HealthLine

FALL 2018

COMMUNITY HEALTHLINE MEMORIAL HEALTH SYSTEM

"I believed in my teammates at Strecker… why would I go anywhere else?"

Katrina Barnes, MD

Shining a Light on Breast Cancer

- We celebrate some of our own breast cancer thrivers with a one of a kind photo shoot starting on page 6
- Learn about our new specialty clinic in Athens, Ohio on page 16
- One of our expert dietitians offers his best advice on managing and caring for diabetes on page 32

Life · Community · Health · Excellence

FROM OUR CEO

We are pleased to announce the opening of our Marietta Memorial Clinic in Athens, Ohio, designed to provide access to specialty care close to home. This location will include services like oncology, podiatry, neurosurgery, and more. Providing new facilities and keeping up-to-date with the latest technology helps provide you with the best possible care. Providers in this clinic will be connecting the healthcare dots for our Athens area patients. Learn more about our new location on page 16.

To provide the best care, we're always recruiting providers to meet our community's health needs and they come from some pretty impressive places. In this issue of Community HealthLine, you'll meet some of our newest providers and learn how to reach them to make an appointment.

Inside this edition (pages 8-13), hear inspiring advice from some powerful women and check out their amazing photo shoot which includes one of our very own; family medicine provider, Dr. Katrina Barnes. Also, learn about our upcoming events focused on breast health in the month of October.

At the end of the issue you'll see our calendar of events that shares some of our upcoming community programs and screenings; all designed to help you improve your health. It's hard to believe that we've headed into fall and our annual Love Lights giving program and holiday activities will soon be underway. We hope you consider supporting this important effort for our patients and their families.

Here's to a happy, healthy fall.

Scott Cantley
President and CEO, Memorial Health System

HealthLine

Creative Writing Team:
Kaylee Hardbarger • Social Media Specialist
Colleen Pierce • Writing Specialist
Allie Ryan • Writing Specialist

Design/Illustration Team:
Frederick Jesser • Graphic Design Specialist
Megan Williams • Graphic Design Specialist

Photography Team:
Kelly Mazzonne • Media Production Specialist
Nathan Reich • Media Production Specialist

Marketing Department Leadership Team:
Sarah Holt • Director of Marketing • (740) 374-1634
Jennifer Offenberger • Associate VP of Marketing & Service Excellence • (740) 374-1797

Visitors take in the history and vistas during a late summer trip to Fort Boreman Park, Parkersburg, West Virginia.

IN THIS ISSUE

Community HealthLine Fall 2018

LEARN: 20

Get Ready For Cold & Flu Season
Know the difference between the cold and flu. Plus tips for staying healthy this flu season.

EAT: 27

Stuffed Sweet Potatoes
Rediscover the healthy side of the sweet potato. Black beans add protein and a mature taste to a seasonal favorite.

6. Shining a Light on Breast Cancer We're excited to celebrate powerful women; survivors and thrivers of breast cancer. To celebrate some of our own, we collaborated with Hot Tomato Pin Up Academy and had a one of a kind photo shoot.

14. How to: Breast Self Exam Find out the how and why of one of the most important monthly checkups you can have.

15. Shining a Light on Breast Cancer Series Hear from our experts and have some fun by attending one of our informative October breast health series events.

23. Tips for on the go Moms and Dads During Germ Season
It's easy to forget to take care of yourself during cold and flu season. Here are some tips to keep you happy and healthy during the germiest time of year.

24. Do You Fit the Criteria for a Lung Cancer Screening? November is lung cancer awareness month and as your partner in health, we want you to be healthy. One way to accomplish this is by getting the appropriate cancer screenings when you fit the criteria to do so.

Community HealthLine is published as a service to our community. Material provided in Community HealthLine is obtained from a wide range of medical sources and health care authorities. Its use is not intended as a substitute for consultation with a physician or trained medical professional in regard to symptoms or care. If you are concerned about items that appear in Community HealthLine, please contact your personal provider regarding their effects on your personal health.

HealthLine is a FREE service to the community. If you or someone you know would like to receive this publication, please visit our website at mhsystem.org/healthline and fill out an online subscription form or contact Marketing at (740) 374-1634. To contact Memorial Health System, call (740) 374-1400.

MOVE: 28

Discipline Before Motivation
Let's face it. Sometimes we aren't motivated to exercise. Learn how to achieve the discipline that gets us out the door before we're motivated.

SHARE: 16

Our New Specialty Clinic in Athens
Memorial Health System brings our world class care to our neighbors in Athens, Ohio by offering multiple specialty services, close to home.

26. Stillness Can Be a Great Challenge Our brains are always multitasking. This moment, though, right here, right now, is filled with happiness and hope if we just pause and be still.

30. Advice from the 55 PLUS Office

32. Managing and Caring for Diabetes Nathan Lonidier, registered dietitian, nutritionist, and diabetes program coordinator at our Diabetes Education Center, offers us his best advice on managing and caring for diabetes.

36. Our Calendar of Events Take a look at the screenings, programs, support groups, and events happening in our community this fall. Also, check out our latest scheduled events at ***mhsystem.org.***

42. Welcome Our New Providers Meet our new providers as we continue to bring you the best in world class care.

Special thanks to Hot Tomato Pin Up Academy and their generosity of photographing the wonderful women breast cancer thrivers in this issue (on our cover and on pages 8-13). If you're interested in having a glamorous photo shoot, visit hottomatopinupacademy.com or call (513) 400-4872.

Shining a Light on Breast Cancer: Women of *Power*

Currently, there are over 3.1 million breast cancer survivors in the United States. This number includes women currently being treated and those who have completed treatment.

Memorial Health System wants to celebrate all of these powerful women. They're more than patients and survivors—they're ***thrivers!*** Cancer doesn't dull their light—in fact, it makes them shine brighter.

To shine light on some of our own thrivers from Strecker Cancer Center, we collaborated with Hot Tomato Pin Up Academy and had a one of a kind photo shoot. During a day of glitz and glamor, we were able to witness the bond between these women who had never even met before. It was a remarkable and humbling experience. Flip through the following pages to see first hand how these strong women don't let breast cancer hold them back.

I came across something saying that the four things to help you heal are: God, a support system, attitude, and medicine–I truly believe that I have all four.

You just have to accept the situation and learn to live with it.

The photo shoot was so comfortable and freeing–I was able to express myself and it was great to meet the other ladies and have that bond with them. This was something that I always wanted to do and really enjoyed it!

Pam Knost

Diagnosed: August 2017
Diagnosis: Stage IV Breast Cancer
Age: 60
Support System: Tami, my twin sister, my children, Ashley and Derek, and my fiancé, Bob
Hobbies: Shopping, reading, taking care of my grand-dog, and eating sweets

My advice is that no matter what age you are, male or female, cancer can strike anytime like it did to me and I have no history of breast cancer. Over these past five years, I have had the privilege to be blessed with an amazing doctor. Dr. Kelli Cawley isn't just my doctor–I consider her my family. Also, thanks to all of the nurses and staff at Strecker Cancer Center that work so hard and keep cancer patients laughing and smiling every day.

I also want to thank Cortney Beymer (my social worker) for always helping my mom and I out and sitting and talking to us. She always keeps us in good spirits. I have always considered Cortney like a sister.

To the amazing, beautiful, and talented women at Hot Tomato; what an honor to be around such talent. I had such a blast and loved every minute of it. Thanks for picking me to be a part of this photo shoot. I'm truly blessed.

Leah Taylor

Diagnosed: 2013
Diagnosis: Stage IV Breast Cancer
Age: 37
Support System: My mother, Leesa Evans and my son,Nicholas (I live for my son and he is the reason I will never give up)
Hobbies: Caring for my son–he keeps me going everyday

Someone told me to find the blessings. I thought they were nuts. But, it stuck with me and I realized they were everywhere if I chose to look for them. I got to spend more time with my family and friends. I got to re-connect with friends that I hadn't seen for a while. I realized how many people cared; people that I didn't think it would have registered on their radar. I now have a different perspective on life.

I never asked why I had to get cancer. I figured it was pointless and didn't get me anywhere. I chose to focus on how to beat it so that I never had to hear the word cancer again.

I don't know that anyone who has cancer is done fighting. There are different stages to the fight, but the fight never goes away.

