



HealthView

GVH GRAND VIEW HEALTH

SUMMER/FALL
2017

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, emergency services and a variety of educational and screening programs to keep you healthy and informed.

With our convenient outpatient locations in Sellersville, Harleysville, Pennsburg and Quakertown, and urgent care services in Kulpsville, Grand View Health offers a wide range of classes, services and support groups. As a part of our commitment to the community, we are dedicated to bringing quality healthcare close to home.

TABLE OF CONTENTS

Bariatrics	3
Bone and Joint Health	4-5
Cancer	5-6
Diabetes	6
Expectant Parents and Parenting	7-9
Eye Health	10
Heart and Vascular Health	10
Lung Health	11
Senior Health	11-12
Wellness and Healthy Lifestyle	13-14
Events	15

The information provided in this publication is not a substitute for medical advice, diagnosis or treatment from a physician or healthcare provider. Some of the providers listed herein are neither employees nor agents of Grand View Health.



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.

BARIATRICS

Is Bariatric Surgery Right for You?

If your weight is keeping you from the activities you enjoy, surgical weight loss may be an option to help you lose weight and achieve a healthier lifestyle. Join us for an information seminar on who is a candidate for bariatric surgery, and which surgical procedure is best for you.

- Speaker:** Bariatric Surgeon, Michael Fishman, MD
- Date:** Second and fourth Tuesday of the month
Check website for dates
- Time:** 5-6 p.m.
- Location:** GVH Sellersville Outpatient Center
First-Floor Conference Room
- Fee:** FREE
- Register:** gvh.org/classes

Bariatric Surgery Support Group

Our nutrition, exercise and behavioral specialists can help you stay on track to achieve the lifestyle changes needed for lasting success following bariatric surgery. You'll have the added support of fellow bariatric patients just like you who understand what it's like post-bariatric surgery. They'll inspire and motivate you with tips and share experiences from their own weight-loss journeys. See our website for monthly topics.

- Date:** First Tuesday of the month
- Time:** 5-6 p.m.
- Location:** GVH Sellersville Outpatient Center
First-Floor Conference Room
- Fee:** FREE
- Register:** gvh.org/classes

One-on-one Bariatric Surgery Consultation

If you think you may be a candidate for bariatric surgery, a one-on-one evaluation with our bariatric surgeon can help you understand the risks, benefits and alternatives of the various weight-loss procedures. At the Grand View Health Bariatric & Metabolic Institute, we offer a comprehensive team committed to educating, evaluating and guiding patients living with obesity-related issues. Most major insurances accepted.

- Information:** Grand View Surgical Associates
215-453-3400



Nutrition Counseling

Our registered dietitians at Grand View Health offer individual counseling services to help you set personal, achievable goals while improving your overall health. One-on-one counseling will help you make healthy food choices, learn proper portion sizes, modify eating behaviors and assist with health issues such as controlling diabetes, weight management, heart health and more. Most major insurance plans accepted.

To learn more or to schedule an appointment call **215-453-4633**.

HealthView

BONE AND JOINT HEALTH

Considering Joint Replacement?

If you've been told that a joint replacement may be the next best option to help you return to a pain-free lifestyle, this educational seminar will help you understand what to expect before, during and after joint replacement surgery. You'll learn about the common causes of joint pain, basic knee and hip anatomy, and the latest advancements and improvements in artificial joints. Light refreshments will be provided.

Speakers: Orthopaedic Surgeon, Paul Weidner, MD
GVH Joint Center Coordinator, Janice Hunsberger, RN

Date: Friday, September 22

Time: 11 a.m.-noon

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

Fee: FREE

Register: gvh.org/classes

Knee Pain Causes and Treatments

If you are suffering from arthritic knee pain, this educational seminar will help you learn about the causes and newest ways to reduce it using non-surgical treatment options or minimally invasive knee replacement. Light refreshments will be provided.

Speakers: Orthopaedic Surgeon, James Bumgardner, MD
GVH Joint Center Coordinator, Janice Hunsberger, RN

Date: Friday, August 11

Time: 9-10 a.m.

Location: GVH Sellersville Outpatient Center
First-Floor Conference Room

Fee: FREE

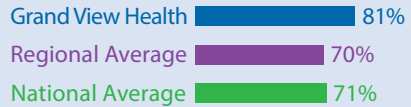
Register: gvh.org/classes



Why Patients Choose The Joint Center at Grand View Health

Patient satisfaction scores for The Joint Center at Grand View Health are better when compared to other national and regional hospitals*.

