



**GVH** GRAND VIEW HEALTH

HealthView

SPRING/SUMMER  
**2016**

Community Health Events

Programs

Classes

Support Groups

# HealthView

Grand View Health is committed to creating a healthier community. 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 commitment to the community, we are dedicated to bringing quality healthcare to all the lives we touch.

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Get the latest news, classes and updates from Grand View Health delivered straight to your inbox.

Join today at [gvh.org/gvh-health-e-news](http://gvh.org/gvh-health-e-news)



## Bariatric & Metabolic Institute

Interested in learning about bariatric surgery?

Grand View Health is now accepting candidates for bariatric surgery evaluation. The Bariatric & Metabolic Institute offers a comprehensive team committed to educating, evaluating and guiding patients living with obesity-related issues on a journey toward a healthy, active lifestyle.

**Contact the bariatric team for more information at 215-453-3400.**

## BARIATRICS

### Bariatric Surgery Information Seminar

The Grand View Health Bariatric & Metabolic Institute offers free bimonthly informational seminars for those interested in learning more about bariatric surgery. Board-certified Bariatric Surgeon, Michael Fishman, MD, will lead you through a brief presentation on surgical weight loss and answer all of your questions including: Who is a surgical candidate for bariatric surgery? Which surgical procedure is best for you, and why?

**Date:** Second and fourth Tuesday of the month  
Check website for changes in dates and locations

**Time:** 5-6 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Bariatric Support Group

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

**Date:** First Tuesday of the month

**Time:** 5-6 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

# HealthView

## BONE AND JOINT HEALTH

### Joint Replacement 101

Meet with Orthopaedic Surgeon, Paul Weidner, MD, and Grand View Joint Coordinator, Janice Hunsburger, RN, to learn about the latest joint replacement procedures. Examine artificial joints and learn how they have improved over time. Refreshments will be provided.

**Date:** Friday, April 15

**Time:** 10-11 a.m.

**Location:** Wegmans Montgomeryville Community Room  
500 Montgomery Mall  
North Wales, PA 19454

**Fee:** FREE

**To Register:** [gvh.org/classes](http://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 Coordinator, Janice Hunsburger, RN, will discuss available treatments ranging from non-surgical options to minimally invasive joint replacement procedures.

**Date:** Friday, May 20

**Time:** 10-11 a.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Latest Treatments for 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 Coordinator, Janice Hunsburger, RN, will discuss the latest advances in minimally invasive knee replacement. Refreshments will be provided.

**Date:** Friday, March 18

**Time:** 9-10 a.m.

**Location:** Wegmans Montgomeryville Community Room  
500 Montgomery Mall  
North Wales, PA 19454

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Sports Injuries and Concussions

Parents and athletes are invited to get expert advice on injury prevention. Join Orthopaedic Surgeon, John M. Minnich, MD, to learn about preventing orthopaedic injuries and how to come back strong if one happens. Topics covered include concussion symptoms and treatment, and how computer-based concussion testing can help in making return-to-play decisions. Refreshments will be provided.

**Date:** Tuesday, August 2

**Time:** 6-7 p.m.

**Location:** Henning's Market Community Room  
290 Main St.  
Harleysville, PA 19438

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

## Foot and Ankle Education

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

**Date:** Wednesday, April 20

**Time:** 10-11 a.m.

**Location:** Henning's Market  
Community Room  
290 Main St.  
Harleysville, PA 19438

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

## Controlling Back Pain

Don't let back pain discourage you from enjoying life. Learn about causes of back pain and treatment options from Orthopaedic Surgeon, Ernest Cope, III, MD.

**Date:** Tuesday, April 26

**Time:** 1-2 p.m.

**Location:** Club EZ Fit  
76 S. County Line Rd.  
Souderton, PA 18964

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

## Common Shoulder Problems and Injuries

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

**Date:** Thursday, May 19

**Time:** 9-10 a.m.

**Location:** GVH Sellersville Outpatient  
Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

## Grand View Health Ranked Among the BEST Regional Hospitals

Grand View Health has been rated 'High Performing' for hip and knee replacement procedures by the U.S. News & World Report Best Hospitals rankings in 2015-16.