Katrina Barnes, MD

Primary Care Provider – Memorial Health System
Diagnosed: December 22, 2016
Diagnosis: Stage II Breast Cancer (currently in remission)
Age: 38
Support System: My amazing husband, Mike
Hobbies: Running and craft projects—ranging from painting walls to various DIY projects

1 in 8 women will be diagnosed with breast cancer in their lifetime...*Let's let that sink in.*

Most likely one of the women that you know will have breast cancer. How can we fix this? While there's no single fix, one thing is very clear—early detection saves lives. As part of early detection, self-examinations are vital to early detection and survivorship. Though this seems so simple, many don't know how to perform proper breast self-examinations. The following is step-by-step instructions for monthly breast self-examinations.

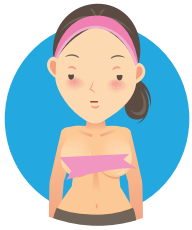
Once a Month

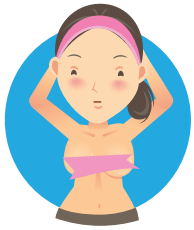
Adult women of all ages are encouraged to perform breast self-exams at least once a month. Johns Hopkins Medical Center states, "40% of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important."

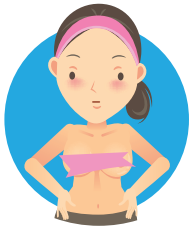
While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.







In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.
Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Information provided by nationalbreastcancer.org

Shining a Light on Breast Cancer: A Breast Health Series

Coffee with a Cause

Friday, October 5; 5-9 p.m. at Jeremiah's Coffee House (175 Front Street, Marietta, OH)

Jeremiah's Coffee House will be serving vanilla raspberry lattes with proceeds going towards Memorial Health System's Strecker Cancer Center Breast Health Fund.

Debbie Piatt, fitness and wellness specialist, will be directing a yoga-style exercise: "Bodies that Flow."

Our Department of Physical Therapy will be discussing what services we offer to our cancer patients to help them stay strong.

Girls' Night Out

Friday, October 12; 6-10 p.m. at The Coffee Bar (404 Market Street, Parkersburg, WV)

The Coffee Bar (TCB) will be donating 10% of all sales during this fun filled night to Strecker Cancer Center's Breast Health Fund. Their signature pink drink will be $3 and appetizers will be buy one, get one 50% off. Bring your singing voice—open mic karaoke will begin at 8:30 p.m.!

Starting at 6 p.m., Toni, our breast health navigator, will speak about Strecker Cancer Center, breast health, and cancer prevention.

Let's Talk Breast Health

Friday, October 19; 6-7:30 p.m. at Strecker Cancer Center – Marietta Memorial Hospital (Strecker Conference Room)

This evening will be filled with popcorn and snacks, talks from our health experts including Toni Ligas, breast health navigator, Dr. Bhati, surgical oncologist, and Genetic Counselor, Marcia McCullough, NP.

Food with a Cause

Friday, October 26; 6-8 p.m. at The Changed Plate (Belpre Medical Campus – 803 Farson Street, Belpre, OH)

Please RSVP by Wednesday, October 24 at (740) 568- 4731; donations will be accepted for Strecker Breast Health Fund

Come for an evening full of cooking demos and learning about cancer prevention with our health system's very own dietitians and chefs from The Changed Plate. Our stations' menus will be packed full of ingredients carefully selected with cancer prevention in mind and don't forget samples!

Our dietitians will be present throughout the evening with information for all guests in attendance to learn about how one can use nutrition and specific dietary practices to lower their risk of cancer.

Our Breast Health Fund provides breast cancer patients with support by assisting in paying for mammograms and scan readings. We want our patients to be focused on their plan of care, not the outside stressors of financial burden.

Memorial Health System's Signature Care for Breast keeps you in the center of your health journey. For more information about our program, please visit **mhsystem.org/breast**. For more information about our October breast health series, please contact Toni Ligas, Breast Health Navigator, at (740) 568-5461.

SHARE

Memorial Health System's Marietta Memorial Clinic in Athens

Starting this fall, Memorial Health System will be providing world class care... in Athens, Ohio!

Memorial Health System strives to deliver quality care and service with an additional focus on medical education and community service. We invest in the most advanced technologies and treatments today, giving our patients the care that they need, so they can stay close to home, now in Athens too!

We are comprised of a network of locations and specialties provided by over 2,000 employees that include two hospitals (Marietta Memorial Hospital and Selby General Hospital), outpatient service sites, and provider clinics. We have over 300 primary and specialty care physicians, advanced practice providers (NPs and PAs), and other licensed providers.

Why Choose Us as Your Partner in Health:

Our award-winning team is committed to not only providing you with the best care and the latest treatment options but keeping our communities healthy and active in addition to training the next generation of providers as well. Our system works together so you don't have to travel to different cities and states for specialty care. And, because we're close to home, there are multiple locations (including Belpre, Ohio) for follow-up care, primary care, and other specialty care. We want to make your health journey a smooth one. At Memorial Health System, you'll find:

- **Dedicated team of providers - You'll receive personalized care from a team of providers based on your unique needs. We are focused on delivering the care you need.**
- **24/7 access to healthcare advice - You can call our nurse line any time of day or night for help in deciding how to treat symptoms or be directed to the right care at the right time.**
- **Coordinated care - After a hospital stay or emergency room visit, you'll leave with an appointment (if needed) and our nurses will call within 24 hours to check in on you.**
- **Online access to your health records – See your lab results, appointments, and send secure messages to your care team with myMemorial Chart.**

On the next page you can find a more detailed list of the services we are providing for the Athens community.

MEMORIAL HEALTH SYSTEM

Coming in October!
Marietta Memorial Clinic
310 West Union Street, Suite 102
Athens, Ohio

Providing Expert Care in Your Community

Signature Care for Bariatric

- Laparoscopic sleeve gastrectomy
- Laparoscopic gastric banding
- Laparoscopic gastric bypass
- Nutritional support

Cardiology

- Atrial Fibrillation (AFib)
- Defibrillators
- Heart arrhythmia disorders
- Heart failure devices
- Pacemakers
- Supraventricular tachycardia (SVT - rapid heartbeat)

Podiatry

- Ankle pain
- Bunions
- Callouses and corns
- Diabetic foot care
- Flat foot pain
- Fungal toenails
- Hammertoes
- Heel and foot pain
- Ingrown toenails
- Plantar fasciitis
- Plantar warts
- Sports injuries

Endocrinology

- Adrenal disorders
- Diabetes
- Hyperlipidemia
- Low testosterone
- Obesity
- Osteoporosis
- Pituitary disorders
- Thyroid disorders (including thyroid cancer)

Neurosurgery

- Brain and spine trauma, tumors, lesions
- Carpal tunnel release
- Cerebrovascular neurosurgery
- Craniotomy - including skull base
- Fusions (lumbar, thoracic, anterior cervical, posterior cervical, etc.)
- Neuroendoscopy for tumor biopsy/removal and cyst fenestration
- Neuro-oncology
- Neurotrauma
- Pain pumps
- Peripheral nerve surgery
- Spinal degenerative disease
- Treatment for aneurysm
- Treatment for arteriovenous malformation
- Ulnar nerve release

Gastroenterology

- Abdominal pain
- Cancer
- Gallstones
- Gastroesophageal reflux disease (GERD)
- Heartburn
- Hemorrhoids
- Hepatitis
- Inflammatory bowel disease (Crohn's disease or ulcerative colitis)
- Irritable bowel syndrome (IBS)
- Ulcer disease

Oncology (Cancer Care)

- Cancer registry
- Chemotherapy
- Clinical trials
- Genetic testing
- Hormone therapy
- Immunotherapy
- Infusion therapy
- Nutrition services
- Radiation therapy
- Resource center
- Support groups
- Targeted therapies

I DIDN'T REALIZE HOW BAD THE PAIN WAS UNTIL IT WAS GONE

Dave Gehlauf, spine surgery patient,
Athens, Ohio resident

"I taught electrical engineering. On jobsites, when I looked upwards, I got a headache and severe pain in my shoulders and arms. I found out I had two ruptured discs in my neck. I had world-class surgery right here in Marietta and now I feel great. I just wish I had done it sooner!"

Find us at mhsystem.org/AthensClinic
Hear Dave's story at mhsystem.org/Dave

MEMORIAL HEALTH SYSTEM

AH-CHOO!

ARE YOUR KIDS READY FOR COLD & FLU SEASON?

