



## Walk Your Way To a Healthier You!

The Health for Her initiative at Jefferson Regional will sponsor an eight-week healthy lifestyle program, Women Out Walking (WOW), that is designed to encourage participants to engage in a walking program and strive for a healthy lifestyle. Women Out Walking will begin with a "Put Your Best Foot Forward" program March 18 from 5 to 7 p.m. in the Jefferson Room, Bibro Pavilion, on the Jefferson Regional campus, 565 Coal Valley Road, Jefferson Hills. The speaker will be Thomas D. Baer, DPM, podiatrist at Jefferson Regional. Participants will receive a pedometer and will form walking teams and set individual and group goals.

Weekly sessions from 5 to 6 p.m. on March 25, April 1, 15, 22, 29 and May 6 and 13 will focus on topics related to healthy living, such as "Restaurant Savvy," "Making Healthy, Easy Home-Cooked Meals" and "Moving toward a Mediterranean-type Diet."

There is a \$20 non-refundable registration fee. Comfortable clothes and walking shoes are recommended.

*For more information and to register, call Community Programs at 412-469-7100.*



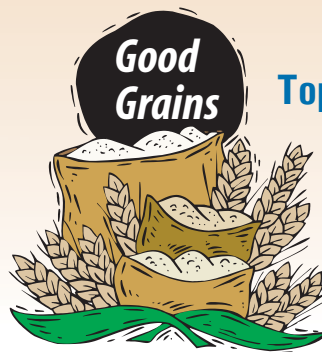
## Free Seminars in Bethel Park Offer Help for Knee and Hip Pain



The Joint Care Center at Jefferson Regional Medical Center now provides monthly free hip and knee seminars at the Jefferson Regional Health Pavilion, 1000 Higbee Road, Bethel Park. Brett Morgan, director of Orthopedic Services at Jefferson Regional, will provide valuable information about the causes of and treatments for knee and hip pain. The next sessions are scheduled Feb. 19 or March 19 from 10 to 11 a.m.

*Call 412-469-7100 to register to attend.*

*Physician Referral can help you find one of nearly 400 primary care doctors and specialists who are members of the Jefferson Regional Medical Staff. Call 412-469-7000.*



## Topic of Bethel Park Event

Food and Nutrition Services at Jefferson Regional Medical Center will sponsor a free community program, "Get to Know Some Good Grains," on March 23 at the Jefferson Regional Health Pavilion, first floor, 1000 Higbee Road, Bethel Park.

A chef from Giant Eagle's Market District and graduate of Pennsylvania Culinary Institute will provide half-hour food demonstrations at 6, 6:30 and 7 p.m. Recipes featuring the grains quinoa and wheat berries will be pre-prepared and available for tasting. A Jefferson Regional registered dietitian and certified diabetes educator will address nutrition-related concerns. Information about the Medical Center's Nutrition Link counseling service and *Take Control of Your Diabetes* outpatient diabetes education program will be available.

*No registration is required. Free parking is available.*

## Pay Your Bill Online

Jefferson Regional Medical Center now offers you the ability to review your account balance and make a payment online using a credit card. It's quick, easy and secure. You will need a copy of your most recent hospital bill showing your account number.



Questions about your bill?

Call 412-267-6462

weekdays from 8 a.m. to 4:30 p.m., or send an e-mail to [patientinquiry@jeffersonregional.com](mailto:patientinquiry@jeffersonregional.com).

## E-Mail a Patient

Send a pick-me-up to a friend or family member who is in the hospital at Jefferson Regional Medical Center by visiting [jeffersonregional.com](http://jeffersonregional.com).



Click on "E-mail a Patient" on the left column and follow the online instructions. Messages are printed and delivered Monday through Friday.

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Take Health Matters into Your Own Hands

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[www.jeffersonregional.com](http://www.jeffersonregional.com)

February 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 including Highmark and UPMC Health Plans, currently accepting nearly 70 different health insurance plans. For a complete listing, visit [www.jeffersonregional.com/insurance](http://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 March 17 from 9 a.m. to noon, lower level entrance.

#### WAL-MART PHARMACY, West Mifflin

FREE medication/blood pressure checks on Feb. 18 and March 4 from 9 a.m. to noon.

### FREE Events in Your Community

#### JEFFERSON REGIONAL HEALTH PROFESSIONALS at

##### WAL-MART PHARMACY, West Mifflin

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

**Pulmonary Rehab Week**, March 12, 11 a.m. to 1 p.m.

**National Sleep Awareness Week**, March 17, 11 a.m. to 1 p.m.

**Colon Health**, March 24, 1 to 3 p.m.

#### COUNSELING CENTER

##### Caste Village Mall, Suite M123, Whitehall

FREE seminars from 11:30 a.m. to 12:30 p.m. Call 412-469-7100.

