



GVH GRAND VIEW HEALTH

HealthView

Community Health Events

Programs

Classes

Support Groups

FALL/WINTER
2015

HealthView

At Grand View Health, we are committed to creating a healthier community. Whether you want to learn first aid, quit smoking or improve your lifestyle, you can find help through Grand View’s community health programs.

We have been providing residents of Bucks and Montgomery counties with comprehensive healthcare services since 1913. As a private, non-profit hospital, we take great pride in serving our neighbors with modern technologies, advanced medicine and a variety of educational and screening programs to keep you healthy and informed.

With our convenient outpatient locations at Sellersville, Harleysville, Pennsburg and Quakertown, Grand View offers a wide range of classes, services and support groups—close to home. As a part of our devotion to the community, we are dedicated to bringing quality healthcare to all the lives we touch.

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BARIATRICS

Bariatric Surgery Information Seminar

The Grand View Health Bariatric & Metabolic Institute offers informational seminars about bariatric surgery. These seminars are a great way to learn about surgical weight-loss options in a judgment-free setting. Your questions will be answered by members of our bariatric team, including the Institute Director and Bariatric Surgeon, Michael Fishman, MD.

Date: 2nd & 4th Tuesday of the month, check website for details

Time: 5:00 – 6:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Bariatric Support Group

Join a group of nutrition, exercise and behavioral specialists, as well as fellow bariatric patients, in a supportive setting to help you stay on track along your weight-loss journey. Ask questions, offer tips and share experiences that will lead you and those in attendance to a healthier lifestyle—together.

Date: 1st Tuesday of the month

Time: 5:00 – 6:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes



Grand View Health Bariatric & Metabolic Institute

Interested in learning about weight-loss surgery?

Grand View Health recently launched a new Bariatric & Metabolic Institute, which includes a supportive team committed to educating, evaluating and guiding patients living with obesity and obesity-related issues on a journey towards a healthy, active lifestyle.

Please contact the bariatric team for more information at 215-453-3400.

HealthView

BONE & JOINT HEALTH

Joint Replacement 101

Meet with Paul Weidner, MD, and Janice Hunsberger, RN, Grand View Joint Replacement Center coordinator to learn about the latest procedures and how options like the anterior hip approach can get people back on their feet sooner. Examine artificial joints and find out how the latest knee joints have improved to last longer and fit better than earlier options. Refreshments will be provided.

Date: Friday, November 6

Time: 10:30 – 11:30 am

Location: Franconia Heritage,
Harleysville

Fee: FREE

To Register: www.gvh.org/classes

Joint Health 101

Don't let pain in your hips or knees prevent you from enjoying your favorite activities. Orthopaedic Surgeon, Paul Weidner, MD, and Grand View Joint Replacement Center Coordinator, Janice Hunsberger, RN, discuss available treatments ranging from conventional non-surgical options to minimally invasive joint replacement. Refreshments will be provided.

Date: Friday, September 18

Time: 11:30 am – 12:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Latest on Knee Pain

Learn about the causes of knee pain and the newest ways to reduce it using non-surgical treatment options. Orthopaedic Surgeon, James Bumgardner, MD, and Grand View Joint Replacement Center Coordinator, Janice Hunsberger, RN, discuss the latest advances in minimally invasive knee replacement. Refreshments will be provided.

Session 1

Date: Friday, October 9

Time: 9:00 – 10:00 am

Location: Wegmans Conference Room,
Montgomeryville

Fee: FREE

To Register: www.gvh.org/classes

Session 2

Date: Friday, November 20

Time: 9:00 – 10:00 am

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Foot & Ankle Education

Orthopaedic Surgeon, Steven E. Casey, MD, discusses foot pain and ankle issues. This educational seminar will help you identify potential causes, preventive measures and surgical and non-surgical treatment methods.

Date: Wednesday, November 4

Time: Noon – 1:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Controlling Back Pain

Dealing with back pain can result in missed events and opportunities. Don't let it discourage you from enjoying life. Learn about causes of back pain, options and treatment from Orthopaedic Surgeon, Ernest Cope, III, MD.

Date: Tuesday, October 13

Time: 12:15 – 1:15 pm

Location: Club EZ Fit, Souderton

Fee: FREE

To Register: www.gvh.org/classes

ACL Overview: What We Know, What We Can Do

Join Orthopaedic Surgeon, John M. Minnich, MD, to get expert advice about ACL injuries, symptoms and treatments. Refreshments will be provided.