It's kind of inevitable. Back to school means back to germs. We know that the cold and the flu are both caught one of two ways: either from kid to kid (or person to person) by coughing or sneezing or when your child (or you) touches a surface that has germs on it. Since a cold or the flu can spread easily, we know to tell our kids to wash their hands a lot, and we make sure to clean the counters, wipe the door knobs, and in general, keep our living spaces clean. So, what else can we do?

3 STEPS FOR KEEPING KIDS GERM FREE

WASH HANDS COMPLETELY.

Tell your kids to wash their hands with soap and water for at least 20 seconds to kill all kinds of germs, including the flu virus. (Have them sing the *Happy Birthday* song to keep track of time.)

COVER THAT COUGH.

Your kids should cover their mouths with the inside of their elbow when they cough or sneeze.

GO ONCE A YEAR.

A yearly wellness visit to the pediatrician is important to make sure your kids are up-to-date on all vaccinations, including the flu shot. Your provider also uses their yearly visit to discuss any problems or unusual changes in your child from year to year.

IS IT A **COLD** OR IS IT THE **FLU**?

Turn the page to find out how you can tell the difference.

IS IT A COLD?

OR THE FLU?

WHAT ARE THE SYMPTOMS?

COLD- NOT THE FLU

Runny nose, sneezing, vomiting in small children, sore throat, cough.

THE FLU

Body aches, cough, congestion, headache, runny nose, and sore throat, possibly diarrhea, and vomiting.

WILL I GET A FEVER ?

Usually not, but kids are more likely to get a fever than adults.

Usually, and the fever can come and go.

HOW IS IT TREATED ?

A cold can usually be treated at home with medicine you buy in the drugstore.

Often, you can treat the flu at home with medicine from the drugstore. If you know you have the flu early, you can get a prescription that will make your symptoms less severe.

HOW LONG DOES IT LAST?

Colds come on quickly and symptoms can last

7-10 DAYS

Symptoms will usually go away

IN ABOUT A WEEK

WHEN SHOULD I SEE MY PROVIDER?

If the cold lasts longer than a week and isn't getting any better, you should schedule an appointment with your provider.

If you have trouble breathing or can't keep food and drinks down, you should schedule an appointment with your provider.

TIPS FOR ON THE GO MOMS & DADS DURING GERM SEASON!

We know you're busy and it's easy to forget to take care of yourself during cold and flu season. After a long day at work, it's time to turn your attention to your kids —running to and from practices, homework to-dos, chores and the list goes on.

Our Primary Care Provider – Natalie Ball, PA-C, gives some essential tips to parents about staying healthy during back to school season. "Handwashing is of course the number one thing you can do to reduce cold and flu germs, it's the same importance advice you tell your kids. Remember to keep hand sanitizer in your car, in the office, and in your gym bag, to keep your routine going when soap and water are not available," says Ball. "Be sure to clean your phone, tablet, or any other electronic device you use daily with an antibacterial wipe—I make a habit to clean my desk, computer, and phone every morning," recommends Ball.

APPS TO TRY: It's vital for parents to set the precedence for a healthy lifestyle for their kids. Everyone has a busy schedule but incorporating just 15 minutes of activity daily, can aid in the prevention of Type 2 diabetes and cardiovascular disease.

"Apps like MyFitnessPal, Fitbit, and Lose It! are great free apps that allow you options for exercise, calorie tracking, and personal coaching," recommends Ball.

"Stress reduction is just as important as physical exercise, mindfulness apps, Insight Timer and Headspace, provide guided meditations and breathing practices that may help with anxiety reduction, relaxation, and insomnia," states Ball.

When it comes to keeping your medications in order, Natalie Ball, PA-C, suggests Round Health, a free medication tracker and reminder app. You can keep a list of your medications in one place, receive dosing alarms, and even refill reminders with this app.

When it comes to staying active during the colder temperatures, which is definitely easier said than done, Ball has one final important piece of advice:

"Even in the colder temperatures, I still try to get outside daily, even for just a few minutes. Staying connected to nature can cultivate inner peace and awareness and keep you and your mind healthy."

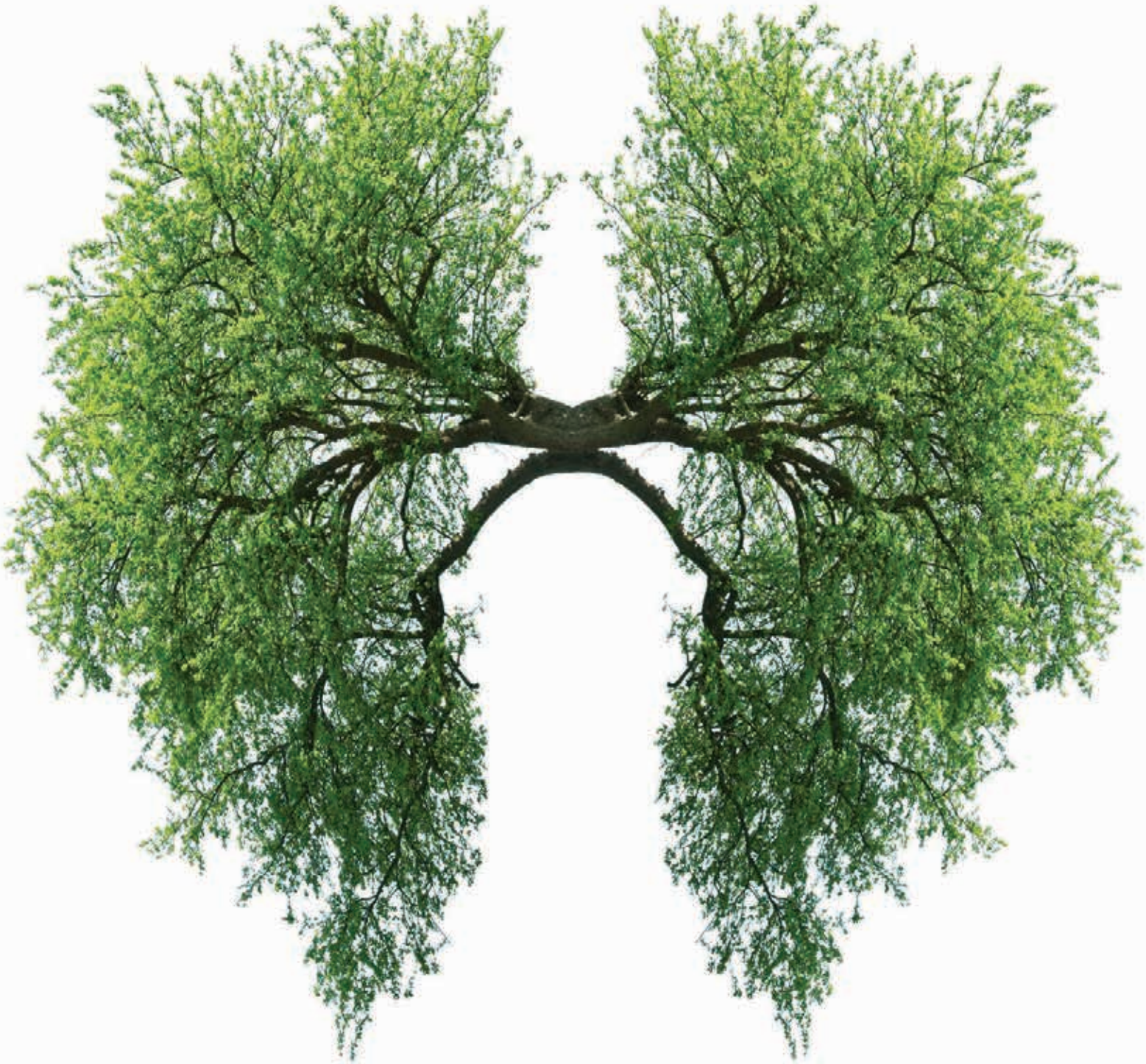
We know your number one goal is to keep you and your family happy and healthy all year round (especially during germ season), so we say practice what you preach!

For more information and tips on how to stay healthy this season, visit our health library. Go to mhsystem.org/healthlibrary.

To schedule an appointment with Natalie Ball (PA-C), call (740) 401-0033.

Belpre Medical Campus
805 Farson Street, Suite 117
Belpre, Ohio

Natalie Ball, PA-C
Primary Care



You get prostate and breast cancer screenings...why not lungs?