HIP REPLACEMENT



KNEE REPLACEMENT

# HealthView

## CANCER

### Mother's Day Tea

Join Grand View Health Breast Surgeon, Monique Gary, DO, for an afternoon of tea and light refreshments at the Lederach Tea Room to celebrate the special women in your life. Attendees will learn about new screening options, 3D mammography and available treatment strategies for breast cancer. Hereditary risk factors will also be discussed by a Myriad Genetics representative. Reach out to your mother, daughter, sister and friends to remind them about the importance of a mammogram. Registration is required.

**Date:** Sunday, May 1

**Time:** 11 a.m.-1 p.m.

**Location:** Lederach Tea Room  
701 Cross Rd.  
Lederach, PA 19450

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Cancer Survivorship Celebration Picnic

National Cancer Survivors Day is an annual celebration of life. Bring your family and friends for a day of fun, food and education to celebrate the cancer survivors in our community. You will also have the chance to meet our multidisciplinary team of oncologists and surgeons. Registration is required.

**Date:** Sunday, June 5

**Time:** 11 a.m.-2 p.m.

**Location:** GVH Sellersville Outpatient Center Parking Lot

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Skin Cancer Awareness 101

Join Daniel I. Shrager, MD, board-certified dermatologist of Alpha Dermatology, for an informational session on skin cancer awareness. Learn the facts about skin cancer, screening options, non-surgical treatments and how to lower your risk.

**Date:** Tuesday, July 12

**Time:** 2-3 p.m.

**Location:** Rockhill Mennonite Community Learning Center  
3250 State Rd.  
Sellersville, PA 18960

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### 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, March 21

Monday, May 16

Monday, July 18

**Time:** 2-4 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

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

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



## Colon Cancer Awareness: Get Your Rear in Gear!

March is Colorectal Cancer Awareness Month and Grand View Health wants you to get the facts. Join us for an informational session on screening guidelines, risk factors, prevention and more. Learn about colon cancer progression through an interactive life-size inflatable "super colon." Refreshments will be provided.

**Date:** Saturday, March 12

**Time:** 10 a.m.-12 p.m.

**Location:** GVH Sellersville Outpatient Center, First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

## 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), which 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

## 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

# HealthView

## DIABETES

### **The Diabetic Foot: What You Should Know About Hard-to-Heal Wounds**

Diabetes can cause many changes to the skin of your feet. Devn Frandsen, DO, of the Grand View Wound Care Center, will present a seminar on the management of common foot complications and chronic or non-healing wounds. Learn about the different types of treatment options available through advanced wound-care therapies.

**Date:** Thursday, June 16

**Time:** 1-2 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### *My* **GVH**.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! Sign up at [gvh.org/patient-portal-my-gvh](http://gvh.org/patient-portal-my-gvh).**

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



### **Diabetes Self-Management Training**

Join Grand View Health registered dietitians and certified diabetes educators for a series of interactive classes to learn about diabetes management. Recognized by the American Diabetes Association (ADA), this program is designed for anyone with diabetes or pre-diabetes, whether you are newly diagnosed or have had the condition long term. We will review topics such as meal planning, medications, how to prevent complications, exercise and lifestyle adjustments. You will participate in a one-on-one introductory session, as well as four, two-hour small group sessions featuring ADA's Conversation Map Program.

**For more information or to register, contact Nutrition Services at 215-453-3094.**



## EXPECTANT PARENTS AND 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:** First Monday of the month series and first Wednesday of the month series

Check website for dates in July and August

**Location:** GVH Physical Medicine Department  
First Floor, Hospital

**Time:** 6:30-8:30 p.m.

**Fee:** \$80 per family

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Childbirth Preparation Saturday Session

This complete childbirth preparation course emphasizes breathing techniques and coping strategies for labor and birth. Led by a certified childbirth educator in a small group setting, you will learn what to expect during your childbirth experience. Lunch and a tour of The Birth & Family Center are included for you and your support person.

