



# HealthView

March 2018 - June 2018

**GVH** GRAND VIEW HEALTH

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 Chalfont, Kulpsville and Quakertown, 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.

**Registration is required up to 24 hours in advance at [gvh.org/classes](http://gvh.org/classes) unless otherwise noted. Call 215-453-4300 if you have any questions.**

## TABLE OF CONTENTS

Bariatrics .....	3
Bone and Joint Health .....	4-5
Cancer .....	5
Diabetes .....	6
Expectant Parents and Parenting .....	6-8
Eye Health .....	9
Heart and Vascular Health .....	10
Lung Health .....	10
Senior Health .....	11-12
Wellness and Healthy Lifestyle .....	12-13
Events .....	14
Volunteer Opportunities .....	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](http://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](http://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](http://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.

To learn more or to schedule an appointment call **215-453-3400**.



Dr. Fishman is a board-certified and fellowship-trained bariatric surgeon. As the director of the Grand View Health Bariatric & Metabolic Institute, he helps patients struggling with obesity and obesity-related issues achieve a more healthy and active lifestyle.

Michael Fishman, MD  
Bariatric Surgeon  
Grand View Surgical Associates  
915 Lawn Avenue | Sellersville, PA 18960  
215-453-3400

# HealthView

## BONE AND JOINT HEALTH

### Common Shoulder Problems

Common causes of shoulder pain include tendonitis, bursitis, arthritis, muscle sprain and an inflamed or torn rotator cuff. These problems can be extremely painful and life altering if left untreated. During this seminar you'll learn about surgical and non-surgical treatment options available.

**Speaker:** Orthopaedic Surgeon,  
James M. Hurley, MD

**Date:** Thursday, April 3

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

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

**Fee:** FREE

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

### 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, March 21

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

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

**Fee:** FREE

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

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

**Date:** Friday, May 4

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

**Location:** Henning's Market  
Community Room, Second Floor  
290 Main Street  
Harleysville, PA 19438

**Fee:** FREE

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

### Struggling with Hip or Knee Pain?

If arthritic joint stiffness and pain are preventing you from enjoying life to its fullest, this educational seminar will help you understand minimally invasive joint replacement procedures and non-surgical options such as medications, injections, physical therapy, weight loss and exercises.

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

#### Session 1

**Date:** Friday, April 13

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

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

#### Session 2

**Date:** Friday, June 22

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

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

**Fee:** FREE

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

## BONE AND JOINT HEALTH

### Ailing Joints? We Can Help

Many conditions can lead to painful joints, including osteoarthritis, rheumatoid arthritis, bursitis and sprains. Learn the newest, least invasive techniques for reducing joint pain.

**Speaker:** Pain Management Physician, David Bozak, DO

**Date:** Wednesday, May 16

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

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

**Fee:** FREE

**Register:** gvh.org/classes

### Back and Neck Pain for Beginners

Our backs and necks age over time. Learn about degenerative neck and lower back processes, pain conditions, cutting edge pain management techniques as well as traditional, alternative, and rejuvenating therapy treatments.

**Speaker:** Pain Management Physician, Douglas Gugger, MD

**Date:** Wednesday, March 14

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

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

**Fee:** FREE

**Register:** gvh.org/classes

## CANCER

### 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, March 19  
Monday, May 21

**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 Oncology Social Worker  
215-453-4137

### 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 Oncology Social Worker  
215-453-4137

# HealthView

## 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](http://gvh.org/diabetes)

*My***GVH**.org

### Connect with Grand View's Patient Portal

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**.

## EXPECTANT PARENTS AND PARENTING

### Breastfeeding Basics

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 close to the 32nd week of your pregnancy.