November is lung cancer awareness month and as your partner in health, we want you to be healthy. One way to accomplish this is by getting the appropriate cancer screenings when you fit the criteria to do so. Lung cancer is the number one cause of cancer death for both men and women in America—but it can change with one simple step. Screening for lung cancer saves lives, should you be screened?

Screening is recommended yearly if you meet the following guidelines:

- You are between the ages 55-77 years old
- You currently smoke or quit within the past 15 years
- You have a 30 pack-year smoking history (pack-years are calculated by multiplying the number of years smoked by the packs per day smoked. Example: 20 years X 2 packs per day = 40 pack years)

If you meet these guidelines, you are high risk for developing lung cancer and should talk to your primary care provider about ordering a lung cancer screening. Now that you know you should be screened, here are some frequently asked questions:

Will my insurance cover lung cancer screenings?

Most insurance plans and Medicare will cover high risk individuals annually.

I feel fine, why should I get screened?

Lung cancer often has no symptoms until it has spread. Getting screened before symptoms occur will give you the best chance at finding early stage lung cancer when it is more treatable and possibly curable.

How is screening done?

Screening is done with a low-dose computed tomography (LDCT) scan. You will lie very still on a table that will move slowly through the CT scanner. The procedure takes less than one minute. There are no medications or injections for this exam and no preparation is needed. If you wear clothing that doesn't contain metal, you may not even need to change.

Who will get my results?

Results from your LDCT will go to your referring doctor.

My lung cancer screening results were negative, what now?

As long as you meet the high-risk guidelines, you should get lung cancer screening done again in one year.

A nodule was found, do I have lung cancer?

Many people over the age of 50 have nodules in their lungs, most are not cancerous. LDCT scans can detect nodules as small as a grain of rice. For small nodules, imaging will be done in a year or sooner to make sure the nodule hasn't changed. Larger nodules may require further testing. If follow up testing is needed, our lung health care navigator will help guide you through the process.

What can I do to lower my risk of lung cancer?

The single best way is to not smoke. Quitting can be challenging but there are several resources available to help. Call the quit line at 1 (800) Quit-Now or search these websites for online support:

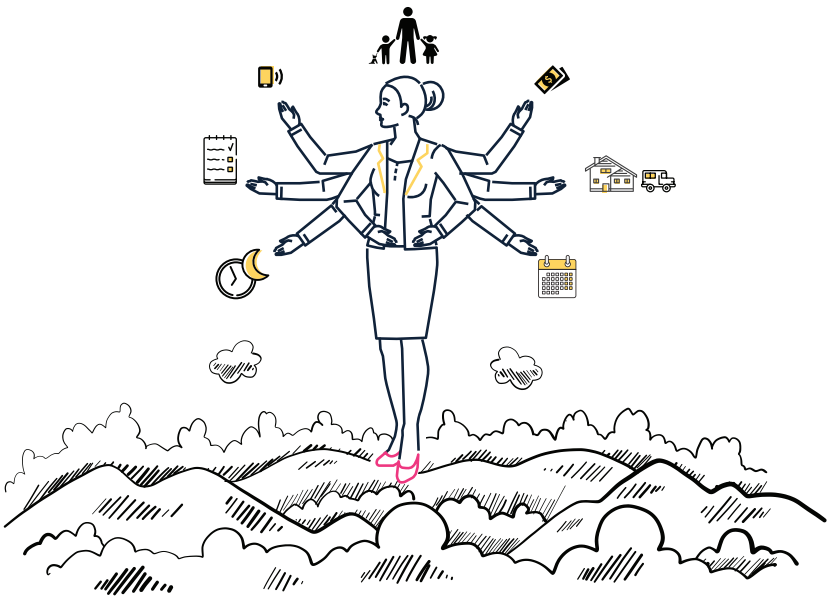
smokefree.gov
becomeanex.org, or
freedomfromsmoking.org.

Your provider will want to help so talk to them about which approach is best for you.

Memorial Health System is committed to responsible screening and is proudly recognized by the Lung Cancer Alliance as a Screening Center of Excellence.

Lung Cancer Screening questions?
Talk to our lung Health Care Navigator, Tiffany English, at (740) 376-1979 or tenglish@mhsystem.org.

BEING PRESENT



Stillness can be a great challenge.

Ever have one of those moments where your spouse asks a question and you answer without realizing what you're responding to? We all have instances during our day when our minds are not focused on the important stuff, like our families or the work at hand. I recently saw a Harvard University study that stated almost half of our waking hours are spent NOT living in the moment. That makes me sad.

If you're like me, it can be easy to find that I'm living my life thinking of what's coming next instead of where I am at that point in time. When I'm at home, I'm reflecting on work, and when I'm at work, I might find myself reflecting on home. I've caught my spouse, Lee, doing this as I'm telling him a story. He just nodded a time or two in response, I know he didn't hear me. Come on, I'm sure you're guilty of it, too.

Our brains are always multitasking — thinking about how to get the car to the shop while brushing our daughter's hair and not paying attention to her questions or chatter about school. Rehashing a problem at work while trying to enjoy family time. Or, looking at what's next on the list to do before completing the task we're in.

I can't forget to mention the impact technology has made on this process as well. Absently sorting through Facebook while watching TV and trying to entertain the pets and have a conversation? Right. Not happening.

I'm a communicator. I like to talk. Being present requires stillness. And that is something I find hard to do. Maybe it's the age thing again, tugging at me to say there's so much more to life and personal happiness when strong connections are made.

I worry that if I am not enjoying what's happening around me, and wrapped up in my own world, I'm really not living at all. I worry that if I don't pause and look at my husband in the eyes or watch his body language when he tells a story, I'm missing the real point. I worry that if I'm on my computer or phone while on the back deck versus taking in nature around me, I'm missing the life that takes place around me. The true connection happens when I use most of my senses and focus on what is in front of me.

Stillness can be a great challenge. This moment, though, right here, right now, is filled with opportunity. It's filled with happiness and hope if we just pause and be still. I want to keep working on these moments of stillness so time doesn't slip by unnoticed. Life is a gift. I hope you too can master this skill.

Jennifer Offenberger
Associate Vice President of Marketing &
Service Excellence,
Memorial Health System

Sweet Potatoes with Warm Black Bean Salad

Fall and sweet potatoes, for me, go together like peanut butter and jelly. Peppermint and Christmas? Ying & Yam? You get the idea. I love everything about sweet potatoes. Their versatility, their nutrient and fiber rich starch...in fact sweet potatoes may help maintain a healthy blood pressure and protect against cancer.

You can add almost anything to a baked, stuffed sweet potato and walk away thinking to yourself..."That just happened. I could eat that every night." For a satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomatoes adds protein. Be sure to eat the skin, which is full of fiber, as well.

Don't be afraid to try different combinations. Add some canned corn. Drop a few jalapeños on those bad boys. Temper the heat with some avocado chunks. Maybe you don't have or want sour cream... try some plain greek yogurt with a little fresh dill. You really can't go wrong.

– The Anonymous Foodie

Ingredients: *yields 4 servings*

4 medium sweet potatoes
1 15-ounce can black beans, rinsed
2 medium tomatoes, diced
1 tablespoon extra-virgin olive oil
1 teaspoon ground cumin
1 teaspoon ground coriander
¾ teaspoon salt
¼ cup reduced-fat sour cream
¼ cup chopped fresh cilantro

Directions:

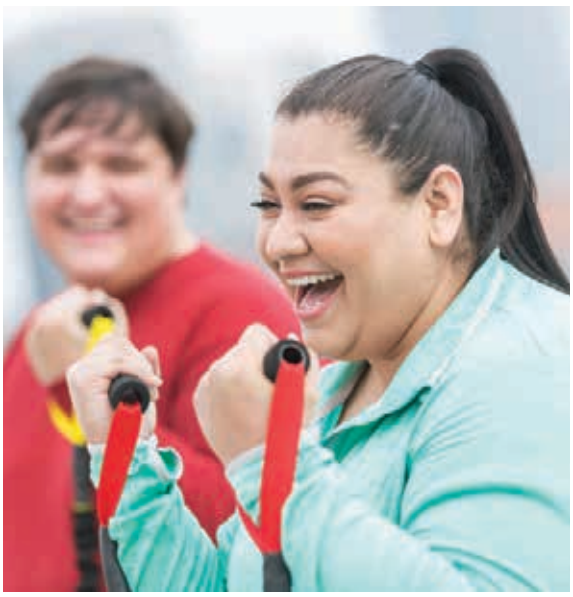
Prick sweet potatoes with a fork in several places. Microwave on high until tender all the way to the center— 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center – about 1 hour.)

Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander, and salt; microwave on high until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)

When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well.

Top each with a dollop of sour cream and a sprinkle of cilantro. Enjoy!

For more tempting and healthy fall recipes visit eatingwell.com.



Discipline Before Motivation

Deanna Shuler
Director of Community Health & Wellness

Imagine this scenario...

The alarm goes off at 4:25 a.m. It's cold, dark, you're tired (because who isn't tired at that hour?), everyone else in your house is still snuggled in bed, snoozing peacefully. You're digging through your dresser in the dark trying to find your running clothes, which includes 42 layers of Under Armour. Going through your mind are endless reasons why you should just crawl back in bed under the covers. But instead, you force yourself to go meet your running buddy and put in 3 miles in below freezing temps.

I have personally experienced this dozens of times, and although it is no longer my traditional exercise routine, I do think back quite often, and reflect on what exactly made me put myself through what some might describe as torture. Many times, I heard people say "I wish I were that motivated!" In reality, it's not all about motivation. In my experience, if you're motivated to do something, the task is actually easy. Discipline plays a key role as well. Let's explore the difference:

Motivation is the general desire or willingness of someone to do something. It involves your feelings and emotions, and in this case, your feelings specifically toward exercising. If you're motivated to exercise, it's easy, because you have the general desire to do it. You have positive feelings toward exercise. You may desire to go for a walk or hike, or look forward to an exhilarating group exercise class. The enjoyment of the activities make it easy.

Discipline, however, is the practice of training people to obey rules, or a code of behavior, regardless of your feelings toward the activity or behavior. In this instance, the trained behavior is exercise. Although you may not like getting up early, you can train yourself to perform the behavior in order achieve a desired outcome. Maybe the desired outcome is weight loss, lowering blood sugar or blood pressure, or simply knowing that you'll feel better if you do it.

Most mornings, I wasn't truly motivated at the thought of rising before the sun and going out in the cold, but with training, I became disciplined to do it. My motivation was the deep-down desire to do something good for myself, to feel a sense of accomplishment, and to improve my physical and mental well-being. I knew how I would feel when I was done, and that feeling would be with me for the rest of the day.

Understanding these principles can go a long way toward helping you remain disciplined and achieve your ultimate health, wellness, and/or fitness goals. However, you still need to consider any barriers that may impede your progress. Things like exercise clothes not being clean, not having a healthy snack (or breakfast) for after your workout, or forgetting your running shoes tend to come up often.

continued next page

Here are a few ways to overcome these barriers:

Manipulate your environment. This means adjusting things around you to trigger positive behavior, whether that be exercise or healthy eating. If you're considering joining a gym, look around for one that's close to your work so you can stop there on your way home. If walking is your preferred method of movement, find the dog park closest to your house and take Fido with you after dinner. Leave notes around your kitchen, with reminders about the foods you should (and shouldn't) be eating. Keep your gym bag in the car with everything you'll need for your workout. Lastly, socializing with others who share your desire to live a healthy lifestyle is a very effective way to manipulate your environment. Join these individuals in a walking or hiking club, and surround yourself with positive behaviors.

Increase the enjoyment factor. If every time you consider exercising, your brain and body revolt against you, perhaps you haven't found the right type of exercise yet. Movement and physical activity should be enjoyable! Don't think of it as punishment for eating poorly, celebrate your body's ability to walk, run, jump, lift, push, pull, etc! Our bodies were made for movement, so find a form of movement that you truly love and that will help you stick with it!

Practice, practice, practice! No one wakes up one day with a good habit and sticks with it. It takes practice! Repetition is the best form of practice! You have to repeat your desired behavior over and over again until it becomes habit and you are truly disciplined to do it!

Lastly, focus on your true purpose. No one can decide what your purpose is; this is something you have to determine for yourself. Maybe it's weight loss, improving your blood work, or gaining some much-needed energy. Maybe it is simply proving to yourself that you are capable! Regardless, keeping your focus here will help you stay disciplined during the long, cold months ahead!

So, adjust your environment, find something you enjoy, practice, and most importantly, believe in yourself! You can do it!

55 PLUS

Jennifer Offenberger
Associate Vice President
Marketing & Service Excellence

Exercise is something beneficial for everyone, especially for men and women as they age. You don't have to be an ex-athlete or someone who has kept up with exercising all along for it to help. Consistent activity can help maintain health and happiness and it can help prevent muscle loss.

The biggest thing is you don't have to join a gym or run a marathon to keep your body active, moving, and healthy. The more active you stay, the healthier your muscles and joints will be—no matter how many candles are on your cake each year.

For more tips on exercising, visit our online health library at mhsystem.org/healthlibrary.

CELEBRATION of Age

Save the Date

FRIDAY, OCTOBER 19

11:30AM to 2:30PM

FIRST CHURCH OF THE NAZARENE

100 MILL CREEK ROAD · MARIETTA

$18 | REGISTER TODAY AT (740) 568-4731.

MEMORIAL HEALTH SYSTEM

We hope that you and your friends can make it to this fun filled event!

In the United States alone, 30 million people currently have diabetes. That's 9% of our entire population. With November being National Diabetes Awareness Month, we want to shed a light on diabetes and give you tips from one of our experts. Our highly experienced diabetes specialists offer comprehensive care through medical treatment, education, lifestyle and nutritional modification, group and individual counseling, support groups, and weight management.

Diabetes Program Coordinator
Nathan Lonidier, MS, RDN, LD
Diabetes Education Center demo kitchen

Nathan Lonidier, registered dietitian, nutritionist, and diabetes program coordinator at our Diabetes Education Center, offers us his best advice on managing and caring for diabetes.

Q What foods should be avoided to help keep your blood sugar in check? Why?

A Our goal is usually to moderate our carbohydrate intake and consume lean meats with plenty of non-starchy vegetables to help satisfy our hunger and prevent high blood sugar levels. Carbohydrate foods (starch/sugar) are broken down into glucose (blood sugar) by the liver after you eat them. Your blood sugar rises based on how many carbohydrates you consumed at that meal.

Q November is Diabetes and Pancreatic Cancer Awareness Month, what is the most important thing you wish more patients were aware of when it comes to these two diseases?

A The diseases are very different but maintaining a healthy weight and eating healthy foods can help lower your risk. With diabetes, I have so many people tell me they wish they had gone to an education center years earlier than they had. You are not alone! I wish more people would visit a diabetes education center to get the tools they need to help prevent major issues before they happen.

Q What is a healthy, easy food swap you recommend?

A The first step I always recommend is switching sugary beverages for unsweetened varieties if people have not done so yet. Sugary beverages provide lots of sugar and calories which contributes to many health issues long term, yet they give us little to no healthy benefits. Some of the healthiest beverages people can drink are water, fruit infused water for variety, many varieties of unsweetened teas and small/moderate amounts of black coffee. Switching beverages may be a difficult process but we get accustomed to what we eat/drink if we give ourselves a little time.

Q What are a few snacks that can help tide you over between meals?

A The ultimate snacks are ones low in calories/carbohydrate and are not tempting to overeat. This helps prevents blood sugar spikes and increases in weight. Some examples would be: fresh berries, vegetables (carrots, broccoli, cauliflower, peppers, tomatoes, cucumbers, etc.), and plain popcorn.

Q What sets your department apart from others in the area?

A We have special accreditation with the American Diabetes Association and have for many years. We have a great team of knowledgeable nurses and a dietitian to assist people and provide education in all areas. We also have many engaging programs that are not available in many areas, such as cooking classes for people with diabetes, adult diabetes support groups, youth diabetes support groups, diabetes prevention program, diabetes exercise program, one on one education visits and engaging group classes.

Q What is your favorite health app (for your phone or tablet) and why?

A I use the calorie counter app by MyFitnessPal on a regular basis. Counting calories is more effort than most people care to invest, but it is one of the most effective ways to lose/maintain weight and become more aware of the types and amounts of foods we eat on a daily basis. The majority of people are unaware of how many calories they eat, what portion sizes they actually eat and even forget the meals and snacks they had a day ago. I use the app to stay mindful of how much I am eating and identify areas that need improvement.