Date: Tuesday, November 10

Time: 1:00 – 2:00 pm

Location: Grand View Health and Wellness Center at Genesis Fitness Centre, Harleysville

Fee: FREE

To Register: www.gvh.org/classes

Common Shoulder Problems & Injuries

Meet Orthopaedic Surgeon, James M. Hurley, MD, for a discussion on the common warning signs of shoulder problems and injuries that adults face. During this program you will learn about surgical and non-surgical options available.

Date: Thursday, January 21

Time: 10:00 – 11:00 am

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Top Tips for Arthritis Pain

Pain, stiffness and swelling can affect walking, standing and sleeping. During this free class, led by Grand View Health's Joint Replacement Center Coordinator, Janice Hunsberger, RN, you will learn the basics of arthritis and what you can do to manage pain. Plus, learn about non-surgical and surgical treatment options.

Date: 4th Wednesday of the month

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center, 1st Floor Conference Room

Fee: FREE

To Register: www.gvh.org/classes

Grand View Medical Company

Grand View wants you to have access to the medical equipment you need to stay as healthy as possible, whether at the hospital or at home.

The Grand View Medical Company offers a comprehensive inventory of medical equipment with free, same-day delivery. Participation with Medicare, managed care and most other private insurance.

For more information, call the Grand View Medical Company at 215-249-4600.

HealthView

CANCER

Cervical Cancer Awareness

Join Jennifer M. Landes, DO, Grand View OB/GYN Associates, for an informational session on cervical cancer. Learn about screening, prevention, symptoms, treatments and how to reduce your risk of getting cervical cancer.

Date: Thursday, January 14

Time: 6:30 – 7:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Cancer & Caregivers

Understanding what to expect from cancer can better prepare you during this difficult time. Join Jennifer B. O'Connor, MD, medical director of Grand View Palliative Care, as she provides guidance and support to those who may be taking on the significant role as caregiver for a loved one with cancer.

Date: Tuesday, February 16

Time: 5:30 – 6:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Breast Care & Prevention

Monique Gary, DO, fellowship-trained breast surgical oncologist, will discuss new screening options and available treatment strategies for breast cancer. The seminar will focus on specific breast concerns, the need for ongoing surveillance and ways to reduce your risk. Dinner will be provided.

Date: Tuesday, October 6

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Prostate Cancer Awareness

This one-hour workshop, led by Martin Hightower, MD, chairman of the Department of Radiation Oncology, will present an overview of Stereotactic Body Radiation Therapy (SBRT). Learn about common signs, symptoms and ways to reduce your risk of prostate cancer.

Date: Tuesday, November 17

Time: 5:30 – 6:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Lung Cancer Awareness

Your lungs can be a complex system to understand. Nina Maouelainin, DO, interventional pulmonologist, will discuss lung cancer awareness and how low-dose CT scans can identify lung cancer at earlier stages, when the cancer is most treatable. Lunch will be provided.

Date: Monday, November 9

Time: Noon – 1:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Grand View's Cancer Rehabilitation Program

Licensed therapists focus on cancer rehabilitation, helping you manage the physical effects of cancer and treatment including fatigue, lymphatic problems, muscle tightness, loss of range of motion and balance problems.

Information: Grand View Physical Medicine
and Rehabilitation
215-453-3220

What's MY Risk? Understanding the Role Your Genes Play

Join Ann Marie Miller, licensed genetic counselor from Myriad Genetics for an interactive workshop about breast cancer screening options and hereditary risk factors. Attendees will learn about surveillance and comprehensive services offered at Grand View for women who have a higher risk for developing breast cancer. A question and answer session will follow with Ms. Miller and Monique Gary, DO, Grand View Health breast surgical oncologist. Lunch will be provided.

Date: Thursday, December 3

Time: 11:00 am – 1:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Cancer Support Group

Handling a cancer diagnosis is challenging for anyone. It is helpful to process and verbalize with others and hear from those experiencing similar circumstances. This support group is conducted by Breast Care Navigator, Suzanne Rush and Oncology Social Worker, Aimee Hoch for patients, families and caregivers.