**Date:** Fourth Thursday of the month

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

**Location:** GVH Conference Room 1L  
First Floor, Hospital

**Fee:** \$25 per family

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

## 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 suggested. We recommend taking this class close to the 32nd week of your pregnancy. Choose one of three options:

#### Option 1

**Date:** First and second Monday of the month, two-part series  
Check website for dates

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

**Location:** GVH Conference Room 1L  
First Floor, Hospital

**Fee:** \$85 per family

#### Option 2

**Date:** Third and fourth Wednesday of the month, two-part series  
Check website for dates

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

**Location:** GVH Conference Room 1L  
First Floor, Hospital

**Fee:** \$85 per family

#### Option 3

**Date:** Third Saturday of the month  
Check website for dates  
\*Please bring lunch.  
Refreshments provided.

**Time:** 8:30 a.m.-1:30 p.m.

**Location:** GVH Conference Room 1L  
First Floor, Hospital

**Fee:** \$85 per family

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

### Focus on Motherhood

This childbirth and newborn care series is designed to prepare pregnant teens and young adults from 12-24 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:** Check website for dates and location

**Fee:** FREE

**Register:** Maternity Care Coalition  
215-348-9770  
[maternitycarecoalition.org](http://maternitycarecoalition.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 close to the 32nd week of your pregnancy.

**Date:** Second Tuesday of the month

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

**Location:** GVH Conference Room 1L  
First Floor, Hospital

**Fee:** \$25 per family

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

# HealthView

## EXPECTANT PARENTS AND PARENTING

### 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:** Appointments at 5, 6 or 7 p.m.

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

**Fee:** FREE

**Register:** [gvh.org/classes](http://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, April 12

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

**Location:** GVH Conference Room 1L  
First Floor, Hospital

**Fee:** \$15 per couple

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

### Super Siblings! (Ages 2-5)

Encourage your children to be super hero siblings as you welcome another child into your home. This one-time preparation class for big brother(s) or sister(s) 2-5 years of age will offer education on baby basics, 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.

**Date:** Third Thursday of the month

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

**Location:** GVH Conference Room 1L  
First Floor, Hospital

**Fee:** FREE

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

### Super Siblings! (Ages 5-10)

Encourage your children to be super hero siblings as you welcome another child into your home. This one-time preparation class for big brother(s) or sister(s) 5-10 years of age will offer education on 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.

**Dates:** Thursday, April 5

Thursday, June 7

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

**Location:** GVH Conference Room 1L  
First Floor, Hospital

**Fee:** FREE

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



## EYE HEALTH

### Macular Degeneration Causes and Treatments

Macular degeneration, the leading cause of vision loss, is a deterioration of the macula, the small central area of the retina of the eye that causes blurred or no vision in the center of the eye. While macular degeneration cannot be cured or reversed, progression of the disease can be slowed or stopped. In this seminar you'll learn what causes macular degeneration, warning signs if you have the beginning stages of the disease, diagnostic testing and treatments most commonly used, including injections.

**Speaker:** Ophthalmologist,  
Leo Santamarina, MD

#### Session 1

**Date:** Tuesday, April 10

**Time:** 2–3 p.m.

**Location:** The Community at Rockhill  
Learning/Wellness Center  
3250 State Road  
Sellersville, PA 18960

**Fee:** FREE

#### Session 2

**Date:** Thursday, April 19

**Time:** 5:30–6:30 p.m.

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

**Fee:** FREE

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

### New Intraocular Technology

If you're experiencing vision changes, like blurry or cloudy vision that has gotten worse over time, it may be related to cataracts. Cataracts are the clouding of a normally clear lens in the eye and are a common cause of poor vision and blindness among older adults. But they can be removed and replaced with artificial lenses. During this seminar, you'll learn about the latest techniques, including droplec cataract surgery and lifestyle lens implants that assist with vision correction.

**Speaker:** Ophthalmologist,  
Michael G. Posner, MD

**Date:** Thursday, March 22

**Time:** 5:30–6:30 p.m.

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

**Fee:** FREE

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

### Updates in Glaucoma Management

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. Learn about NEW surgical options available for many glaucoma patients.

**Speaker:** Ophthalmologist,  
Deepak P. Grover, DO

**Date:** Thursday, June 14

**Time:** 5:30–6:30 p.m.

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

**Fee:** FREE

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

# HealthView

## 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:** Friday, March 30

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

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

**Fee:** FREE

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

### Tips for Better Vascular Health

High blood pressure, smoking, diabetes, high cholesterol and being inactive are among the many factors that can put you at increased risk for vascular disease, or any condition that affects the veins or arteries. When blood vessels become fully or nearly blocked, it can lead to severe outcomes such as limb loss and stroke. This educational seminar will review the signs and symptoms, risk factors and treatment options for carotid and aneurysm disease, varicose veins and more.