Overall Satisfaction



To view our complete patient satisfaction report, go to gvh.org/jointcenter.

*Based on surveys from the Marshall/Steele database.

What's Causing Your Joint Pain?

Pain, stiffness and swelling of the joints can affect walking, standing and sleeping. During this seminar you'll learn the different causes of hip and knee pain, how to manage it with exercise, weight loss and physical therapy, and the importance of getting an accurate diagnosis prior to treatment. Minimally invasive surgical treatment options will also be presented.

Speaker: GVH Joint Center Coordinator, Janice Hunsberger, RN

Date: Wednesday, July 26
Wednesday, September 27

Time: 6-7 p.m.

Location: GVH Sellersville Outpatient Center
First-Floor Conference Room

Fee: FREE

Register: gvh.org/classes

BONE AND JOINT HEALTH

Experiencing Foot or Ankle Pain?

Our ankles and feet support our entire body weight, making them vulnerable to fractures, sprains, swelling and stiffness. This educational seminar will help you identify potential causes of foot pain, preventive measures and surgical and non-surgical options such as orthotics, medication, physical therapy and exercise.

- Speaker:** Orthopaedic Surgeon, Steven E. Casey, MD
- Date:** Wednesday, October 4
- Time:** 10-11 a.m.
- Location:** GVH Sellersville Outpatient Center
First-Floor Conference Room
- Fee:** FREE
- Register:** gvh.org/classes

Sports Injuries and Concussions

This educational seminar, designed for parents, athletes, coaches and teachers, will address the importance of recognizing the signs and symptoms of a concussion and the treatment options available. Our expert speaker will discuss computer-based concussion testing to help determine when it's safe for an athlete to return to physical activities.

- Speaker:** Orthopaedic Surgeon, John M. Minnich, MD
- Date:** Tuesday, September 12
- Time:** 6-7 p.m.
- Location:** GVH Conference Room 1L
First Floor, Hospital
- Fee:** FREE
- Register:** gvh.org/classes

CANCER

What Women Should Know About Cervical Cancer and Human Papilloma Virus (HPV)

One in four people in the U.S. are currently infected with human papillomavirus (HPV) and more than 90% of all cervical cancers are caused by HPV. Most cervical cancers can be stopped before they happen. This informational seminar will help you understand the difference between high and low risk HPVs, the importance of screenings and early detection, and new advances and research in cervical cancer prevention.

- Speaker:** OB/GYN, Sandra Bogota-Angel, MD
- Date:** Thursday, September 7
- Time:** 5-6 p.m.
- Location:** GVH Sellersville Outpatient Center
First-Floor Conference Room
- Fee:** FREE
- Register:** gvh.org/classes

Look Good, Feel Better

Regaining self-esteem and feeling attractive during or after a cancer diagnosis can be difficult. 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. A step-by-step makeover, demonstrations, professional advice and free cosmetic kits are included. Sponsored by the American Cancer Society, this program is available to all female cancer patients.

- Dates:** Monday, July 17
Monday, September 18
- Time:** 2-4 p.m.
- Location:** GVH Sellersville Outpatient Center
First-Floor Conference Room
- Fee:** FREE
- Register:** American Cancer Society
800-227-2345
- Information:** GVH Breast Care Navigator
215-453-3223

HealthView

CANCER

Free Clinical Breast Exam

Wednesday, October 18

1-4 p.m. | FREE

**GVH Harleysville Outpatient Center,
Mammography Suite**

In recognition of Breast Cancer Awareness month, Grand View Health is offering free clinical breast exams and a chance to meet one-on-one with Breast Surgical Oncologist, Monique Gary, DO. A clinical breast exam can help detect changes or abnormalities in breast tissue and plays a role in lifelong breast health. All women are welcome. Light refreshments will be provided. No appointment necessary.

For more information call **215-453-3223**.



Dr. Gary is director of the Cancer Genetic Risk and Prevention Program at Grand View Health, is fellowship-trained in a variety of breast surgical oncologic techniques and a Certified Hidden Scar™ Breast Cancer Surgeon.