**Dates:** Third Saturday of the month

**Location:** GVH Community Education Center

**Time:** 9 a.m.-5 p.m.

**Fee:** \$100 per family

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### 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. We will discuss the importance of regular prenatal care to improve the chances of a healthy pregnancy. 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:** 7-9 p.m.

**Location:** GVH Community Education Center

**Fee:** FREE

**To Register:** Child, Home and Community  
215-348-9770  
[www.chcinfo.org](http://www.chcinfo.org)

### Newborn Care

Led by a certified childbirth educator, this class provides information about newborn assessments and procedures in the hospital and newborn activity 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:** Second Tuesday of the month

**Time:** 6:30-8:30 p.m.

**Location:** GVH Conference Room A  
Second Floor, Hospital

**Fee:** \$25 per family

**To Register:** [gvh.org/classes](http://gvh.org/classes)

# HealthView

## EXPECTANT PARENTS AND PARENTING

### Breastfeeding

Designed to help you get started with breastfeeding, expectant 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 to learn how to handle common problems and what to expect when your baby is born.

**Dates:** Fourth Tuesday of the month

**Time:** 6:30-8:30 p.m.

**Location:** GVH Conference Room A  
Second Floor, Hospital

**Fee:** \$25 per family

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Breastfeeding Education and Support

Breastfeeding is an important source of key nutrients infants need in their first year. It can be difficult at times, but you are not alone. Led by a registered nurse and childbirth educator, you will learn about feeding yourself and your child, expressing and freezing breastmilk, and more.

**Dates:** Second Friday of the month

**Time:** 1-2:30 p.m.

**Location:** GVH Community Education  
Center

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### 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:** Third Tuesday of the month

**Time:** 5-8 p.m. in one-hour  
increments

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

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Prenatal Yoga by Moondog Yoga

Pregnancy is an exciting and sometimes trying time in a woman's life. Your body is doing amazing things and changes are happening every day. Using prenatal yoga poses, you'll learn to relax and release tension and stress during the one-hour class. All stages of pregnancy are welcome and encouraged. Drop-in classes may be available.

**Dates:** Mondays, March 7-28

Mondays, April 4-25

Mondays, May 2-23

Mondays, June 6-27

Mondays, July 11-Aug 1

**Time:** 6-7 p.m.

**Location:** GVH Sellersville Outpatient  
Center  
First Floor Conference Room

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

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Maternity Tours

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

**Dates:** First and third Saturday and  
Sunday of the month

**Time:** 3:30-4:30 p.m.  
Tours begin an hour later on  
third Saturday

**Location:** Tour begins in hospital main  
lobby

**Fee:** FREE

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

## 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 that you have to 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, March 29

**Time:** 6:30-8:30 p.m.

**Location:** GVH Conference Room A  
Second Floor, Hospital

**Fee:** \$15 per couple

**To Register:** [gvh.org/classes](http://gvh.org/classes)

## Couplet Care Comes to The Birth & Family Center

At The Birth & Family Center, we now practice couplet care, a model of caring that emphasizes mother and baby being cared for together, as a pair, during their entire hospital stay by the same nurse.

Routine baby care is performed bedside, so mothers and families are better informed about how to care for their newborn. When mother and baby room together, parents can quickly learn their baby's sleep patterns, breathing sounds, hunger cues and feeding schedule. Rooming in also results in greater breastfeeding success and facilitates skin-to-skin contact, which helps newborns regulate their body temperature and glucose levels. To honor our new parents need for rest, we provide a two-hour Family Nap Time each day from 2-4 p.m.

## Sibling Class: Ages 2-5

This one-time class will provide basic information to children 2-to-5 years old as they prepare to welcome a new brother or sister into the home. Children will learn 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. A tour of The Birth & Family Center is included in this class led by a certified teacher with a master's in education.