Dates: 1st Tuesday of the month

Time: 4:00 – 5:00 pm

Location: Grand View Hospital, Radiation Oncology Conference Room, 1st floor

Fee: FREE

To Register: www.gvh.org/classes

Information: Grand View Breast Care Navigator
215-453-3223

Grand View's Lymphedema Program

Early detection and treatment make it easier to manage lymphedema. Grand View's certified lymphedema therapists use Manual Lymph Drainage/Complete Decongestive Therapy (MLD/CDT). This includes manual lymph drainage, compression bandaging and home exercise to treat and control symptoms. Treatment is most effective when started early. Talk with your doctor about prescribing lymphedema therapy as soon as you notice any abnormal swelling or pressure.

Information: Grand View Physical Medicine and Rehabilitation
215-453-3220

Look Good, Feel Better

Talk with other cancer patients as you learn how to cope with hair loss, skin changes and other appearance-related side effects resulting from chemotherapy and radiation treatments. This program, sponsored by the American Cancer Society, is available to all female cancer patients. Included is a step-by-step makeover, demonstrations, professional advice and free cosmetic kits.

Dates: Monday, September 21

Monday, November 16

Monday, January 18

Time: 2:00 – 4:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: American Cancer Society
1-800-227-2345

Information: Grand View Breast Care Navigator
215-453-3223

HealthView

DIABETES

Grand View Health's Diabetes Self-Management Course

Join Grand View Health's registered dietitians and certified diabetes educators in an interactive class. This class is for anyone with diabetes, whether you are newly diagnosed or have had diabetes for years. This self-management course will review various topics such as meal planning, medications, how to prevent complications,

exercise and how to make adjustments for daily living. You will receive a one-on-one session with a registered dietitian as well as four two-hour small group sessions to follow. You will be introduced to American Diabetes Association's conversation maps during our sessions.

To Register: www.gvh.org/classes

Information: 215-453-4300

MyGVH.org

MyGVH.org is an online tool that allows patients to easily and securely access their healthcare information, medications, appointments and billing. Enrollment is easy!

For more information, please call Grand View Health Information Management at 215-453-4850.

EXPECTANT PARENTS & PARENTING

Childbirth Preparation

Expectant parents will learn relaxation techniques and breathing patterns to help you and your partner remain calm during the labor and delivery of your baby. During this four-part labor and birth series, you will learn about medications, procedures and comfort measures to use during labor and postpartum. Questions and concerns will be addressed in a small group setting. Early registration is recommended to ensure you have completed the class by your eighth month of pregnancy.

Dates: 1st Monday of the month series and 1st Wednesday of the month series

Location: Grand View Hospital Physical Medicine Department, 1st floor

Time: 6:30 – 8:30 pm

Fee: \$80 per family

To Register: www.gvh.org/classes

Childbirth Preparation Saturday Session

This complete childbirth preparation course is held on a Saturday and emphasizes breathing techniques and coping strategies for labor and birth. Taught by a certified childbirth educator in a small group setting, you will learn what to expect during your childbirth experience. Lunch is included for you and your support person.

Dates: 3rd Saturday of the month

Location: Sellersville Outpatient Center, 1st floor conference room

Time: 9:00 am – 5:00 pm

Fee: \$100 per family

To Register: www.gvh.org/classes

EXPECTANT PARENTS & PARENTING

Focus on Motherhood

This 12-week childbirth and newborn care series is designed to prepare pregnant teens and young adults from 12-to-24 years old, fathers-to-be and their families for the physical and emotional changes that occur during pregnancy. Ensuring prenatal healthcare and increasing the opportunity for healthy births are the focus. Master breathing and relaxation techniques, learn what to expect during labor and delivery and gain information on infant care, health, nutrition and life skills.

Dates: Tuesdays, check website for dates

Time: 7:00 – 9:00 pm

Location: Grand View Hospital Physical Medicine Department, 1st floor

Fee: FREE

To Register: Child, Home and Community
215-348-9770
www.chcinfo.org

Newborn Care

Led by a certified childbirth educator, this class provides information about newborn assessments and procedures in the hospital and normal newborns in the first few days and weeks of life. Learn skills to calm and soothe your newborn during this interactive session. A Grand View pediatrician will present helpful information and answer your questions. We recommend taking this class during your last trimester.

Dates: 4th Thursday of the month

Time: 6:30 – 8:30 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: \$25 per family

To Register: www.gvh.org/classes

Breastfeeding

Designed to help you get started with breastfeeding, mothers will learn positions to use while breastfeeding, latching the baby to the breast and the benefits it provides your newborn. Mothers and a support person are welcome.