Monique A. Gary, DO
Breast Surgical Oncologist
Grand View Surgical Associates
915 Lawn Avenue | Sellersville PA
215-453-3400

Survivorship Circle Cancer Support Group

Handling a cancer diagnosis is challenging, but it can be helpful to process and verbalize your concerns with others. This support group provides patients, families and caregivers the opportunity to meet and talk with others who are facing similar circumstances.

Date: First Tuesday of the month

Time: 4-5 p.m.

Location: GVH Radiation Oncology
Conference Room
First-Floor, Hospital

Information: GVH Breast Care Navigator
215-453-3223

DIABETES

Diabetes Self-Management Training

If you are diabetic or pre-diabetic, Grand View Health offers Diabetes Self-Management Training, a series of interactive classes led by our registered dietitians and certified diabetes educators. Participants take part in a one-on-one introductory session and four two-hour small group sessions covering topics such as meal planning, medications, how to prevent complications, exercise and lifestyle adjustments. This program is recognized by the American Diabetes Association.

Register: GVH Nutrition Services
215-453-3094

Information: gvh.org/diabetes

EXPECTANT PARENTS AND PARENTING

Labor and Delivery Preparation Class

Expectant parents, join us for a labor and delivery preparation class led by a childbirth educator/labor and delivery nurse. Learn what you'll need to make informed decisions about the birth of your baby, such as signs of labor, labor coping techniques, and the role of your support person. Medical procedures and medication options will also be discussed. 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. Choose one of three options:

Option 1

Date: First and second Monday of the month, two-part series
Check website for dates
**This class will include additional time spent on relaxation, breathing and comfort techniques.*

Time: 6-8:30 p.m.

Location: GVH Physical Medicine Department
First Floor, Hospital

Fee: \$85 per family

Option 2

Date: Third Wednesday of the month
Check website for dates

Time: 5:30-9:30 p.m.

Location: GVH Physical Medicine Department
First Floor, Hospital

Fee: \$75 per family

Option 3

Date: Third Saturday of the month
Check website for dates

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

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: \$75 per family

Register: gvh.org/classes

Focus on Motherhood

This 8-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, breathing and relaxation techniques, what to expect during labor and delivery, infant care, health, nutrition and life skills.

Dates: Tuesdays
Check website for dates

Time: 7-9 p.m.

Location: GVH Physical Medicine Department
First Floor, Hospital

Fee: FREE

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

Newborn Care

Learn skills to calm and soothe your newborn during the early stages of life. A Grand View Health pediatrician will present helpful information and answer your questions. A childbirth educator will also provide information about newborn assessments and procedures in the hospital. We recommend taking this class during the last trimester of your pregnancy.

Date: Second Tuesday of the month

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

Location: GVH Conference Room A
Second Floor, Hospital

Fee: \$25 per family

Register: gvh.org/classes

HealthView

EXPECTANT PARENTS AND PARENTING

Breastfeeding Basics for Mom and Baby

Breastfeeding is natural but not always easy. This class, led by a lactation consultant, will help expectant moms learn the benefits of breast milk and breastfeeding, positions to use while breastfeeding, properly latching the baby to the breast, and recognizing baby's hunger cues. Mothers and a support person are welcome to learn how to handle common problems and what to expect when your baby is born. We recommend taking this class during the last trimester of your pregnancy.

Date: Fourth Thursday of the month

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

Location: GVH Conference Room A
Second Floor, Hospital

Fee: \$25 per family

Register: gvh.org/classes

Breastfeeding Support Group

Breastfeeding is one of the best ways to give your baby a healthy start in life, but it can be challenging especially in the early days. Our breastfeeding support group is led by a registered nurse and lactation consultant who will help you learn about the breastfeeding basics, mother and infant nutrition, expressing, freezing breastmilk, traveling with baby and more.

Date: Second Friday of the month
Check website for monthly topics

Time: 1-2:30 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: FREE

Register: gvh.org/classes

The Birth & Family Center Tours

Expectant parents are invited to join us for a guided tour of The Birth & Family Center. Learn what to expect during your stay in one of our spacious private rooms, security practices, visiting guidelines, photography and videotaping policies, labor area and postpartum information.

Dates: First and third Saturday and Sunday of the month

Time: 3:30-4:30 p.m.

Location: Tour begins in hospital main lobby

Fee: FREE

Register: GVH Central Scheduling
215-453-4100

Keeping Baby Safe: Car Seat Checks

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

Date: Third Tuesday of the month

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

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

Fee: FREE

Register: gvh.org/classes

Grandparenting Today

Are you an expectant grandparent? If so, join a group of other expectant grandparents to find out how you can help your child as he or she grows in the parenting role, while making the most of your time with your grandchild. A tour of The Birth & Family Center is included in this class led by a childbirth educator.