**Dates:** Third Thursday of the month

**Time:** 6:30-8:30 p.m.

**Location:** GVH Conference Room A  
Second Floor, Hospital

**Fee:** FREE

**To Register:** [gvh.org/classes](http://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, April 7

Thursday, June 2

Monday, August 1

**Time:** 6:30-8:30 p.m.

**Location:** GVH Conference Room A  
Second Floor, Hospital

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

# HealthView

## EYE HEALTH

### Dropless Cataract Surgery

During this informational seminar, you'll learn about dropless cataract surgery and intraocular lens technology. Become informed about the various benefits, risks and options associated with the dropless technique, while exploring advanced technology lenses to improve vision. Three sessions will be provided by Bucks-Mont Eye Associates ophthalmologists.

#### Session 1

Michael G. Posner, MD

**Date:** Thursday, April 21

**Time:** 5:30-6:30 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

#### Session 2

Deepak P. Grover, DO

**Date:** Thursday, May 19

**Time:** 6-7 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

#### Session 3

Michael G. Posner, MD

**Date:** Thursday, August 11

**Time:** 5:30-6:30 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Understanding the Retina, Diabetic Eye Disease and Macular Degeneration

This class will help you understand the role your retina plays in conditions like diabetic eye disease and macular degeneration. During this discussion provided by Deepak P. Grover, DO, of Bucks-Mont Eye Associates, you will learn about vision loss risk factors, how to prevent it, and review treatment options.

**Date:** Thursday, June 2

**Time:** 6-7 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

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### Grand View Health Ranked Among the BEST Regional Hospitals

Grand View Health has been rated 'High Performing' for treating heart failure conditions by the U.S. News & World Report Best Hospitals rankings in 2015-16.



## HEART AND VASCULAR HEALTH

### What You Need to Know About Stroke

Join us for two free informational sessions to learn more about stroke. Grand View Health's Stroke and Heart Failure Navigator, Karen Lynott, MSN, will discuss the signs and symptoms and how to prevent a stroke from happening to you or your loved ones. Refreshments will be provided.

#### Session 1

**Date:** Thursday, March 17

**Time:** 1-2 p.m.

**Location:** Wegmans Montgomeryville Community Room  
500 Montgomery Mall  
North Wales, PA 19454

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

#### Session 2

**Date:** Thursday, May 12

**Time:** 1-2 p.m.

**Location:** The Center at The Open Link  
517 Jefferson St.  
East Greenville, PA 18041

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Healthy Hearts

Cardiovascular disease is the leading cause of death in men and women in most developed countries. Get the facts on the types of cardiovascular diseases, risk factors and how to reduce them. You will also learn more about how diet, exercise and alcohol can affect the heart from Alderfer & Travis Cardiology's Miroslawa S. Jablonski-Cohen, MD. Lunch will be provided.

**Date:** Thursday, July 21

**Time:** Noon-1 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Tips for Better Vascular Health

Vascular disease can include any condition that affects your circulatory system. Join Eric V. Olivero, MD, of Grand View Surgical Associates, as he discusses the signs and symptoms, risk factors and treatment options for carotid and aneurysm disease, varicose veins and more.

**Date:** Thursday, March 31

**Time:** 2:30-3:30 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Cardiac Rehabilitation Program

The Grand View Health Cardiac Rehabilitation Program is designed to strengthen your heart, while developing healthy habits to enhance your quality of life. The program combines a pleasant environment, up-to-date fitness equipment, and our cardiac care trained rehabilitation staff.

**Information:** Grand View Health Cardiac Rehabilitation  
215-453-3260

# HealthView

## LUNG HEALTH

### 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, June 22

**Time:** 1-2 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### The Lung Center at Grand View Health

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

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 screening 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.**

## SENIOR HEALTH

### 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 completing this course. Classroom setting; no driving test.

**Dates:** Saturday, May 7 and 14  
Saturday, August 6 and 13

**Time:** 9 a.m.-1 p.m.

**Location:** GVH Community Education Center

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

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### AARP's Mature Driving Program Renewal

Have you taken the AARP Mature Driving Program within the past three years? If so, then you are eligible to take the AARP renewal course. Participants may continue to receive their auto insurance discount upon completion.

