

health matters

Christian Hospital &
Northwest HealthCare
Calendar of Activities
March 2006



DIABETES BUSTERS

Get screened now!

Are you one of the six million Americans who have diabetes but don't know it? Diabetes is serious. Left untreated, it can lead to blindness, stroke, kidney failure and amputations. Christian Hospital Diabetes Institute - our region's new center of excellence in diabetes care - is bringing wellness to your neighborhood. Just stop by the Diabetes Busters mobile unit and our quick and easy 5-minute free screening will keep you on the road to great health. Don't take chances - get on board today! For more information or a Christian Hospital physician referral, call 314-747-WELL.



Scheduled Diabetes Busters screenings

March 25, 10 a.m.-3 p.m.
Jamestown Mall -Florissant Valley Chamber Business Fair

March 30, 10 a.m.-6 p.m.
St. Louis Mills - Radiothon for American Diabetes Association

Look for Christian Hospital's new magazine.

Look for our new magazine in your mailbox next month! We're expanding this newsletter into a magazine that will include features on our services, physicians and dedicated staff, community health and wellness programs and all the other things that Christian Hospital provides to help people enjoy life by improving their health.



Health Matters TV Show!

Check out Christian Hospital's *Health Matters* TV show on Charter Communications Channel 10 daily at 2 and 7 p.m.; and on Charter Communications Channel 18 every Monday at 10:30 p.m. Tune in!

For Your Health

Mental Health 314-839-3171
STEPSSM for Schizophrenia Support
314-839-3171
Chemical Dependency Information Group
314-839-3171
Support Groups 314-362-WELL (9355)
Arthritis Support 314-953-6090
BJC Vision Center 314-653-5510
Pain Management Center 314-653-5450
Breathing Center 314-953-6040
Cardiac Wellness Center 314-653-4242
Stroke Support 314-653-4835
Sleep Disorders Center 314-953-6774
Congestive Heart Failure Education & Support Group 314-953-9663
CH Fitness Center 314-653-5697
GMC Fitness Center 314-953-6090

This information has been sent to you because we believe you may have a need or interest in our services. Address changes or mailing list removals should be directed to 314-747-WELL (9355).

This calendar is produced as a service to the community. Please direct inquiries to:

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Christian Hospital - 314-653-5000
Northwest HealthCare - 314-953-6000
www.christianhospital.org

We're
your
hospital

Christian Hospital

BJC HealthCareSM

March

Call 314-747-WELL for information or to find a doctor.



Lectures, Events & Classes



Registration is required.
Call 314-747-WELL (9355)

BREATHE

Designed for people with pulmonary disease – focus on stretching, strengthening, balance coordination and endurance exercises, posture, deep breathing and relaxation. Classes meet for six-week sessions, twice a week for one hour.

Call 314-953-6090 for class dates and times. \$30

Suicide Prevention & Intervention

Mental health professionals will discuss warning signs that someone may be contemplating suicide and how to intervene to save a life. This presentation is not a form of counseling or treatment, but teaches lifesaving skills utilizing the QPR (Question, Persuade, Refer) model for suicide prevention. Seating is limited.

Thursday, March 2, 6-7:30 p.m.

NWHC. Free ☎

Overcoming Overeating: Is Food Controlling Your Life?

This presentation features Cindy Fricke, author of “Cindy’s Weight: My Big Fat Story.” She lost over 130 pounds and shares her philosophy on overeating, handling stress and making healthy living a lifelong plan.

Tuesday, March 7, 10-11 a.m.

CH Detrick Building Atrium. Free ☎



Beyond Breast Cancer

A variety of topics are presented, followed by an hour of individual sharing. Mondays, March 13 & April 10, 7-8:30 p.m. NWHC Room 1.

No registration required. Free
Hotline: 314-653-4395



Dealing with Incontinence

Help is here for you or a loved one dealing with incontinence. Learn the latest treatment options.

Speaker: Kent Adkins, MD

Tuesday, March 14, 9-10 a.m.

St. Louis Mills, entrance #2, proceed to store across from Circuit City. Free. ☎

Walk This Way: Treatment Options for Foot Problems

Are problems like arthritis, bunions, calluses, corns and hammer, claw or mallet toes and/or diabetic foot conditions keeping you from enjoying your daily activities? Get the latest on relieving foot problems.

Tuesday, April 11, 9-10 a.m.

St. Louis Mills, entrance #2, proceed to store across from Circuit City. Free. ☎

Cholesterol Screening

(total with triglycerides, fasting required)

Thursday, March 16, NWHC;

Thursday, April 20, CH OASIS Office in Detrick Building

8-11 a.m. \$20 ☎

Yoga

Yoga can strengthen and rejuvenate the body without straining muscles and bones. Practice yoga at your own level as you learn to calm your mind, increase your concentration and enhance your ability to cope with stress.