**Speaker:** Vascular Surgeon,  
Eric V. Olivero, MD

**Date:** Tuesday, May 8

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

**Location:** The Community at Rockhill  
Learning/Wellness Center  
3250 State Road  
Sellersville, PA 18960

**Fee:** FREE

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

## LUNG HEALTH

### Breathe Easy

If you suffer from coughing, 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, April 19

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

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

**Fee:** FREE

**Register:** [gvh.org/classes](http://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 Smart Driver™ Course

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 held in a classroom. Driving test not required.

**Dates:** Saturday, April 21 and 28  
Saturday, June 2 and June 9

**Time:** 9:15 a.m.-1:15 p.m.

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

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

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

### AARP Smart Driver™ Renewal Course

If you have taken AARP's Smart Driver™ course within the past three years, you are eligible to take their four-hour renewal course. Participants may continue to receive an auto insurance discount upon completion.

**Date:** Saturday, May 19

**Time:** 9:15 a.m.-1:15 p.m.

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

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

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

### Aging with Less Pain and More Flexibility

The natural aging process means more muscle tension, less flexibility and likely, overall aches and pains which can become unbearable. Methods for aging with strength and flexibility will be discussed, as well as tips for leading a healthy lifestyle.

**Speaker:** Pain Management Physician,  
David Bozak, DO

**Date:** Wednesday, June 6

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

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

**Fee:** FREE

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

### Overcoming Arthritis

Arthritis affects more than 50 million adults in the U.S. Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. And although symptoms may come and go, severe arthritis can result in chronic pain and an inability to do daily activities. If you've been diagnosed with Osteoarthritis or inflammation of the joints, then this is the seminar for you. Learn from a leader in the field of pain management what you can do to combat Arthritis to preserve joint function, mobility and quality of life.

**Speaker:** Pain Management Physician,  
Robert Kelly, DO

**Date:** Wednesday, April 18

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

**Location:** Grand View Urgent Care-  
Chalfont  
Conference Room  
700 Horizon Circle  
Chalfont, PA 18914

**Fee:** FREE

**Register:** [gvh.org/classes](http://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, March 13

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

**Location:** The Community at Rockhill  
Learning/Wellness Center  
3250 State Road  
Sellersville, PA 18960

**Fee:** FREE

**Register:** [gvh.org/classes](http://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 activities that aggravate your painful condition? Board-certified pain professionals share the newest and least invasive approaches for relieving painful conditions of the back, neck, hip and knee.

**Speaker:** Pain Management Physician,  
Jerry Fang, MD

**Date:** Wednesday, April 4

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

**Location:** Henning's Market  
Community Room, Second Floor  
290 Main Street  
Harleysville, PA 19438

**Fee:** FREE

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

**Speaker:** Pain Management Physician,  
Douglas Gugger, MD

**Date:** Wednesday, May 2

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

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

**Fee:** FREE

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

---

## WELLNESS AND HEALTHY LIFESTYLE

### Overcoming Headaches and Chronic Neck Pain

Chronic headaches are a leading cause of impaired daily function, loss of work and time spent with family and friends. Although a complicated phenomenon, new research indicates that the many chronic headaches originate from conditions related to muscles in the neck. If you suffer from headaches and are overwhelmed and frustrated with your prognosis, learn about some of the new techniques our expert physicians use to help their patients finally find relief.

**Speaker:** Pain Management Physician,  
Jerry Fang, MD

**Date:** Wednesday, May 30

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

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

**Fee:** FREE

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

### The Weekend Warrior and Common Injuries

Most experts would agree that being active in adulthood is the best way to stay healthy, but a lack of preparation for that adult sports league or Saturday 5K may leave you with injuries that feel far from optimal. Learn about common injuries that adults experience when attempting to "get back in the game."