Date: Thursday, September 14

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

Location: GVH Conference Room A
Second Floor, Hospital

Fee: \$15 per couple

Register: gvh.org/classes

EXPECTANT PARENTS AND PARENTING

Baby Basics for Soon-to-Be Siblings (Ages 2-5)

As you prepare to welcome another child into your home, consider this one-time preparation class for the soon-to-be big brother(s) or sister(s) in the family who are 2-5 years old. Siblings will learn basic information about babies such as how and where babies grow during pregnancy, how they will be born, and how the family dynamic may change. A tour of The Birth & Family Center is included in this class led by a certified teacher with a master's in education.

Date: Third Thursday of the month

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

Location: GVH Conference Room A
Second Floor, Hospital

Fee: FREE

Register: gvh.org/classes

Baby Basics for Soon-to-Be Siblings (Ages 5-10)

As you prepare to welcome another child into your home, consider this one-time preparation class for the soon-to-be big brother(s) or sister(s) in the family who are 5-10 years old. Siblings will learn about newborn babies and how they are cared for before and after pregnancy. Stories and activities will help your child explore his or her feelings about life with a new sibling. A tour of The Birth & Family Center is included in this class led by a certified teacher with a master's in education.

Dates: Thursday, August 10

Thursday, October 5

Time: 6:30-8 p.m.

Location: GVH Conference Room A
Second Floor, Hospital

Fee: FREE

Register: gvh.org/classes

Emergency Care for Kids 24/7



CHOP PEDIATRICIANS ONSITE

 Children's Hospital
of Philadelphia
at Grand View Health

HealthView

EYE HEALTH

Dropless Cataract Surgery

Dropless cataract surgery is a convenient option for the removal of cataracts. This advanced procedure eliminates the need for most patients to administer a costly and time-consuming series of eye drops before and after surgery. By attending this seminar, you will learn about the benefits associated with this technique.

Speaker: Ophthalmologist,
Michael G. Posner, MD

Date: Thursday, October 19

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

Location: GVH Sellersville Outpatient
Center
First-Floor Conference Room

Fee: FREE

Register: gvh.org/classes

Managing Glaucoma

Glaucoma can result in vision loss and blindness but if detected early, treatment may help prevent major vision loss. This educational seminar addresses the different forms of glaucoma as well as the symptoms and treatments available to manage this disease.

Speaker: Ophthalmologist,
Deepak P. Grover, DO

Date: Thursday, September 21

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

Location: GVH Sellersville Outpatient
Center
First-Floor Conference Room

Fee: FREE

Register: gvh.org/classes

HEART AND VASCULAR HEALTH

What You Need to Know About Stroke

Each year more than 795,000 people in the U.S. have a stroke, the leading cause of long-term disability. High blood pressure, high cholesterol and smoking are the three major risk factors. During this informational seminar you'll learn which stroke risk factors can be changed, treated or controlled to prevent a stroke from happening to you or your loved ones.

Speaker: GVH Stroke and Heart Failure
Navigator, Karen Lynott, MSN

Date: Thursday, August 31

Time: 1-2 p.m.

Location: GVH Sellersville Outpatient
Center
First-Floor Conference Room

Fee: FREE

Register: gvh.org/classes

Habits for a Healthy Heart

A healthy lifestyle is your best defense against heart disease. A few simple habits can help protect your heart and lead to a longer, healthier life. During this informational seminar, you'll learn about habits that can benefit your heart like physical activity, a nutritious diet, managing stress and more.

Speaker: Cardiologist,
Matthew Collins, DO

Date: Wednesday, September 13

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

Location: GVH Sellersville Outpatient
Center
First-Floor Conference Room

Fee: FREE

Register: gvh.org/classes

LUNG HEALTH

Breathe Easy

If you suffer from cough, shortness of breath, wheezing or chronic chest pain, these may be warning signs of something more serious such as chronic obstructive pulmonary disease (COPD), chronic bronchitis or asthma. In addition to learning about the anatomy and functions of the lungs, this educational seminar will address symptoms and prevention for these common diseases.

