



Jefferson Regional provides wellness programs to help you keep those New Year's Resolutions!

If your plans for the New Year include weight loss or smoking cessation, you're not alone. Both are on the list of Top 10 New Year's resolutions, according to the Centers for Disease Control and Prevention. Jefferson Regional Medical Center has healthy living options in your community to help you meet your New Year's goals:

In West Mifflin ...

**Dean Ornish Program
2033 Lebanon Church Road**

Popular year-long lifestyle modification program designed to manage heart disease through nutrition, stress management, exercise and group support.

New sessions start Monday, Jan. 19 or Tuesday, Feb. 10, 5 to 9 p.m. *Call 888-676-4744 to register.*

In Pleasant Hills ...

**Jefferson Regional Wellness Center
712 Clairton Boulevard**

Eat Well for Life: four-week nutrition education program starts Feb. 3, 6:30 to 8 p.m. Free for Highmark insurance members; \$65 for Non-Highmark members. *Call 412-469-7100 to register.*

In Whitehall ...

**Jefferson Regional Counseling Center
Caste Village Mall, Suite M123**

Kick the smoking habit at a free lunch-time seminar, Psychological Methods for Weight Management and Smoking Cessation, on Jan. 12, 11:30 a.m. to 12:30 p.m. with Joseph Cvitkovic, PhD. Free CD to participants. *Call 412-469-7100 to register.*

In Jefferson Hills ...

**Nutrition Link
Jefferson Regional Medical Center
565 Coal Valley Road**

One-on-one nutrition counseling with a registered dietitian certified in diabetes education. *Call 412-469-7001.*

In Bethel Park ...

**Jefferson Regional Health Pavilion
1000 Higbee Drive**

Keep your blood pressure in check at free monitoring and medication sessions conducted by the Pharmacy staff of Jefferson Regional, supported by Duquesne University, on selected Tuesdays from 9 a.m. to noon, lower level entrance. No registration necessary.

**You're Invited
Ornish Open House**

Attend a free Open House at our new West Mifflin location.

Tuesday, Jan. 20, 5 to 8 p.m.

*2033 Lebanon Church Road
(next to FedEx OfficeSM)*

- Meet with health professionals.
- Learn about **DrDeanOrnish**
PROGRAM for reversing heart disease

Call 412-469-7100 to register to attend.

If You Don't Understand, Ask!

At Jefferson Regional, our goal is to encourage patients to ask questions. To do that, we developed the "Speak Up" program to break down barriers and improve patient and family education upon admission. By following these guidelines, you can "Take Health Matters into Your Own Hands:"

- Ask questions, even if you feel embarrassed.
- Expect physicians and caregivers to clean their hands before they provide care to you.
- Write down questions to ask your caregivers.
- Speak up and participate in your care.

For additional guidelines, go to www.jeffersonregional.com, under "Headlines."

Automated Parking System Starts in January

Beginning late January, Jefferson Regional Medical Center patients and visitors who park in the Visitor's Lots (Lots A and B) will be able to pay for parking by using an automated parking payment system.

The rates for parking will not change. The most substantial change is that users will take their parking ticket with them to have it validated prior to returning to their vehicle instead of paying a parking attendant when exiting the lot. Automated pay stations will be available in the main lobby of the hospital building and the South Hills Medical Building lobby.

Automated pay stations accept cash, debit cards and credit cards.

The conversion brings about several enhancements, including a second exit from the parking area near the front of the hospital. The changes are expected to relieve congestion at peak times and will be operational 24 hours a day, seven days a week.



Your

Take Health Matters into Your Own Hands

HEALTH

HEALTH

matters

www.jeffersonregional.com

January 2009

JEFFERSON
REGIONAL MEDICAL CENTER

Jefferson Regional Medical Center CALENDAR OF EVENTS

Insurance Plans: Jefferson Regional Medical Center provides high quality care in partnership with major insurance companies, currently accepting nearly 70 different health insurance plans. For a complete listing, visit www.jeffersonregional.com/insurance. Please call (412) 469-5368 if you have questions about insurance plans.

FREE Health Screenings in Your Community

JEFFERSON REGIONAL MEDICAL CENTER HEALTH PAVILION

1000 Higbee Road, Bethel Park

FREE blood pressure monitoring and medication checks conducted by the Pharmacy staff of Jefferson Regional Medical Center, clinical support provided by Duquesne University, on Jan. 13, 20 and 27 from 9 a.m. to noon, lower level entrance.

WAL-MART PHARMACY, West Mifflin

FREE medication clinic/blood pressure checks from 9 a.m. to noon on Jan. 21 and 28.

FREE Events in Your Community

Dean Ornish at West Mifflin

2033 Lebanon Church Road

FREE Dean Ornish Open House, Jan. 20, 5 to 8 p.m. Get information from an RN, exercise physiologist, registered dietitian, stress management specialist and cardiologist concerning heart disease. Call 412-469-7100 to register to attend.

JEFFERSON REGIONAL HEALTH PROFESSIONALS at

WAL-MART PHARMACY, West Mifflin

Cardiac Rehab Week, Feb. 3, 11 a.m. to 1 p.m.

Pictures of the Heart, Feb. 19, 12:30 p.m. to 2:30 p.m.