Dates: 3rd Wednesday of the month

Time: 6:30 – 8:30 pm

Dates: 4th Saturday of the month

Time: 11:00 am – 1:00 pm

Location: Various locations

Fee: \$25 per family

To Register: www.gvh.org/classes

Maternity Tours

Join us for a guided tour of our Birth & Family Center for expecting parents. Learn what to expect, information regarding Grand View's security procedures and visiting guidelines.

Dates: 1st & 3rd Saturday & Sunday of the month

Time: 3:30 – 4:30 pm

Location: Tour begins in hospital main lobby

Fee: FREE

To Register: Grand View Central
Scheduling
215-453-4100

Car Seat Checks

A trained technician from Grand View's paramedic team will teach you how to install the car seat base, insert and remove the seat and the appropriate fastening instructions to ensure your baby's safety.

Dates: 3rd Tuesday of the month

Time: 5:00 – 8:00 pm in 1 hour increments

Location: Grand View Ambulance Bay (located directly behind hospital, near water tower)

Fee: FREE

To Register: www.gvh.org/classes

HealthView

EXPECTANT PARENTS & PARENTING

First Time Fathers

Along with lessons on newborn care and how to be a supportive partner, you'll meet other men going through the same experience. Taught by nurse educators from Stoneridge Obstetrics and Gynecology, these classes offer dads the opportunity to ask questions and learn about their newborns in a comfortable, supportive setting.

Dates: Tuesday, October 30
Tuesday, February 16

Time: 6:30 – 7:30 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: FREE

To Register: www.gvh.org/classes

Parent Education & Support

During this class, led by a registered nurse and childbirth educator, you will learn about sleep patterns, feeding yourself and child, childproofing safety and much more. For parents with infants under one year of age. An optional weight check for your baby is also available.

Dates: 2nd Friday of the month and
4th Wednesday of the month

Time: 1:00 – 2:30 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: FREE

To Register: www.gvh.org/classes

Children's Dental Health Awareness

Join Katie Lapps Wert, DMD, board-certified pediatric dentist of North Penn Pediatric Dental Associates. You will learn about caring for your children's teeth and tips on cavity prevention.

Date: Thursday, October 22

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Prenatal Yoga

Pregnancy is an exciting and sometimes trying time in a woman's life. Your body is doing amazing things. Changes are happening every day. Your body's ability to conceive, nurture and birth another human being is amazing. Using prenatal yoga poses you'll learn to relax, release and let it all go for one hour. All stages of pregnancy are welcome and encouraged. Sessions are led by Moondog Yoga

Dates: Mondays, September 7 –
September 28

Mondays, October 5 –
October 26

Mondays, November 2 –
November 23

Mondays, January 4 –
January 25

Mondays, February 1 –
February 22

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: \$60 per series
\$18 per drop-in class

To Register: www.gvh.org/classes
For drop-in class availability,
call 215-453-4300

Sibling Class Ages 2-5

This one-time class will provide basic information to children 2-to-5 years old. How and where babies grow during a pregnancy, how they will be born and how things will change with the addition of a baby to the family are presented. Led by a certified teacher with a master's in education, this class includes a tour of the Birth & Family Center.

Dates: 3rd Thursday of most months

Time: 6:30 – 8:30 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: FREE

To Register: www.gvh.org/classes

Sibling Class Ages 5-10

This session will provide your 5- to 10-year-old child with information about how babies are nourished during pregnancy, how they will be born and how the family dynamics will change with the addition of another sibling. Stories and activities will help your child explore his or her feelings about life with a sibling. A tour of the Birth & Family Center is included in this series led by a certified teacher with a master's in education.

Dates: Thursday, October 1
Thursday, December 3
Thursday, February 4

Time: 6:30 – 8:00 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: FREE

To Register: www.gvh.org/classes

Grandparenting Today

Join a group of new and expectant grandparents to find out how you can help without interfering, as your child grows in the parenting role. You will learn to keep the lines of communication open between generations, safety aspects and how managing pregnancy and delivery has changed. Learn how to make the most of the time you spend with your grandchild from a registered nurse and childbirth educator. A tour of the Birth & Family Center is included in this one-session class.

Date: Tuesday, October 27

Time: 6:30 – 8:30 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: \$15 per couple

To Register: www.gvh.org/classes

EYE HEALTH

Treatment Options for Glaucoma

Join Deepak P. Grover, DO, of Bucks-Mont Eye Associates, to learn what it means to be diagnosed with glaucoma, how it is monitored, appropriate treatment options and how it can be treated without drops.