**Dates:** Saturday, March 12  
Saturday, April 9  
Saturday, June 11  
Saturday, July 9

**Time:** 9 a.m.-1 p.m.

**Location:** GVH Community Education Center

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

**To Register:** [gvh.org/classes](http://gvh.org/classes)

## Eating Well—Aging Well

Join Grand View Licensed Dietitian, Courtney Bloom, RD, to learn more about food and the nutrients needed to maintain health while aging, and how to incorporate them into your diet. This nutrition workshop, held at the Rockhill Mennonite Community, is designed for seniors.

**Date:** Tuesday, June 14

**Time:** 2-3 p.m.

**Location:** Rockhill Mennonite Community Learning Center  
3250 State Rd.  
Sellersville, PA 18960

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

## Grand View Medical Company

Grand View Health 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 additional information, call the Grand View Medical Company at 215-249-4600.**

## WELLNESS AND 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, March 14-April 11  
Mondays, May 16-June 20  
(No class on May 30)

**Times:** 7-8:30 p.m.

**Location:** GVH Conference Room A  
Second Floor, Hospital

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Returning to Life After Caregiving Ends

Being a caregiver is a full-time job and returning to life after caregiving can be more than challenging. Come hear stories of other caregivers and listen to their process of personal rediscovery and belonging. We encourage you to share your stories, struggles, triumphs and ideas toward healing.

**Date:** Wednesday, April 6

**Time:** 6-7:30 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

**Information:** 215-453-4210

# HealthView

## WELLNESS AND HEALTHY LIFESTYLE

### 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 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:** [gvh.org/classes](http://gvh.org/classes)

**Information:** Grand View Nutrition Counseling  
215-453-3094

### Patient Billing 101

Grand View Health is offering a new workshop to provide attendees with a better understanding of billing basics for hospital-related healthcare, including the billing process, billing terminology, healthcare provider billing differences and how Grand View Health advocates for its patients throughout the billing process.

**Date:** Thursday, April 7

**Time:** 6-7 p.m.

**Location:** GVH Sellersville Outpatient Center  
First Floor Conference Room

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Lifestyle Fitness Center

Grand View Health 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, 6-7 p.m.  
Friday, 6-6:30 p.m.

**Location:** GVH Sellersville Outpatient Center

**Fees:** Monthly or annual membership

**Information:** Grand View Cardiac Rehabilitation  
215-453-3260



### 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.

**For more information or to schedule an appointment, call Grand View Nutrition Counseling at 215-453-4633.**



## Grand New You

This ongoing weight-management program offered in 10-week sessions 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 behavioral changes. You can start at any time. Check with your insurance carrier regarding coverage.

**Information:** Call 215-453-3262 for dates, times and to register

**Location:** GVH Sellersville Outpatient Center  
Cardiac Rehab Conference Room

**Fee:** \$120 per 10-week session

## Get Fit With a Doc

Join Grand View Health doctors and staff members for free community walks as we get healthy together. 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, the 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.

**Fee:** FREE

**Information:** Check website for dates, time and location  
gvh.org/event/fit-doc  
GetFitwithadoc@gvh.org  
215-453-3094

## 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:** GVH Nursing Education Room Fourth Floor, Hospital

**To Register:** Abington Community Health  
215-361-6708  
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. This program includes childcare and emergency basics.

**Dates:** Check website for dates

**Time:** 9 a.m.-3 p.m.

**Location:** GVH Conference Room A  
Second Floor, Hospital

**Fee:** \$60

**To Register:** Child, Home and Community  
215-348-9770  
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:** Tuesday, May 17  
Tuesday, August 16

**Time:** 7 a.m.-5 p.m.

**Location:** GVH Community Education Center

**To Register:** [giveapint.org](http://giveapint.org)  
Sponsor Code: 6404

### Breakfast With the Easter Bunny

Bring the family for a delicious pancake breakfast, photos with the Easter Bunny and egg hunts. Registration required.