**Smoking Cessation: Psychological Tips**, Feb. 9

**Coping with Grief and Loss**, Feb. 23

**Weight Management: Psychological Approaches to Eating**, March 9

**Understanding and Alleviating Depression and Anxiety**, March 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 on Feb. 19, 10 to 11 a.m.; also offered March 19, 10 to 11 a.m. *Call 412-469-7100 to register.*

**"Could It be an Allergy? Tests That Will Inform You,"** March 10, 9 a.m. to noon. A representative will answer questions about allergy testing and give tips on allergy triggers and management for children and adults. Sponsored by JRMC Diagnostic Services Lab at Jefferson Regional Health Pavilion. *No registration required.*

### 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 p.m.; also offered March 10 and 17 from 1 to 3:30 p.m. and March 12 and 19 from 1 to 3 p.m. Physician referral and registration required. *Call 412-469-5234 to register.*

**Senior Services Computer Classes:** \$45 for two, two-hour sessions. Classes include: **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.; **Basic Microsoft Word 2007 1 & 2**, March 3 and 10, 4:30 to 6:30 p.m. for Vista, and April 2 & 9, 9:30 to 11:30 a.m., for Windows 2000 and XP; **Basic Computers 3 & 4**, March 5 and 12, 9:30 to 11:30 a.m. **Basic Microsoft Word 2007 3 & 4**, March 17 and 24, 4:30 to 6:30 p.m. (Vista), and April 16 and 23, 9:30 to 11:30 a.m., (Windows 2000 and XP). **Basic Digital Cameras 1 & 2**, March 19 & 26, 9:30 to 11:30 a.m., also offered April 1 & 8, 4:30 to 6:30 p.m. **Basic Digital Scrapbooking 1 & 2**, April 15 and 22, 4:30 to 6:30 p.m. *Call 412-469-7099 to register.*

**AARP Driver Safety:** 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

#### JEFFERSON REGIONAL WELLNESS CENTER

##### 712 Clairton Blvd., Pleasant Hills *Call 412-469-7100*

**Personal Nutrition Coaching:** Individualized nutritional counseling with a registered dietitian. Free for Highmark insurance members. \$60 for non-Highmark members. Free parking.

**Discover Relaxation II:** Four-week lifestyle improvement program that is a continuation of Discover Relaxation Within I. Learn to manage everyday stress through practical relaxation techniques and innovative stress management strategies. March 16, 23, 30 and April 6, 6:30 to 8 p.m. Free for Highmark members; \$60 for non-Highmark members.

**Eat Well For Life II:** Four-week lifestyle improvement program that is a continuation of Eat Well for Life I. Acquire a new taste for better eating and wellness to last a lifetime. March 17, 24 and 31 and April 7, 6:30 to 8 p.m. Free for Highmark members; \$65 for non-Highmark members.

**Ornish Advantage:** Six-week Dean Ornish educational program. March 25, April 1, 8, 15, 22 and 29, 6:30 to 8:30 p.m. Free for Highmark members; \$260 for non-Highmark members.

### FREE Screenings at Jefferson Regional

**Free Community Stroke Risk Screening:** Friday, Feb. 13, 8 to 11:30 a.m., Jefferson Room, James Bibro Pavilion. No insurance needed. Includes a stroke risk assessment survey, total cholesterol & HDL, blood sugar level, blood pressure check, body fat analysis, educational materials and counseling. Light refreshments and giveaways. Advanced registration preferred; *call 412-469-7100*. Co-sponsored by Jefferson Regional Medical Center and Highmark. Clinical support by Duquesne University.

### FREE Events at Jefferson Regional

**Hip and Knee Pain Seminar** on causes of and treatments for knee and hip pain on Feb. 10, 10 to 11 a.m.; also on March 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. *Call 412-469-5981 for details.*

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

**Health for Her: A Woman's Guide to Personal Health and Safety**, a two-part program from 5 to 7 p.m. On March 23, Del Olson, EMS manager, will discuss basic first aid, CPR and Automated External Defibrillators (AEDs); on April 7, Bill Hindman, manager, Security, will talk about protecting oneself and self-defense. *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 on March 9 at 1 p.m., or April 1 at 11 a.m. *Call 1-800-227-2345 to register.*

**Senior Services: Your Guide to Veterans' Healthcare Benefits**, March 31, 5 to 7 p.m. Community education program with speaker Stephen Dennison of the American Legion. *Call 412-469-7100 to register.*

**Senior Services: Free Tax Consulting for the Elderly** Free income tax preparation for low-income (limit \$50,000 per year) seniors. *Call 412-469-7099 for details and to schedule an appointment.*

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

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