To access services of the Diabetes Education Center, a referral from your physician is required. Appointments are required for all sessions.

Contact Us
803 Farson Street, Suite 100
Belpre, Ohio
Monday - Friday; 8 a.m. - 4:30 p.m.
(740) 568-1702

LOVE LIGHTS

2018

Honor the loved ones in your life...
while supporting our community served by hospice and heart.

Since 1991, Love Lights has provided an opportunity for people in our community to honor friends and loved ones with a charitable donation, through beautifully glowing lights, while providing essential support for local hospice services and heart disease care.

Dedicating a Love Light is a bright and vibrant way to honor and remember a very special person and celebrate how much someone means to you in your life.

MEMORIAL HEALTH FOUNDATION
Memorial Health System

Call (740) 374-4913
or visit mhsystem.org/give
to donate today!

Bodies that Flow:
Low Impact Chair Yoga Classes

Bodies that Flow is designed to instill a sense of peace while building strength, increasing range of motion, and allowing the participant to begin rejuvenation of spirit, soul, and body. Focusing on one's self, allowing the energies within to flow freely throughout the body, unblocking barriers not only physically, but mentally to encourage a sense of wellness, healing and to regain a positive outlook. All exercises are performed in stable chairs, still allowing those who wish to stand and participate the ability to do so.

Class days/times: The 2nd and last Wednesday of each month, 2 p.m. - 3 p.m.

Where: Strecker Cancer Center Belpre Conference Room located at 807 Farson Street.

Contact: Debbie Piatt, Fitness & Wellness Specialist, (740) 568-5380

Golfing for the Greater Good:
Raising Money for Strecker Cancer Center Patients

On July 28, 2018, fifty-one golfers teed up for the Lakeside Ladies Golf League's annual *Friends Golfing Fore a Cure* scramble and helped raise $1500 for the Strecker Cancer Center Patient Emergency Fund. These ladies are glad to get out and have some fun while helping patients at Strecker Cancer Center.

The Lakeside Ladies Golf League plays every Tuesday from late April until the end of September at the Lakeside Golf Course in Beverly, Ohio. They have 26 members who enjoy playing golf as well as each other's company.

SCREENINGS

OCTOBER

FALL

EVENT	DATE & TIME	LOCATION	INFORMATION & CONTACT
Health Screenings	Friday, October 5, 12, 19, 26; 8:30 – 10:30 a.m.	406 Colegate Drive, Marietta	Check your blood pressure, blood sugar, and weight. Walk in – no appointment needed. No Fee.
Mobile MedCheck	Tuesday, October 2; 9 – 11 a.m. Thursday, October 11; 9 a.m. – Noon Thursday, October 25; 9 a.m. – Noon	Belpre Kroger, Belpre John Dodge Senior Center Lower Salem Village Hall	Blood pressure, blood sugar, and weight checked. No appointments necessary. **No Fee.**
Vision Screening	Monday, October 8; 9 - 11 a.m.	Dr. Cooper's office Broughton Medical Campus 210 N. 7th Street, Suite 200	**55 PLUS members only. No Fee.** Screening not performed by a physician. Call (740) 568-4731 to register.
Hearing Screening	Wednesday, October 24; 9 – 11 a.m.	Wayne Street Campus, Audiology Department 800 Wayne Street, Suite 111	55 PLUS members only. No Fee. Screening not performed by a physician. Call (740) 568-4731 to register.
Vastrac Vascular Screening Program ***Non-invasive vascular screening program***	Screenings can be done every five years	Screenings held at Marietta Memorial Hospital	Appointments available Monday – Friday and last about 60 minutes. To schedule your free vascular screening, call (740) 374-1750.
Lung Cancer Screening Program	Our lung care screening program includes pulmonologists, radiologists, thoracic surgeons, oncologists, and a care navigator.	Results are provided to you and your physician and if further evaluation and treatment is needed, our navigator will work with you and your physician to coordinate that care.	To schedule a screening, talk to your primary care physician to see if this is the right screening for you. They will send a referral and our lung health care navigator will contact you to schedule an appointment.
Betsey Mills Multiphasic Screening	Saturday, October 13; 6 – 10:30 a.m.	Wayne Street Campus, Audiology Department 800 Wayne Street, Suite 111	**Cost:** Multiphasic - $35; Cholesterol profile - $12; PSA screening - $15; Hemoglobin A1C - $12; Limited appointments available. **Call (740) 568-4731** to make an appointment.
Lower Salem Multiphasic Screening 12 hour fasting required for all tests.	Saturday, October 27; 8 – 10 a.m.	Lower Salem Village Hall	
Celebration of Age	Friday, October 19; 11:30 a.m. – 2:30 p.m.	First Church of the Nazarene 100 Mill Creek Road, Marietta, OH 45750	**Cost: $18** **Registration is required. Please call (740) 568-4731.**
Original Pizza Place Slice of Hope Proceeds from pizzas ordered will benefit Strecker Cancer Center's Breast Health Fund.	October 8 & 9	The Original Pizza Place 231 2nd Street, Marietta	Call (740) 374-4333 for details
Bariatric Education Program Meet our bariatric surgery team and learn how you can change your diet and lifestyle.	Tuesday, October 2; 5:30 – 6:30 p.m. Tuesday, October 16; 5:30 – 6:30 p.m.	Marietta Memorial Hospital, Strecker Cancer Center Conference Room 401 Matthew Street, Marietta	Information sessions are free, but registration is required and space is limited. To register or for information, please call (740) 568-2178.
Diabetes Education Center	Individual counseling and group classes for people with diabetes and their family members.	Belpre Medical Campus, 803 Farson Street, Belpre, Ohio	Staffed by qualified nurse and dietitian educators. Call (740) 568-1702 for more information.

EVENT	DATE & TIME	LOCATION	INFORMATION & CONTACT
Cancer Support Group	Wednesday, October 3; 1 – 3 p.m.	Belpre Medical Campus Conference Room 807 Farson Street, Belpre	For additional information, call Cortney Beymer at (740) 401-0417 ext. 8226.
	Wednesday, October 24; 1 – 2:30 p.m.	Strecker Cancer Center Conference Room Marietta Memorial Hospital	For additional information, call Jane Skeen at (740) 568-5632.
Bariatric Support Group These monthly support group meetings are open for past, present, or potential bariatric patients.	Tuesday, October 23; 5:30 – 6:30 p.m.	Strecker Cancer Center Conference Room Marietta Memorial Hospital	For more information, contact (740) 568-2178.
Stroke Support Group	Tuesday, October 9; 5:30 - 6:30 p.m.	Selby General Hospital Conference Room	Call (740) 374-1463 for details about class location and speakers.
Ten Touchstones of Grief & Mourning for All Losses At these monthly meetings, individuals healing with the loss of a loved one discuss topics like understanding grief reactions, adjusting to changes, and learning to cope.	Wednesday, October 10; 1 – 2:30 p.m.	O'Neill Center, 333 Fourth St., Marietta	Please register in advance by calling (740) 374-9100.
Ten Touchstones of Grief & Mourning for Widows & Widowers These monthly meetings focus on challenges faced by individuals healing with changes in life especially during the first year after the loss of a spouse or partner.	Wednesday, October 24; 1 – 2:30 p.m.	O'Neill Center, 333 Fourth St., Marietta	Please register in advance by calling (740) 374-9100.
Prosthetic Support Group These monthly meetings focus on helping amputees create a network of support, participate in activities, and listen to local speakers.	Tuesday, October 9; 6:30 p.m.	For more information and location, please call Nancy Miller at (740) 525-8124.	
Youth Diabetes Support Group *The Sweet & Sour Club* This free support group is open to youth with diabetes and their support/families.	Tuesday, October 16; 6 – 7 p.m.	Belpre Medical Campus, 803 Farson Street Belpre, Ohio	Please call (740) 568-1702 to register.
A.W.A.K.E. Sleep Apnea Support Group	Tuesday, October 16; 6 – 7:30 p.m.	Belpre Conference Room Belpre Medical Campus 807 Farson Street, Belpre	For more information, call (740) 568-5310 or email awake@mhsystem.org.
Weekend Childbirth Class	Saturday, October 6; 9 a.m. – 4 p.m.	Strecker Cancer Center Conference Room Marietta Memorial Hospital	Fee: $38. Registration required at least three days in advance. Call (740) 374-1448 to register.