Date: Thursday, December 3

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Diabetic Eye Disease: How Sweet It Isn't

This class will teach you how diabetes mellitus can affect your vision. During this discussion provided by Michael G. Posner, MD, of Bucks-Mont Eye Associates, learn how to prevent vision loss and review the treatments for diabetic eye disease.

Date: Thursday, September 24

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

HealthView

EYE HEALTH

Dropleess Cataract Surgery

Join us for an informational seminar to learn about dropleess cataract surgery and intraocular lens technology. Three sessions will be provided by Bucks-Mont Eye Associates ophthalmologists.

Session 1

Michael G. Posner, MD

Date: Thursday, November 5

Time: 5:30 – 6:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Session 2

Michael G. Posner, MD

Date: Thursday, January 14

Time: 5:00 – 6:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Session 3

Deepak P. Grover, DO

Date: Thursday, February 25

Time: 5:30 – 6:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

HEART HEALTH

Heart Health Fair

Join us for a free, fun-filled health fair with activities for the whole family.

Date: Saturday, February 6

Time: 10:00 am – 2:00 pm

Location: Montgomery Mall

Information: www.gvh.org/events

LUNG HEALTH

Better Breathers

Better Breathers welcomes adults with COPD, asthma and other chronic lung disorders. Join Grand View Health Respiratory Therapist, Kim Ryan, for this free support group that meets regularly for tips and techniques to manage lung disorders.

Date: 3rd Thursday of the month
except January and February

Time: 10:30 am – 12:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Lung Health 101

Join Grand View Health Respiratory Therapist, Kim Ryan, for a seminar covering lung basics and functionality. Learn about the respiratory system, including the nose, throat, windpipe and lungs, and what it takes to pump air into your body. Warning signs and prevention of lung conditions and diseases will also be covered.

Date: Wednesday, October 14

Time: 1:00 – 2:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

SENIOR HEALTH

Grand View's Cardiac Rehabilitation Program

This program is designed to strengthen your heart while you develop healthy habits, by combining a pleasant environment, up-to-date fitness equipment and our cardiac care trained rehabilitation staff.

Information: Grand View Cardiac Rehabilitation
215-453-3260



The Lung Center at Grand View Health

Have you ever considered the important role lungs play in keeping you well?

Recognizing that lungs need daily care and attention, Grand View Health launched The Lung Center, led by Interventional Pulmonologist, Nina Maouelainin, DO.

This new program offers the latest technologies for early detection and staging of cancers of the lung, early diagnosis of pulmonary nodules, laser therapy and stent placement in the airways for various tumors and diseases.

To learn more or to schedule an appointment, call The Lung Center at 215-453-3415.

AARP's Mature Driving Program

Refine your driving skills and develop safe, defensive driving techniques. Pennsylvania residents 55 and older may receive an auto insurance discount after taking this course.

Dates: Saturday, November 14 & 21

Saturday, January 9 & 16

Time: 9:00 am – 1:00 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: \$15 for AARP members;
\$20 for non-members

To Register: www.gvh.org/classes

AARP's Mature Driving Program Renewal

Have you taken the AARP Mature Driving Program within the past three years? Take the AARP refresher course. Participants may continue to receive their auto insurance discount.

Dates: Saturday, September 12

Saturday, October 17

Saturday, December 12

Saturday, February 20

Time: 9:00 am – 1:00 pm

Location: Grand View Community Education Center and Grand View Hospital, 2nd floor Conference Room A

Fee: \$15 for AARP members;
\$20 for non-members

To Register: www.gvh.org/classes

HealthView

SENIOR HEALTH

Steady Now

When ordinary movements like rising, bending or turning cause dizziness or vertigo, it may be a sign of concern for the inner-ear system. Learn about imbalance and dizziness, and how to manage these issues with vestibular (balance) therapy. This class will be led by Miriam Kozak, physical and vestibular therapist and Peggy Wenhold, physical therapist assistant. Plus, see how tai chi can help improve balance. Wear comfortable clothing to participate.

Date: Tuesday, October 13

Time: 2:00 – 3:00 pm

Location: Rockhill Mennonite Community Learning Center, Sellersville

Fee: FREE

To Register: www.gvh.org/classes

Aging 101

The aging process happens to all of us, and society seems to have opinions and views on what happens as we age. We will talk about these views and opinions to determine which aspects of aging actually occur and why, and which are simply myths. By understanding the aging process, we gain proper knowledge about issues that can be prevented or treated.