**Speaker:** Orthopaedic Surgeon,  
John M. Minnich, MD

**Date:** Thursday, May 31

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

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

**Fee:** FREE

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

## WELLNESS AND HEALTHY LIFESTYLE

### 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:** Begins in April  
Check website for dates

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

**Location:** James Memorial Park  
1027 Ridge Road  
Sellersville, PA 18960

**Fee:** FREE

**Information:** [gvh.org/event/fit-doc](http://gvh.org/event/fit-doc)  
[GetFitwithadoc@gvh.org](mailto: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:** Mondays beginning April 9  
Check website for dates

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

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

**Fee:** FREE

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

### 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 to choking relief. Registration is required.

**Dates:** Check website for courses and dates

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

**Fee:** Varies by class

**Register:** Abington Community Health  
215-361-6708  
[abingtonhealth.org/classes-events](http://abingtonhealth.org/classes-events)

### Babysitting 101

This interactive program prepares 11-14 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.

**Date:** Saturday, April 14

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

**Location:** GVH Conference Room 1L  
First Floor, Hospital

**Fee:** \$65

**Register:** Maternity Care Coalition  
215-348-9770  
[maternitycarecoalition.org](http://maternitycarecoalition.org)

### Nutrition Counseling

Grand View Health registered dietitians 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. Most major insurance plans accepted.

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

# HealthView

## EVENTS

### 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. Save a life, become a blood donor.

**Date:** Friday, May 18

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

**Location:** GVH Community Education Center

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

### Designer Bag Bingo

*New fundraiser for the Auxiliary!*

One Designer Bag for each round of Bingo. Cost of ticket includes 10 rounds! Refreshments, door prizes, raffles and 50/50 drawing will be available at additional cost.

**Date:** Sunday, March 4

**Time:** 1 p.m.

Doors open at Noon

**New Location:** Sellersville Fire Department Banquet Hall  
Sellersville, PA 18960

**Fee:** \$30.00 per person (or \$25 per person when reserving a group of 10 or more)  
\$35.00 per person at the door

**Information:** For tickets or questions  
Grand View Auxiliary  
215-453-4381 or  
[www.gvh.org/bingo](http://www.gvh.org/bingo)

### Breakfast with the Easter Bunny

Join the Easter Bunny for a delicious pancake breakfast, photo, egg hunt and activities. Reservations required.

**Date:** Saturday, March 24

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

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

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

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

### Spring Fashion Show

Enjoy lunch, auction, and fashion show showcasing casual and career fashions from Macy's. "Her Happy Healthy Heart" Fashion Show will highlight clothing for all members of the family!

**Date:** Sunday, April 29

**Time:** Doors open at Noon  
Lunch at 1 p.m., show to follow

**Location:** Franconia Heritage Banquet & Conference Center  
508 Harleysville Pike  
Souderton, PA 18964

**Fee:** \$30.00 per person

**Register:** Grand View Auxiliary  
215-453-4381



### 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](http://gvh.org/support-groups).

## VOLUNTEER OPPORTUNITIES



### 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 call **215-453-4616** or visit [gvh.org/volunteering](http://gvh.org/volunteering).

### Nondiscrimination and Language Assistance

Grand View Health complies with applicable federal civil rights laws and does not discriminate or treat people differently on the basis of race, color, sex, disability, national origin, age, gender, gender identity or expression, sexual orientation, religion or status.

#### We provide:

**Free aids and services** to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats).

**Free language services** to people whose primary language is not English, such as qualified interpreters and information written in other languages.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 215-453-4987.

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 215-453-4987。

### 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](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.

**GVH** GRAND VIEW HEALTH

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

NON PROFIT ORG  
U.S. POSTAGE  
PAID  
LEHIGH VALLEY, PA  
PERMIT #121

**GVH** GRAND VIEW

**URGENT CARE**

Now in 3 Convenient Locations!

**8 a.m. - 8 p.m. WEEKDAYS**

**9 a.m. - 5 p.m. WEEKENDS**

**Reserve  
Your Spot**  
**ONLINE**



**gvhurgentcare.com**

**CHALFONT | KULPSVILLE | QUAKERTOWN**