SCREENINGS

NOVEMBER

EVENT	DATE & TIME	LOCATION	INFORMATION & CONTACT
Health Screenings	Friday, November 2, 9, 16, 23, 30; 8:30 – 10:30 a.m.	406 Colegate Drive, Marietta	Check your blood pressure, blood sugar, and weight. Walk in – no appointment needed. No Fee.
Mobile MedCheck	Tuesday, November 6; 9 – 11 a.m. Thursday, November 8; 9 a.m. – Noon	Belpre Kroger, Belpre John Dodge Senior Center	Blood pressure, blood sugar, and weight checked. No appointments necessary. **No Fee.**
Vision Screening	Monday, November 12; 9 – 11 a.m.	Dr. Cooper's office Broughton Medical Campus 210 N. 7th Street, Suite 200	**55 PLUS members only. No Fee.** Screening not performed by a physician. Call (740) 568-4731 to register.
Hearing Screening	Wednesday, November 28; 9 – 11 a.m.	Wayne Street Campus, Audiology Department 800 Wayne Street, Suite 111	55 PLUS members only. No Fee. Screening not performed by a physician. Call (740) 568-4731 to register.
Vastrac Vascular Screening Program ***Non-invasive vascular screening program***	Screenings can be done every five years	Screenings held at Marietta Memorial Hospital	Appointments available Monday – Friday and last about 60 minutes. To schedule your free vascular screening, call (740) 374-1750.
Lung Cancer Screening Program	Our lung care screening program includes pulmonologists, radiologists, thoracic surgeons, oncologists, and a care navigator.	Results are provided to you and your physician and if further evaluation and treatment is needed, our navigator will work with you and your physician to coordinate that care.	To schedule a screening, talk to your primary care physician to see if this is the right screening for you. They will send a referral and our lung health care navigator will contact you to schedule an appointment.
Bariatric Education Program Meet our bariatric surgery team and learn how you can change your diet and lifestyle.	Tuesday, November 6; 5:30 – 6:30 p.m. Tuesday, November 20; 5:30 – 6:30 p.m.	Marietta Memorial Hospital, Strecker Cancer Center Conference Room 401 Matthew Street, Marietta	Information sessions are free, but registration is required and space is limited. To register or for information, please call (740) 568-2178.
Diabetes Education Center	Individual counseling and group classes for people with diabetes and their family members.	Belpre Medical Campus, 803 Farson Street Belpre, Ohio	Staffed by qualified nurse and dietitian educators. Call (740) 568-1702 for more information.
Cancer Support Group	Wednesday, November 7; 1 – 3 p.m. Wednesday, November 28; 1 – 2:30 p.m.	Belpre Medical Campus Conference Room 807 Farson Street, Belpre Strecker Cancer Center Conference Room Marietta Memorial Hospital	For additional information, call Cortney Beymer at (740) 401-0417 ext. 8226. For additional information, call Jane Skeen at (740) 568-5632.
Diabetes Support Group *Keeping the Holidays Happy:* Lisa Reed, RN	Tuesday, November 27; 1 – 2 p.m.	Belpre Senior Center 1614 Washington Blvd., Belpre	Call (740) 568-1702 for more information.

SUPPORT

NOVEMBER

EVENT	DATE & TIME	LOCATION	INFORMATION & CONTACT
Bariatric Support Group These monthly support group meetings are open for past, present, or potential bariatric patients.	Tuesday, November 27; 5:30 – 6:30 p.m.	Strecker Cancer Center Conference Room Marietta Memorial Hospital	For more information, contact (740) 568-2178.
Stroke Support Group	Tuesday, November 13; 5:30 – 6:30 p.m.	Selby General Hospital Conference Room	Call (740) 374-1463 for details about class location and speakers.
Ten Touchstones of Grief & Mourning for All Losses At these monthly meetings, individuals healing with the loss of a loved one discuss topics like understanding grief reactions, adjusting to changes, and learning to cope.	Wednesday, November 7; 1 – 2:30 p.m.	O'Neill Center, 333 Fourth St., Marietta	Please register in advance by calling (740) 374-9100.
Ten Touchstones of Grief & Mourning for Widows & Widowers These monthly meetings focus on challenges faced by individuals healing with changes in life especially during the first year after the loss of a spouse or partner.	Wednesday, November 28; 1 – 2:30 p.m.	O'Neill Center, 333 Fourth St., Marietta	Please register in advance by calling (740) 374-9100.
Prosthetic Support Group These monthly meetings focus on helping amputees create a network of support, participate in activities, and listen to local speakers.	Tuesday, November 13; 6:30 p.m.	For more information and location, please call Nancy Miller at (740) 525-8124.	
Youth Diabetes Support Group *The Sweet & Sour Club* This free support group is open to youth with diabetes and their support/families.	Tuesday, November 20; 6 – 7 p.m.	Belpre Medical Campus, 803 Farson Street Belpre, Ohio	Please call (740) 568-1702 to register.
A.W.A.K.E. Sleep Apnea Support Group	Tuesday, November 20; 6 – 7:30 p.m.	Belpre Conference Room Belpre Medical Campus 807 Farson Street, Belpre	For more information, call (740) 568-5310 or email awake@mhsystem.org.
Weekend Childbirth Class	Saturday, November 3; 9 a.m. – 4 p.m.	Strecker Cancer Center Conference Room Marietta Memorial Hospital	Fee: $38. Registration required at least three days in advance. Call (740) 374-1448 to register.

SCREENINGS

DECEMBER

EVENT	DATE & TIME	LOCATION	INFORMATION & CONTACT
Health Screenings	Friday, December 7, 14, 21, 28 8:30 – 10:30 a.m.	406 Colegate Drive, Marietta	Check your blood pressure, blood sugar, and weight. Walk in – no appointment needed. No Fee.
Mobile MedCheck	Tuesday, December 4; 9 – 11 a.m. Thursday, December 13; 9 a.m. – Noon Thursday, December 27; 9 a.m. – Noon	Belpre Kroger, Belpre John Dodge Senior Center Lower Salem Village Hall	Blood pressure, blood sugar, and weight checked. No appointments necessary. No Fee.
Vision Screening	Monday, December 10; 9 - 11 a.m.	Dr. Cooper's office Broughton Medical Campus 210 N. 7th Street, Suite 200	**55 PLUS members only.** No Fee. Screening not performed by a physician. Call (740) 568-4731 to register.
Hearing Screening	Wednesday, December 19; 9 – 11 a.m.	Wayne Street Campus, Audiology Department 800 Wayne Street, Suite 111	55 PLUS members only. No Fee. Screening not performed by a physician. Call (740) 568-4731 to register.
Vastrac Vascular Screening Program ***Non-invasive vascular screening program***	Screenings can be done every five years	Screenings held at Marietta Memorial Hospital	Appointments available Monday – Friday and last about 60 minutes. To schedule your free vascular screening, call (740) 374-1750.
Lung Cancer Screening Program	Our lung care screening program includes pulmonologists, radiologists, thoracic surgeons, oncologists, and a care navigator.	Results are provided to you and your physician and if further evaluation and treatment is needed, our navigator will work with you and your physician to coordinate that care.	To schedule a screening, talk to your primary care physician to see if this is the right screening for you. They will send a referral and our lung health care navigator will contact you to schedule an appointment.
Bariatric Education Program Meet our bariatric surgery team and learn how you can change your diet and lifestyle.	Tuesday, December 4; 5:30 – 6:30 p.m.	Marietta Memorial Hospital, Strecker Cancer Center Conference Room 401 Matthew Street, Marietta	Information sessions are free, but registration is required and space is limited. To register or for information, please call (740) 568-2178.
Diabetes Education Center	Individual counseling and group classes for people with diabetes and their support/family members.	Belpre Medical Campus, 803 Farson Street Belpre, Ohio	Staffed by qualified nurse and dietitian educators. Call (740) 568-1702 for more information.
Cancer Support Group	Wednesday, December 5; 1 – 3 p.m. Wednesday, December 26; 1 – 2:30 p.m.	Belpre Medical Campus Conference Room 807 Farson Street, Belpre Strecker Cancer Center Conference Room Marietta Memorial Hospital	For additional information, call Cortney Beymer at (740) 401-0417 ext. 8226. For additional information, call Jane Skeen at (740) 568-5632.