Date: Thursday, November 19

Time: 1:00 – 2:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

End of Life Care Seminar

Join the Grand View Health Hospice team for a seminar on understanding the unknown when it comes to hospice. This class will help you recognize when it is time for hospice and what is involved, among other topics to help dispel misconceptions of what hospice care is all about.

Date: Wednesday, November 4

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Wheels in Motion: Finding the Right Chair for You

An improperly fitted wheelchair can lead to issues such as skin breakdown and generalized pain due to poor position. A thorough assessment by a qualified professional will ensure you receive the appropriate chair you need to optimize your function and maintain your health. Join Harry Weiler, assistive technology professional, Grand View Medical Company, as he navigates the complex world of manual and power wheelchairs. Included are options and standards, as well as answers to frequently asked questions, including reimbursement.

Date: Tuesday, October 20

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

WELLNESS & HEALTHY LIFESTYLE

Clearing the Air: Smoking Cessation

Provided by the Bucks County Health Improvement Partnership (BCHIP) through a grant from the PA Department of Health, this five-week series incorporates curriculum from the National Cancer Institute. Designed to help you quit smoking, this program addresses behavior modification, nicotine addiction, tobacco education, relapse prevention and peer-group support.

Dates: Mondays, September 14 – October 12
Mondays, January 11 – February 8
Mondays, March 14 – April 11

Times: 7:00 – 8:30 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: FREE

To Register: www.gvh.org/classes

Thinning the Bulge: Tips to Trim Unwanted Fat

Want to lose those last few unwanted pounds that are hanging around your waist, butt or thighs? This presentation will provide you with quick, easy-to-implement tips to cut out excess calories to aid your weight-loss goals. This session is taught by Grand View's Registered Dietitian, Courtney Bloom.

Date: Monday, September 21

Time: 8:00 – 9:00 am

Location: Club EZ Fit, Souderton

Fee: FREE

To Register: www.gvh.org/classes

Eating 911

It is never too late to adjust your diet! With assistance from Grand View Health Registered Dietitians and Henning's market in Harleysville, you will learn about healthy food options and how to prepare nutritious meals to minimize your waistline and maximize your well-being. Healthy food samples provided.

Date: Wednesday, January 13

Time: 5:30 – 6:30 pm

Location: Henning's Market, Harleysville

Fee: \$5

To Register: www.gvh.org/classes

Lose 50-in-50

Lose 50 pounds in 50 weeks through a virtual weight-loss program led by a team of registered dietitians at Grand View Health. Designed to help you achieve a healthy weight by eating a balanced diet, this program allows you to receive nutritional menus delivered by way of email on a regular basis. By following these menus, you are embarking on a personal journey to achieve and maintain healthy weight management.

Date: Based on individual's sign-up date; programs start weekly on Mondays

Location: Comfort of your own home

Fee: FREE

To Register: www.gvh.org/classes

Information: Grand View Nutrition Counseling
215-453-3094

HealthView

WELLNESS & HEALTHY LIFESTYLE

Lifestyle Fitness Center at Grand View

Our team of medical professionals will develop and supervise exercise programs to help you reach your goals. We specialize in developing healthy lifestyle habits and reducing risk factors for chronic conditions such as diabetes, heart disease and more. With our convenient hours, we help you get in shape at a pace that's right for you. Recommended for those new to exercise or for those looking to enhance their fitness regimen.

Hours: Monday – Thursday,
6:00 – 7:00 pm
Friday, 6:00 – 6:30 pm

Location: Sellersville Outpatient Center

Fees: Monthly or annual
membership

Information: Grand View Cardiac
Rehabilitation
215-453-3260

Get Fit with a Doc

Join us for free community walks with the doctors and staff of Grand View Health. A brief educational talk from a Grand View Health doctor will be provided at the beginning of each walk. Whether you walk 500 yards or run for 30 minutes—our goal is to lead our community to a healthier future. Everyone is welcome, including children. Please bring your own water bottle. Registration will be available at each walk; participants are required to sign a Release of Liability waiver and only need to register once.