**Date:** Saturday, March 19

**Time:** Choose your preferred seating at 8, 9 or 10 a.m.

**Location:** GVH Cafeteria  
Second Floor, Hospital

**Fee:** Adult tickets \$5.50  
Children ages 2-12 \$3.50  
Children under age 2 are FREE

**Information:** [gvh.org/events](http://gvh.org/events)

**To Register:** Grand View Auxiliary  
215-453-4084

### Cancer Survivorship Celebration Picnic

National Cancer Survivors Day is an annual celebration of life. Bring your family and friends for a day of fun, food and education to celebrate the cancer survivors in our community. You will also have the chance to meet our multidisciplinary team of oncologists and surgeons. Registration is required.

**Date:** Sunday, June 5

**Time:** 11 a.m.-2 p.m.

**Location:** GVH Sellersville Outpatient Center Parking Lot

**Fee:** FREE

**To Register:** [gvh.org/classes](http://gvh.org/classes)

### Spring Fashion Show Afternoon Tea

Enjoy high tea with dainty sandwiches and sweets at the Spring Fashion Show with fashions from Chico's. Doors open at noon with a silent auction and raffle, followed by tea and fashions. Registration required by April 16.

**Date:** Sunday, April 24

**Time:** Doors open at noon; tea and sandwiches at 1 p.m.; fashion show at 2 p.m.

**Location:** Franconia Heritage Banquet and Conference Center  
508 Harleysville Pike  
Telford, PA 18964

**Information:** [gvh.org/events](http://gvh.org/events)

**To Register:** Grand View Auxiliary  
215-453-4084

### 43rd Annual Golf Tournament

Calling all golfers! Enjoy a luncheon, play a round of golf, and share a delicious dinner with friends at the Auxiliary's Annual Golf Tournament. Registration required.

**Date:** Friday, August 5

**Time:** Shotgun start at 1 p.m.

**Location:** Indian Valley Country Club  
650 Bergey Rd.  
Telford, PA 18969

**To Register:** [gvh.org/events](http://gvh.org/events)  
Grand View Auxiliary  
215-513-3935

## VOLUNTEER OPPORTUNITIES

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

- Chaplaincy
- Friendly Visitor
- Gift Shop
- Golf Cart Drivers
- Grandparent Program at Children's Center
- Hair Care Salon
- Information Desk
- Office Support - Dublin Office and Hospital
- Radiology Liaisons
- Registration Facilitator
- Thrift Shop Processors and Cashiers
- Visitor Escorts

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

## SUPPORT GROUPS

### **Alcoholics Anonymous**

**Information:** 215-923-7900

### **Bariatric Support Group**

**To Register:** 215-453-4300

### **Bereavement Support Groups**

**Information and to Register:** 215-453-4210

### **Breastfeeding Education and Support**

**Information:** 215-453-4902 or  
215-453-4594

### **Building the Family: Teen-Parent Support**

**Information:** 215-348-9770

### **Cancer Support Group**

**To Register:** 215-453-3223

### **Epilepsy Foundation Eastern PA Support Group**

**Information:** 215-629-5003

### **Infant Bereavement Services**

**Information:** 215-453-4902

### **Multiple Sclerosis Support Group**

**Information:** 215-453-4300

A complete list of support groups and consultation services is available at [gvh.org/support-groups](http://gvh.org/support-groups).

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## Information and Cancellations

Registration and a non-refundable pre-payment is required for all programs. If a program is canceled due to minimum class size, a refund 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: [gvh.org](http://gvh.org), Grand View Health's Facebook Page, WNPV 1440 AM Lansdale, and KYW 1060 AM Philadelphia. For further information 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, Grand View Surgical Associates and Grand View Emergency Medicine Associates.*

**GVH** GRAND VIEW HEALTH

700 Lawn Avenue

P.O. Box 902

Sellersville, PA 18960-0902

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## Grand View Health Ranked Among the BEST Regional Hospitals

1<sup>2</sup>th in Pennsylvania

7<sup>th</sup> in Philadelphia  
Metro Area