CH: Mon. & Wed., March 6-April 12 and April 17-May 24, 5:30-6:30 p.m.

NWHC: Mon., Wed. & Fri., March 10-April 7 and April 10-May 5, 9-10 a.m.; Fri., April 7-June 23, 6-7 p.m.

\$60 for 12 sessions.

For more information and to register, contact Andy Headrick at 314-653-5697.



Hip Arthroscopy: A Less Invasive Approach

Learn about the newest procedures available to treat certain conditions that cause pain in the hip joints. Could you be a candidate?

Speaker: Jody Jachna, MD

Wednesday, March 15, 9-10 a.m.

Jamestown Mall Community Room

Free ☎

Exercise and Mental Health

Moderate exercise can improve your mood, energy level and mental focus. Learn techniques to relieve stress and improve your mental health.

Wednesday, April 19, 9-10 a.m.

Jamestown Mall Community Room

Free ☎

Memory – the Long and Short of It

Presentation on memory, with interactive activities, presented by OASIS. Refreshments and tours available. Space is limited.

Friday, March 17, 1:30-3 p.m.

VNRC. Free. ☎

Village North Wellness Fair – Health for the Whole Person

Not the traditional health fair! Presentations and displays on exercise, nutrition and relaxation. Shuttle services available. Healthy refreshments and tours available. Learn about our exercise and wellness offerings open to non-residents. *Free screenings on the Diabetes Busters mobile unit.*

Friday, March 24, 8:30 a.m.-12:30 p.m.

VNRC, Free. ☎

Pre-registered attendees will receive a gift.

Pilates

Pilates (puh-lah-tees) is a low-impact style of exercise that focuses on the abdominal region, with a secondary emphasis on the lower back and hip area.

Tues. & Thurs., March 30-May 9,

5:30-6:30 p.m.; Sat. April 1-June 17,

9:30-10:30 a.m.

NWHC. \$60 for 12 sessions.

For more information and to register, contact Andy Headrick at 314-653-5697.

CH - Christian Hospital, 11133 Dunn Road

NWHC - Northwest HealthCare, 1225 Graham Rd

VNRC - Village North Retirement Community,

11160 Village North Drive (just west of CH)

Seniors

Village North will be the one stop shop for your downsizing and moving questions. Join our panel discussion and get your questions answered by professionals who specialize in various moving, real estate and estate sale planning services. Refreshments and tours available. Space is limited.

Tuesday, April 4, 5-7 p.m.

VNRC. Free ☎

Confidential Alcohol & Drug Screening

Free, confidential alcohol & drug abuse screenings will be provided.

Thursday, April 6, 10 a.m.-3 p.m.

Christian Hospital's two outpatient Recovery Centers.

- North County Recovery Center
12434 Lusher Rd.

- South County Recovery Center
11200 Tesson Ferry, Ste. 100

Appointments are required. ☎

Village North Spring Open House!

Visit our beautiful campus and see what's new! Tour the apartments and newly remodeled Health Center. Refreshments available. No registration required.

Sunday, April 23, 1-4 p.m.

VNRC. Free ☎

Florissant Valley Family Medicine Open House

Stop by and meet your neighborhood doctors – Amanda Heidemann, MD, and Geoff Rutledge, MD. Free blood cholesterol screenings, helmet, blood pressure checks and attendance prize drawing. *Free screenings on the Diabetes Busters mobile unit.*

Saturday, April 22, 9 a.m.-1 p.m.

Florissant Family Medicine

3528 Patterson Road ☎

Look Good, Feel Better

Anyone currently undergoing or just finishing cancer treatment is invited to experience a free makeover from certified cosmetologists that includes demonstrations on the use of wigs, turbans and scarves, nail care and cosmetics use. Complimentary cosmetics and skin care products provided. Sponsored by the American Cancer Society.

Monday, April 10, 1-3 p.m.

CH Room 2100. Space is limited. ☎

SHAPE (Senior Health And Physical Exercise)

is an eight-week exercise program designed specifically for people aged 55 and older. Physician consent required.

April 24-June 15.

Call for class times and schedules. \$35. ☎

Meet Me at OASIS

This interactive, fun class will take a look at the OASIS program and what it has to offer in educational, volunteer and travel opportunities. Attendees are eligible for a drawing for a free class at one of the OASIS centers through the St. Louis and Alton areas.

Tuesday, April 25, 10-11 a.m.

CH Detrick Building

Free ☎