- Speaker:** Respiratory Therapist, Kim Ryan, RRT
- Date:** Thursday, August 10
- Time:** 1–2 p.m.
- Location:** GVH Sellersville Outpatient Center
First-Floor Conference Room
- Fee:** FREE
- Register:** gvh.org/classes



The Lung Center at Grand View Health

The Lung Center, led by Interventional Pulmonologist, Nina Maouelainin, DO, 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 **215-453-3415**.

SENIOR HEALTH

AARP's Mature Driving Program

Looking to refine your driving skills and develop safe, defensive driving techniques? Pennsylvania residents 55 and older may receive an auto insurance discount after completing this two-part course, which is held in a classroom and does not require a driving test.

- Dates:** Saturday, October 7 and 14
- Time:** 9 a.m.-1 p.m.
- Location:** GVH Conference Room A
Second Floor, Hospital
- Fee:** \$15 for AARP members
\$20 for non-members
- Register:** gvh.org/classes

AARP's Mature Driving Program Renewal

Have you taken AARP's 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.

- Date:** Saturday, August 5
- Time:** 9 a.m.-1 p.m.
- Location:** GVH Conference Room A
Second Floor, Hospital
- Fee:** \$15 for AARP members
\$20 for non-members
- Register:** gvh.org/classes

HealthView

SENIOR HEALTH

New Ways to Overcome Old Pain

Have you been living with pain for a long time? Do you avoid doing certain things that you know are going to aggravate your painful condition? There are ways you can overcome your pain and get back to living a normal life. Board-certified pain professionals will share the newest and least invasive approaches including regenerative medicine, neuro-targeted devices and alternative medications for relieving painful conditions of the back, neck, hip and knee.

Speakers: Pain Management Physicians,
Jerry Fang, MD and
David Qu, MD

Date: Thursday, July 27

Time: Noon-1 p.m.

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

Fee: FREE

Register: gvh.org/classes

Pain Management for Ailing Joints

Many different conditions can lead to painful joints, including osteoarthritis, rheumatoid arthritis, bursitis, gout, strains, sprains and other injuries. Learn the newest, least invasive techniques for reducing your joint pain and get back to the activities you enjoy with less pain.

Speakers: Pain Management Physicians,
Jerry Fang, MD and
Robert Kelly, DO

Date: Tuesday, August 8

Time: 2-3 p.m.

Location: The Community at Rockhill
Community Learning Center
3250 State Rd.
Sellersville, PA 18960

Fee: FREE

Register: gvh.org/classes

The Aging Back

Bones and disks in our spines degenerate over time, causing stiffness and soreness. But back pain doesn't have to be an inevitable part of aging. Learn the latest non-invasive techniques and proper lifestyle adjustments that can help keep your back healthy and fit, and slow the degenerative processes that lead to pain.

Speaker: Pain Management Physician,
Douglas Gugger, MD

Date: Thursday, September 7

Time: Noon-1 p.m.

Location: GVH Sellersville Outpatient
Center
First-Floor Conference Room

Fee: FREE

Register: gvh.org/classes

Healthy Aging

People are living longer than ever before, but aging can come with a variety of health challenges. By attending this seminar, you will learn how a healthy lifestyle can prolong your life, reduce your risk of disease, and understand why staying active is important in the aging process.

Speaker: Family Medicine Physician,
Dusty Ukropec, MD

Date: Tuesday, October 10

Time: 2-3 p.m.

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

Fee: FREE

Register: gvh.org/classes

WELLNESS AND HEALTHY LIFESTYLE

Lose 50-in-50

Achieving a healthy weight by eating a balanced diet has never been more convenient. Grand View Health registered dietitians developed a virtual weight-loss program, where you will receive nutritional menus delivered to your email regularly over the course of 50 weeks.

Date: Based on individual's sign-up date

Time: Programs begin weekly on Mondays

Location: Your email

Fee: FREE

Register: gvh.org/classes

Information: GVH Nutrition Counseling
215-453-3094

Grand New You

Safe and long-lasting weight loss takes time. If you'd like to take steps toward a healthier and more active lifestyle, Grand New You is a 10-week weight-management program to help adults with diet, nutrition, exercise and behavioral modifications. Weekly classes are led by a Grand View Health registered dietitian and exercise physiologist.

