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



October 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: **October 3 & 17**, 8-10 am
Registration with appointment required:
Call 1-877-737-4636

Location: PMMC Health Institute, 1975 Melissa Lane, Aurora

Cost: FREE!

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: PMMC Health Institute, 1975 Melissa Lane, Aurora (2nd 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

Flu Shot Clinics— Presence Mercy Medical Center will be holding flu shot clinics in several off-campus sites. Flu shots will be available for **\$20** to adults 18 years of age or older. Forms of payment accepted are cash, check and Medicare (credit and debit cards not accepted). If paying by Medicare, please bring your Medicare card with you to the clinic. Sites, dates & times subject to change.

Mon, Oct. 8, 10:00 am-12:00 pm—Aurora Interfaith Food Pantry, 1110 Jericho Rd, Aurora

Tues, Oct. 9, 11:00 am-1:00 pm—Main Baptist FTN luncheon, 814 E. Galena Blvd, Aurora

Thurs, Oct. 11, 9:00-11:00 am—Two Rivers Food Pantry, 1661 Landmark Rd, Aurora

Sun, Oct. 14, 8:15 am-12:15 pm—Our Lady of Mercy Church, 701 S. Eola Rd, Aurora

Fri, Oct. 19, 1:00-3:00 pm—Marie Wilkinson Food Pantry, 834 N. Highland, Aurora

Sat, Oct. 20, 8:30-11:00 am—Marie Wilkinson Food Pantry EAST, EAHS, 500 Tomcat Lane, Aurora

Sun, Oct. 21, 8:00-11:00 am— St. Katharine Drexel Church, 7S558 Dugan Rd, Sugar Grove

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, October 3**, 10:00—11:30 am

Presence Mercy Medical Center—Moore Conference Room.

Register at 630-801-2798

Pulmonary Wellness—Learn how to optimize your lung power in this class which features support and education tailored for people with chronic lung illnesses such as pulmonary fibrosis or COPD. Class meets

Wednesday, October 17, 1:30 to 3 p.m. in the Bennett Conference Room at Presence Mercy Medical Center.

For more information call 630-801-2798.

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 1st 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

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. PPMC 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. PPMC Behavioral Health Building, Dunleavy Room.

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

Families Anonymous—Support for families of narcotic addicts. **Mondays** from 7:30-9:00 p.m. PPMC 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. PPMC 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**.