

Find it here.

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



August 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 1st and 3rd Wednesdays of each month.

Dates & Time: August 2 and 16, 8-10 am

Location: PMMC 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, August 12 and 26, 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.

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 11, 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.**

Diabetes Education

Diabetes and Pregnancy - If you have been diagnosed with gestational diabetes or have pre-existing diabetes and are pregnant, ask your physician for a referral to the Center for Diabetic Wellness. Controlling your diabetes during pregnancy is the first step toward a healthy delivery. Call 630-897-4000 to schedule your appointment. Location: 1975 Melissa Lane, Center for Diabetic Wellness.

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

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

Pre-Surgical Joint Class

Total Joint Class: For patients who are scheduled for total joint replacement or interested in it. Sessions taught by RN, PT and Case Manager. **Wednesday, August 2,** from 9-10:30 a.m. and **Wednesday, August 16** from 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, August 2** 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, August 2,** 11:30 am–1:30 pm, Presence Mercy Medical Center, Moore Conference Room (Bring a sack lunch!). For more information call 630.801.2686

Stress Management— The destructive effects of stress and how to reverse these by changing your physiology, environment and thoughts. Techniques will be practiced and handouts given. **Monday, August 7,** 10—11a.m., Presence Mercy Medical Center, Buckley Conference Room. Registration required by calling 877-737-4636.

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.



www.visitphysicians.com