

Find it here.

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



March 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: March 7 & 21 8-10 am

Registration with appointment required: Call 1-877-737-4636

Location: PMMC Health Institute, 1975 Melissa Lane, Aurora

Cost: FREE!

Low Back Pain & Sciatica Workshop

Do you have difficulty standing and doing simple chores due to back pain? Do you avoid sitting or walking because the pain will get worse? Come learn what causes lower back pain, what successful treatment looks like and learn a few stretches/exercises to address your back pain! Speaker: Joe King, Physical Therapist, ATC Coffee and light snacks will be available.

Dress attire: Comfy clothes!

Saturday, March 10, 10am - 11am

St. Katharine Drexel Catholic Church Parish Hall
7S055 Dugan Rd., Sugar Grove, IL 60554
Register by calling the parish office at 630-466-0303. Questions? Leave a message for Mary Stola.

Sunday, March 11, 11am—12pm

Bethany Lutheran Church Fellowship Hall
8 South Lincoln St., Batavia, IL 60510
Register by calling the parish office at 630-879-3444. For questions leave message for Mary Stola.

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

13th Annual Aurora African American

Community Health Fair—Everyone is welcome to this event featuring FREE comprehensive health screenings (37 blood tests), a teen & children's health fair, special speakers, health exhibits, local vendors, raffle prizes and give-aways. This year's theme: *Age is Nothing But a Number*. Keynote speaker Ernestine Shepherd, Guinness World Record holder of oldest female body builder.

Saturday, March 24, 8:00 am-1:00 pm

Registration required for health screenings: register online at <https://empowerhealthservices.hpn.com/> and enter client code AAAHF. (Please call 866-367-6974 with any problems registering.) **Screenings will be from 8:00-11:30 am.** Eight-hour fasting required; no food or drink (except water) for 8 hours before screening. Please drink 1-2 glasses of water 1-2 hours before your screening and take any prescribed medications if it is safe to do so without food. Please also complete a Health Risk Assessment when you log in to register.

Let's Get Walking, Kane County!

Join the American Public Health Association's Billion Steps Walking Challenge!

How to register:

- Download the Stridekick App or go to Stridekick.com
- Sign up for an account
- Select your device
- Go to "Find a Challenge"
- Enter code m2E23
- Join the Kane Health Counts Team

The challenge runs **January 1-April 8, 2018** and is open to all residents of Kane County

Questions? Email griswoldleigha@countyofkane.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, March 14, 10:00—11:30 a.m.**

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, April 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.

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 information call Lorry at 630-801-2686

Smoking Cessation

Fresh Start— This **4-week program** is sponsored by the American Cancer Society.

+ Are you a tobacco user?

+ Are you ready to quit?

If you replied YES to both questions, please join this group based cessation program, facilitated by Teresa Bolek, RN. Learn different tobacco cessation plans, set up your personal plan/date and find ways to reduce stress and fight the urge to ever pick up a tobacco product again!

Ask us about Nicotine Replacement Therapy!

Tuesdays: March 6, 13, 20 and 27, 3-4pm

Presence Mercy Medical Center
1325 Highland Avenue, Aurora
Cardiac Rehab Classroom (inside Emergency Room entrance)

Registration required: 877.737.4636

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**

Pathways

This seven-week group addresses issues faced by those who are grieving the death of a spouse or life partner. Emotional support is offered as well as assistance with accepting the death and coping with grief. Registration with a refundable deposit is required. **Tuesday, March 12 - April 24, 2018 6:30 to 8:00 pm**

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 Conference Room.

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

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

AI-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 , McAuley Conference Room. **Thursdays**, 7:30-9 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

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 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. 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.

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.