Location: Cardiac Rehab Conference Room
GVH Sellersville Outpatient Center

Fees: \$120 per 10-week session
Check with your insurance provider for coverage

Information: Grand New You
215-453-3262

Get Fit With a Doc

Get Fit with Grand View doctors and staff as we join together for community walks and conversations. Each event will begin with a brief educational talk led by a Grand View Health physician. Bring family, friends and a water bottle with you on this 30-minute walk to wellness. Participants are required to sign a Release of Liability waiver and complete a one-time registration form.

Dates: Check website for dates

Time: 5:30 p.m.

Location: James Memorial Park
1027 Ridge Road
Sellersville, PA

Fee: FREE

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

Clearing the Air: Smoking Cessation

Designed to help you quit smoking, this program addresses behavior modification, nicotine addiction, tobacco education, relapse prevention and peer-group support. 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.

Dates: Check website for dates

Time: 7-8:30 p.m.

Locations: GVH Conference Room A
Second Floor, Hospital

Fee: FREE

Register: gvh.org/classes

Grand View Support Groups

Consider attending a support group or private consultation if you or a loved one needs help coping with changes in life or learning about a new diagnosis or existing condition.

A complete list of support groups and resources is available at gvh.org/support-groups.



HealthView

WELLNESS AND HEALTHY LIFESTYLE

CPR and First Aid Courses

Certified CPR and first aid courses for healthcare professionals, as well as non-certified community members, are held at Grand View Health through Abington Community Health. Course topics range from lifesaving adult and pediatric CPR and choking relief, among others. Registration is required.

Courses: Healthcare Provider CPR
Family & Friends CPR
Heartsaver First Aid and CPR

Location: GVH Nursing Education Room
Fourth Floor, Hospital

Fee: Varies by class

Register: Abington Community Health
215-361-6708
abingtonhealth.org/classes-events

Babysitting 101

This interactive program prepares 11-to 14-year-olds for the challenges of babysitting. Led by experienced and trained facilitators, Babysitting 101 is designed to help young adolescents become qualified and responsible babysitters by teaching 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

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

Do You Have Access to Your Patient Portal?

Grand View Health is proud to offer MyGVH.org, an online electronic tool that allows patients to easily and securely manage their own health record as well as their dependents' health records. Join us for an interactive seminar to learn how to enroll in the portal, access and navigate your health information, request appointments and more.

Date: Thursday, October 5

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

Location: Begins in hospital main lobby

Fee: FREE

Register: gvh.org/classes



Join the Grand View Volunteer Team and Make a Difference!

At Grand View Health, volunteers are an essential part of our healthcare system. Our capable, dependable volunteers are trained to assist hospital staff with serving patients, their families and visitors.

Assignments are based on individual skills, interests and the hospital's need. Morning, afternoon and evening assignments are available.

For more information about volunteering opportunities call **215-453-4616** or visit gvh.org/volunteer.

EVENTS

44th 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 4

Time: Shotgun start at 1 p.m.

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

Register: Grand View Auxiliary
215-513-3935
gvh.org/golf

Miller Keystone Blood Drive

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

Date: Friday, August 25

Time: 8 a.m.-3:30 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Register: giveapint.org
Sponsor Code: 6404

Information and Cancellations

Registration and pre-payment are required for select 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, Grand View Health's Facebook Page, WNPV 1440 AM Lansdale and KYW 1060 AM Philadelphia. For further information call 215-453-4300.

Understanding Your Care Options

Today, you have more choices than ever when it comes to your family's medical care. Understanding your options and the differences between them can save you time and money. Know when to choose between:



YOUR DOCTOR

When an ailment can wait for an appointment or you need the care of a doctor who knows your medical history, visit your primary care physician or medical specialist.

Find a physician:
gvh.org/find-a-provider



URGENT CARE

Urgent care is a convenient alternative if you are unable to see your doctor right away or if after-hours care is needed for non-life threatening issues such as cough, cold, flu, sprains and strains.

Grand View Urgent Care:
gvhurgentcare.com



DEPARTMENT OF EMERGENCY MEDICINE

A visit to the emergency department is recommended for serious injuries and life-threatening conditions such as chest pain, bleeding or bone protrusion.

**GVH Department of
Emergency Medicine:**
gvh.org/dem

GVH GRAND VIEW HEALTH

700 Lawn Avenue
P.O. Box 902
Sellersville, PA 18960-0902



Keeping patients safe is our number one concern, which is why we've been recognized as one of the safest hospitals in America by The Leapfrog Group three consecutive times.