COUNSELING CENTER

Caste Village Mall, Suite M123, Whitehall

FREE lunch-time seminars from 11:30 a.m. to 12:30 p.m. with Joseph Cvitkovic, PhD. Call 412-469-7100 to register.

Psychological Methods for Weight Management and Smoking Cessation (Free CD to participants), Jan. 12.

Understanding and Alleviating Depression and Anxiety, Jan. 26.

Smoking Cessation: Psychological Tips, Feb. 9.

Coping with Grief and Loss, Feb. 23.

JEFFERSON REGIONAL MEDICAL CENTER HEALTH PAVILION

1000 Higbee Road, Bethel Park

FREE Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain with a certified orthopedic nurse manager on Jan. 21, 10 to 11 a.m. Call 412-469-7100 to register.

Low-Cost Services and Classes at Jefferson Regional

Diabetes Education: Take Control of Your Diabetes: Four-part series with a certified diabetes educator on Feb. 10 and 17 from 6 to 8:30 p.m. and Feb. 12 and 19 from 6 to 8 pm. Physician referral and registration required. Call 412-469-5234 to register.

Senior Services Computer Classes: Classes include: Buying and Selling on eBay, Jan. 12 and 19, 4:30 to 6:30 p.m.; Basic Computers 1 & 2, Jan. 23 and 30, 9:30 to 11:30 a.m.; VISTA Basic Computers 1 & 2, Feb. 2 and 9, 4:30 to 6:30 p.m.; The Internet 1 & 2, Feb. 6 and 13, 9:30 to 11:30 a.m.; VISTA Basic Computers 3 & 4, Feb. 17 and 24, 4:30 to 6:30 p.m.; E-mail 1 & 2, Feb. 19 and 26, 9:30 to 11:30 a.m. \$45 for two, two-hour sessions. Call 412-469-7099 to register.

AARP Driver Safety: This class has helped millions of drivers over age 50 stay safe on the road. Next available session is Feb. 14, 9 a.m. to 1 p.m.; also March 23 and 24, 9 a.m. to 1 p.m. Jefferson Room. Fee: \$12 for AARP members, \$14 for non-AARP members, payable to AARP. Call 412-469-7099 to register.

Low Cost Services and Classes* in Your Community

Dean Ornish at West Mifflin, 2033 Lebanon Church Road

Dean Ornish Program for Reversing Heart Disease: Year-long insurance-based lifestyle modification program to manage heart disease through nutrition, stress management, exercise and group support. New sessions start Jan. 19 and Feb. 10, 5 to 9 p.m. Call 1-888-676-4744.

JEFFERSON REGIONAL WELLNESS CENTER

712 Clairton Blvd., Pleasant Hills

Personal Nutrition Coaching: Individualized nutritional counseling with a registered dietitian. Free for Highmark insurance members. \$60 for non-Highmark members. Free parking. Call 412-469-7100 for more information.

Discover Relaxation Within: Four-weeks of stress management and relaxation program. Free for Highmark members; \$60 for non-Highmark members. Feb. 2, 9, 16 and 23, 6:30 to 8 p.m. Call 412-469-7100 to register.

Eat Well for Life: Four-week nutrition education program. Free for Highmark members; \$65 for non-Highmark members. Feb. 3, 10, 17 and 24, 6:30 to 8 p.m. Call 412-469-7100 to register.

HOPE Osteoporosis Prevention Education Program: Six-week osteoporosis education program, with a registered dietitian, pharmacist, exercise physiologist and registered nurse. Feb. 4, 11, 18 and 25 and March 4 and 11, 6:30 to 8:30 p.m. Free for Highmark members; \$100 for non-Highmark members. Call 412-469-7100 to register.

FREE Events at Jefferson Regional

Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain with a certified orthopedic nurse manager on Jan. 13, 10 to 11 a.m.; also on Feb. 10, 10 to 11 a.m. Call 412-469-7100 to register.

Sleep/CPAP/BIPAP Open House: Includes free sleep disorder screenings, CPAP/ BIPAP mask fittings and equipment check, and tours of the Sleep Disorder Center. Just walk in, Wednesdays, 7 a.m. to noon, or by appointment. Sleep Disorder Center, Suite 503, South Hills Medical Building. Call 412-469-5981 for details or to make an appointment.

Health for Her: The Focus on Women: Anxiety and Depression, Jan. 22, 5 to 7 p.m., with speakers Karen Saylor, RN, and Nancy Cardinale, RN, who will discuss symptoms of and treatment for both conditions. Call 412-469-7100 to register.

Health for Her: "Green" - The New Red in Heart Health, Feb. 12, 5 to 7 p.m., with Donald Grandis, MD, cardiologist, speaking on how air quality affects heart health. Call 412-469-7100 to register.

Health for Her: Syndrome X - the Silent Heart Killer, Feb. 26, 5 to 7 p.m., with Saul Silver, MD, cardiologist, who will address the risk factors of Syndrome X and the association of Syndrome X and cardiovascular health. Call 412-469-7100 to register.

Look Good, Feel Better: Class focuses on skin care, makeup, hair styling and general well being for women undergoing cancer treatment, The next session is Feb. 4, 11 a.m. to 1 p.m. Call 1-800-227-2345 to register.

*May require a physician order; most insurance plans pay the fee. Co-pays vary.

JEFFERSON
REGIONAL MEDICAL CENTER