Dates: 1st Thursday of the month at
5:30 pm and 3rd Saturday of
the month at 9:00 am

Location: James Memorial Park, West
Rockhill Township

Fee: FREE

Information: GetFitwithadoc@gvh.org
www.gvh.org/event/fit-doc
for details

Grand New You

A 10-week weight management program that helps adults take steps toward a healthier and more active lifestyle. Weekly classes offered at convenient times are led by a Grand View registered dietitian and exercise physiologist. Weekly topics address diet, nutrition, exercise and behavior change. Grand New You Plus Fitness (the Grand New You weight-management program, plus the Lifestyle Fitness Center) can be added to any class time for an extra fee. Check with your insurance carrier regarding coverage.

Dates: Monday, August 17 – Monday
October 26

Monday, November 2 –
Monday, January 4

Monday, January 11 –
Monday, March 14

Time: 5:00 – 6:00 pm Session
6:30 – 7:30 pm Session

Location: Sellersville Outpatient Center,
back side of building, Cardiac
Rehab Conference Room

Fee: \$120 per 10-week session

Information: Grand New You
215-453-3262

Grand View Nutritional Counseling Services

Grand View's team of registered dietitians offers comprehensive nutrition counseling services. Individual counseling is available to assist with nutritional concerns focused on a variety of health issues and diet needs such as controlling diabetes, managing weight issues, being heart healthy and more. Most major insurance plans accepted.

Information: Grand View Nutrition
Counseling
215-453-3094

WELLNESS & HEALTHY LIFESTYLE

Managing Leg Swelling & Wounds

Join Devn Frandsen, DO, Grand View Wound Care Center, for a seminar on the management of leg swelling and chronic or non-healing wounds. Learn about the different types of treatment and options available through advanced wound-care therapies and how to continually manage cellulitis to get back to your regular daily routine.

Date: Thursday, October 15

Time: 1:00 – 2:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Patient Billing 101

It can be challenging trying to navigate the healthcare system today. Grand View Health is offering a new workshop to provide attendees with a better understanding of billing basics for hospital-related healthcare. The billing process, from start to finish, will be discussed along with clarification of frequently used billing terminology. Differences between hospital and professional components, frequently asked billing questions and how Grand View Health advocates for its patients throughout the billing process will be reviewed.

Date: Wednesday, October 7

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

CPR/First Aid

Certified CPR and first aid courses for healthcare professionals and non-certified community courses are hosted at Grand View Hospital through Abington Community Health. Registration is required.

Courses: Health Care Provider CPR
Family & Friends CPR
Heartsaver First Aid and CPR

Fee: Varies by class

Location: Grand View Hospital, 4th floor Nursing Education Room

To Register: Abington Community Health
215-361-6708
www.abingtonhealth.org

Babysitting 101

This interactive program prepares 11- to 14-year-olds for the challenges of babysitting. The six-hour class, taught by experienced and trained workshop facilitators, is designed to help young people become more qualified and responsible babysitters. The program includes childcare and emergency basics.

Dates: Various dates, check website for listing

Time: 9:00 am – 3:00 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: \$60

To Register: Child, Home and Community
215-348-9770
www.chcinfo.org

HealthView

EVENTS

Miller-Keystone Blood Drive

Nearly five million people in the United States receive life-saving blood every year. Please consider donating during one of our hospital-wide blood drives listed below. Save a life, become a blood donor.

Dates: Friday, December 4
Friday, February 12

Time: 7:00 am – 5:00 pm

Location: Grand View Community Education Center

To Register: www.giveapint.org
sponsor code: 6404

Mad Money Raffle

What can you do with \$10? Purchase a ticket for our Mad Money Raffle! One lucky winner will receive \$5,000. Tickets are \$10 each or three for \$25. All proceeds benefit Grand View Health.

Date: Tuesday, December 1
(Drawing will be held)

Time: 2:00 pm

Location: Grand View Hospital Main Lobby

Fee: \$10 each; three for \$25

Tickets: Available for purchase:
Grand View Hospital Corner Cupboard Gift Shop;
Grand View Auxiliary
215-453-4381

32nd Annual Festival of Lights

Illuminate the trees in front of the hospital this holiday season by making a contribution to: honor a person or organization, memorialize someone special, recognize a cancer survivor or celebrate the birth of a baby.

Date: Wednesday, December 2

Time: 7:00 pm

Location: Dedication Ceremony with Holiday Entertainment and Tree Lighting Grand View Hospital Main Lobby

Information: Grand View Auxiliary
215-453-4381

Breakfast with Santa

Join Santa for a delicious pancake breakfast.