DECEMBER

EVENT	DATE & TIME	LOCATION	INFORMATION & CONTACT
Bariatric Support Group These monthly support group meetings are open for past, present, or potential bariatric patients.	Tuesday, December 18; 5:30 – 6:30 p.m.	Strecker Cancer Center Conference Room Marietta Memorial Hospital	For more information, contact (740) 568-2178.
Stroke Support Group	Tuesday, December 11; 5:30 – 6:30 p.m.	Selby General Hospital Conference Room	Call (740) 374-1463 for details about class location and speakers.
Ten Touchstones of Grief & Mourning for All Losses At these monthly meetings, individuals healing with the loss of a loved one discuss topics like understanding grief reactions, adjusting to changes, and learning to cope.	Wednesday, December 5; 1 – 2:30 p.m.	O'Neill Center, 333 Fourth St., Marietta	Please register in advance by calling (740) 374-9100.
Ten Touchstones of Grief & Mourning for Widows & Widowers These monthly meetings focus on challenges faced by individuals healing with changes in life especially during the first year after the loss of a spouse or partner.	Wednesday, December 26; 1 – 2:30 p.m.	O'Neill Center, 333 Fourth St., Marietta	Please register in advance by calling (740) 374-9100.
Prosthetic Support Group These monthly meetings focus on helping amputees create a network of support, participate in activities, and listen to local speakers.	Tuesday, December 11; 6:30 p.m.	For more information and location, please call Nancy Miller at (740) 525-8124.	
Youth Diabetes Support Group This free support group is open to youth with diabetes and their support/families.	Tuesday, December 18; 6 – 7 p.m.	Belpre Medical Campus, 803 Farson Street Belpre, Ohio	Please call (740) 568-1702 to register.
A.W.A.K.E. Sleep Apnea Support Group	Tuesday, December 18; 6 – 7:30 p.m.	Belpre Conference Room Belpre Medical Campus 807 Farson St., Belpre	For more information, call (740) 568-5310 or email awake@mhsystem.org.
Weekend Childbirth Class	Saturday, December 8; 9 a.m. – 4 p.m.	Strecker Cancer Center Conference Room Marietta Memorial Hospital	Fee: $38. Registration required at least three days in advance. Call (740) 374-1448 to register.

COMMUNITY SERVICES & CONTACT NUMBERS

Provider Referral
Looking for a physician? Match your health care needs with physicians on staff at Memorial Health System. Qualified health care professionals are able to refer you to over 300 providers with experience in a wide variety of medical specialties. Call the referral line at (740) 568-5241.

Speaker's Service
Speakers are qualified health professionals available to speak on a variety of health and wellness topics. Programs can be scheduled to meet your community group's needs. Call (740) 568-5232 or (740) 374-1634 for more information or to schedule a speaker. No Fee.

Support Groups
Alzheimer's Disease - (304) 865-6775
Bariatric - (740) 434-0571
Bereavement - (740) 374-9100
Cancer Survivors (quarterly) - (740) 568-5632
Cardiac Kids - (740) 373-7298 or (740) 423-5350
Chronic Pain - (740) 374-1786 or (800) 523-3977 ext. 1786
Circle of Hope Peer - (740) 336-8526
Diabetes - (740) 568-1702
Insulin Pump Support Group - (740) 568-1702
MOVAN (Autism Support Group) - (740) 373-6669 ext.17
MOV Post-Polio Support Group - (304) 295-4233
MOV Survivors of Suicide Loss - (304) 615-6244 or (740) 984-2881
Parkinson's - (304) 863-6234
Prosthetic Support Group – (740) 525-8124
Pulmonary - (740) 376- 5577
Resolve Through Sharing - Loss of Newborn Child - (740) 376-5519
Spinal Cord - (740) 374-1463
Strecker Informational - (740) 568-5632
Mid-Ohio Valley Stroke Support Group - (740) 374-1463
WASH (Washington Autism Support Hour) - (740) 373-3781 ext. 55

WELCOME OUR NEW PROVIDERS

Abdi Ghodsi, MD
Neurosurgery

Dr. Ghodsi is a board certified neurosurgeon. He completed his residency in neurological surgery at the University of Iowa Hospitals & Clinics in Iowa City, Iowa. He received his medical degree from The University of Iowa Roy J. and Lucille A. Carver College of Medicine.

He is a member of the American Medical Association, American Association of Neurological Surgeons, Congress of Neurological Surgeons, and the American Society of Interventional Pain Physicians.

Dr. Ghodsi has joined Marietta Memorial Hospital's Department of Neurosurgery at our Belpre Medical Campus, 807 Farson Street, Suite 203. To contact his office, call **(740) 423-3634.**

Juan Tejada, MD
Gastroenterology

Dr. Tejada completed his advanced endoscopy fellowship at Albany Medical Center in Albany, New York and his gastroenterology fellowship and internal medicine residency at The Brooklyn Hospital Center in Brooklyn, New York. He received his medical degree from Pontificia Universidad Católica Madre y Maestra in Santiago de los Caballeros, Dominican Republic.

Dr. Tejada has joined Dr. Anish Chopra as part of Marietta Memorial Hospital's Department of Gastroenterology at Marietta Memorial Hospital, 401 Matthew Street in Suite 201, Marietta and at our Belpre Medical Campus, 799 Farson Street in Suite 212, Belpre. To contact his office, call **(740) 568-4590.**

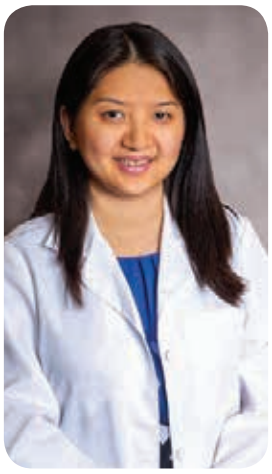
Need a new provider?
We will help you find the provider that meets all your healthcare needs.

(740) 568-5241

Ian Aveytua, DPM
Podiatry

Dr. Aveytua completed his three year residency in podiatric medicine and surgery at Mount Sinai Beth Israel in New York, New York. He received his medical degree from The New York College of Podiatric Medicine in New York, New York.

Dr. Aveytua has joined Dr. Timothy Graham as part of Marietta Memorial Hospital's Department of Podiatry at our Belpre Medical Campus, 805 Farson Street, Suite 113 in Belpre. To contact his office, call **(740) 423-3207.**



Tina Ly, MD
Primary Care

Dr. Ly completed her residency in family medicine at Wheeling Hospital in Wheeling, West Virginia, where she also graduated from their Family Medicine Residency Program. She earned her medical degree from Saba University School of Medicine in the Dutch Caribbean.

She is a member of the American Academy of Family Physicians and the West Virginia State Medical Association.

Dr. Ly is a part of our primary care department. Her office is located at our Belpre Medical Campus, 805 Farson Street in Suite 115, Belpre, Ohio. To make an appointment, call **(740) 423-3201.**

Erin Strcula, PA
Neurosurgery

Erin received her master's degree in Physician Assistant Studies from Gannon University in Erie, Pennsylvania and her bachelor's degree in Exercise Physiology from Ohio University in Athens, Ohio.

Erin has joined Marietta Memorial Hospital's Department of Neurosurgery with Dr. Ghodsi, located at our Belpre Medical Campus, 807 Farson Street in Suite 203. To contact her office, call **(740) 423-3634.**

Brad Nitzsche, MD
Obstetrics & Gynecology

Dr. Nitzsche completed his residency in obstetrics and gynecology (OB/GYN) at The University of Illinois College of Medicine in Peoria, Illinois. He received his medical degree from The University of Toledo College of Medicine & Life Sciences in Toledo, Ohio.

Dr. Nitzsche has joined the Marietta Memorial Hospital Department of Obstetrics & Gynecology at 410 Second Street in Marietta. To schedule an appointment, call **(740) 374-3622.**

Memorial Health System's 24 Hour Nurse Line

Our 24 Hour Nurse Line professionals are registered nurses who have special training in answering your questions about health problems and helping you decide how to manage illnesses.

24 NURSE LINE 24

1 (844) 474-6522

MEMORIAL
HEALTH SYSTEM
Marketing Department
401 Matthew Street
Marietta, Ohio 45750

Non-Profit Organization
U.S. Postage
PAID
Marietta, Ohio
Permit N. 52

Learn more about our Marietta Memorial Clinic in Athens on page 16!

MEMORIAL
HEALTH SYSTEM