877-737-4636**

### **AARP Safe Driver Workshop**

**This is a 2-day class**

**September 24 & 25**, 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

### Behavioral Health

#### **Mental Health First Aid -On Site Trainings**

Presence Health offers Mental Health First Aid (MHFA) trainings to organizations in the community. Groups may choose the Adult MHFA version or the Youth MHFA version for those working with adolescents age 12-18. Both versions include Power Point presentations, films, group discussions and interactive activities which can be taught in an 8-hour day. We require a minimum of 20 participants to host a workshop. All materials are provided for all participants. Workshops are available in English or Spanish.

Mental Health First Aid is an 8-hour course that was developed to help members of the general public support adults and adolescents who are developing mental health problems or experiencing a mental health crisis. The training is especially beneficial to professionals and people working with the public so as to feel more confident assisting individuals with mental health-related problems.

Space is limited.

Registration required.

Training is free. All materials provided.

Complimentary Breakfast and Lunch.

8.0 CEUs available.

For more information, contact Maria Aurora Diaz at 630.801.5756

MariaAurora.Diaz@presencehealth.org

### Diabetes Education

**Living 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

### 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 5**, 10:00—11:30 am  
Presence Mercy Medical Center—Moore Conference Room.  
Register at 630-801-2798

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

**Wednesday, September 26**, 10-11 a.m.,  
Presence Mercy Medical Center—  
Moore Conference Room.  
Register at 877-737-4636.

### **Stroke Survivors Support Group**

Join a friendly, supportive environment where stroke survivors and their families can share their experiences of coping with a stroke. Regular meetings have featured speakers, educational material, outings, social activities.

**Meetings are the 1<sup>st</sup> Wednesday of each month**, 11:30 am to 1:30 pm

Presence Mercy Medical Center  
Moore Conference Room

(Bring a sack lunch!)

For more info, call Lorry at 630-801-2686

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**ILLINOIS HELP LINE FOR OPIOID AND OTHER SUBSTANCES:**  
1-833-2 FIND HELP

**NORTHERN KANE COUNTY CRISIS LINE:**  
847-697-2380

**NATIONAL SUICIDE PREVENTION LINE:**  
800-273-8255



**Bereavement (Fox Valley Hands of Hope)****M.A.L.E.S. (Men After a Loss Expressing themselves Safely)**

This drop-in group, for men who are grieving the death of a loved one, meets once a month at FVHH. Grieving can be particularly difficult for men, because they are expected to be strong — a pillar for everyone close to them. M.A.L.E.S. provides a forum where they can “let go” and freely express their thoughts and feelings with other men who are experiencing the same challenges. Coffee and donuts provided. For more information call (630) 232-2233 **Meets the second Saturday of each month**

**Herbie's Friends**

A program to help grieving families cope with loss, grief and death. Herbie's Friends, for families with children ages 5 to 18, creates a safe environment where participants who have experienced a loss can share their thoughts, feelings and stories with others who have had similar experiences. They will enjoy a meal together followed by a variety of children's activities including games, art, drama and puppetry, which are used to encourage expression of feelings. For more information and to register call Jill Thorson at (630) 232-2233. **TBD**

**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 , Moore Conference Room.

**AA Meeting—Fridays** from 8-9:30pm, Presence Mercy Medical Center, Atrium,  
**Wednesdays** from 6-7pm, 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 Conference Room.

**Al-Anon - Wednesdays** from 7:30-8:30 p.m. Presence Mercy Medical Center , Buckley Conference Room.

**Al-Anon, AFG Group—Fridays** from 8-9 p.m. Presence Mercy Medical Center , Bennett Conference Room.

**Al-Anon Serenity Group—Mondays** from 7-8 p.m. PMMC Behavioral Health Building, Dunleavy Room.

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

**Cocaine Anonymous—Mondays**, 6-8:30 p.m. Presence Mercy Medical Center, Buckley Conference Room.

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

**DBSA Support Group—Tuesdays**, 6:30-8:30 p.m. PMMC Behavioral Health Building, Dunleavy Room.

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

**Family Night Discussion Group for IOP Patients and Families—Thursdays** from 8-9pm, Behavioral Health Building, Dunleavy Room. *Al-Anon encouraged to attend.*

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

**Gamblers Anonymous - Mondays or Wednesdays** from 7-9:30 p.m. Presence Mercy Medical Center, Buckley Conference Room.

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

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

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

**Overeaters Anonymous— Thursdays**, 7-9 pm Presence Mercy Medical Ctr, Moore Conf. Rm

**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 Conference 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-Fri from 8am-8pm and Sat. 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.

**Rainbow Hospice and Palliative Care** is the preferred hospice provider of the Presence Health System. We provide compassionate hospice and palliative care services wherever our patients consider home, bereavement support, and education. We serve nine counties in Illinois. Available 24/7 at **847-685-9900**.