Date: Saturday, December 5

Time: Choose your preferred seating at 8, 9, or 10 am

Location: Grand View Hospital Cafeteria, 2nd floor

Fee: Adult tickets \$5.50; children ages 2-to-12 \$3.50; children under 2 FREE

To Register: Grand View Auxiliary
215-453-4381

Heart Health Fair

Join us for a free, fun-filled health fair with activities for the whole family.

Date: Saturday, February 6

Time: 10:00 am – 2:00 pm

Location: Montgomery Mall

Information: www.gvh.org/events

VOLUNTEER OPPORTUNITIES

All volunteer positions at Grand View Health are important to our healthcare team for both our patients and our staff. Assignments are based on individual skills, interests and the hospital's needs. Morning, afternoon and evening assignments are available for the following positions:

- Registration Facilitator
- Friendly Visitor
- Thrift Shop Processors & Cashiers
- Red Coat Escort
- Chaplaincy
- Golf Cart Drivers
- Grandparent Program at Children's Center
- Office Support – Clerical
- Information Desk
- Unit Assistants

Information: Volunteer Services
215-453-4616
www.gvh.org/volunteer

SUPPORT GROUPS

Alcoholics Anonymous

Information: 215-923-7900

Bariatric Support Group

To Register: 215-453-4300

Bereavement Support Group

To Register: 215-453-4210

Better Breathers

Information: 215-453-3250

Breast Cancer Support Group

Information: 215-453-3223

Building the Family: Teen-Parent Support

Information: 215-348-9770

Epilepsy Foundation Eastern PA Support Group

Information: 215-453-4300

General & Breast Cancer Support Group

To Register: 215-453-4300

Infant Bereavement Services

Information: 215-453-4902

Look Good, Feel Better

To Register: 1-800-227-2345

Multiple Sclerosis Support Group

Information: 215-453-4300

Parent Education & Support

To Register: 215-453-4300

For a complete listing of support groups, visit www.gvh.org/support-groups.

Information & Cancellations

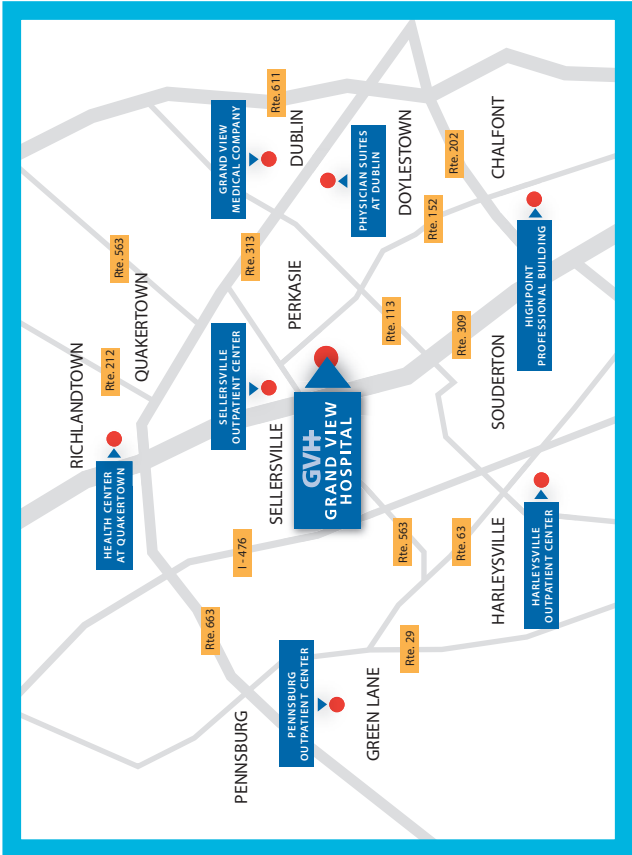
Registration and pre-payment is required for all programs. Payments are non-refundable. Programs may be cancelled if minimum class size is not met. A refund for any class fees will be issued or reasonable accommodations will be made to enroll you in a future session. In the event of inclement weather, cancellations will be announced on: www.gvh.org, WNPV 1440 AM Lansdale, and KYW 1060 AM Philadelphia. For further information please call 215-453-4300.

The information provided in this publication is not a substitute for medical advice, diagnosis or treatment from a physician or healthcare provider. The majority of physicians providing services at Grand View Health are not employees or agents of the hospital. The exceptions are physicians of Grand View Medical Practices, Lawn Avenue Medical Associates and Grand View Emergency Medicine Associates.

GVH[™] GRAND VIEW HEALTH

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