

My GOOD HEALTH Calendar

akrongeneral.org | May – August 2022

REMINDER

All event information is current as of publication time, but we recommend you call or check online to confirm that events haven't been altered or canceled due to public health concerns before going to them.

Let's Move Summit County! Bike & Hike

Cleveland Clinic Akron General is pleased to again participate in and support this Summit County Council/County of Summit-led event, which encourages individuals and families to maintain physical and mental health. Participate in a 10K bike ride (6 miles) or 5K hike (3.1 miles) on the Ohio & Erie Canalway Towpath Trail adjacent to Summit Lake. Bring your own bike. Helmets are required. A limited number of bikes and helmets will be available to use if needed. Afterward, enjoy a light lunch and music.

When: Saturday, May 21
Time: 8 a.m.-2 p.m. with staggered start times for bikers and walkers
Where: Summit Lake Community Center
380 W. Crosier St., Akron
Cost: Free
Register: 330.643.2074 or
letsmovesummitcounty@summitoh.net

American Red Cross Blood Drives

Calling all donors! There is a blood crisis. Every donation is critical and you can make a life-saving difference.

When: Thursday, June 16; Thursday, Sept. 1
Time: 8 a.m.-1 p.m.
Where: Stow Health & Wellness Center
Register: Visit www.redcrossblood.org and enter sponsor code CCF.

Akron General Invitational

A scramble format golf outing that raises funds for Cleveland Clinic Akron General's Challenge Golf Program.

When: Monday, Aug. 22
Time: 10:30 a.m. shotgun start
Where: Portage Country Club, 240 N. Portage Path, Akron
Cost: Various individual tickets and sponsorship levels available.
Register: 330.472.3455 or
<https://give.ccf.org/challengegolf>

Your Road to Wellness

Your Road to Wellness is a free program for Cleveland Clinic Akron General patients.

Cleveland Clinic Akron General LifeStyles is a medical-based fitness program that focuses on the prevention and treatment of lifestyle-related disease, illness and injury through regular participation in physical activity, disease management and health education. LifeStyles created Your Road to Wellness to give you access to the tools you need to make the lifestyle and behavioral changes necessary for better health.

If you and your provider agree the program is right for you, ask for a referral. Then, schedule a free biometric screening with a credentialed exercise physiologist. You'll receive an exercise program designed specifically for you, and you'll get FREE access to LifeStyles for two weeks.

Talk to your physician today or call LifeStyles at **330.344.5646** for more information.



What is LifeStyles?

At Cleveland Clinic Akron General's three LifeStyles locations – located in the Health & Wellness Centers in Bath, Green and Stow – your health and wellness have always been essential.

Join LifeStyles today and enjoy:

- Full access to all three locations
- Free fitness assessment and exercise prescription
- Free 24-hour nutrition analysis
- Free babysitting service for family memberships
- Free group exercise classes
- Multiple indoor pools at each location
- Access to degreed and certified exercise specialists, personal trainers and dietitians
- Children's programs including KidStyles, day camps, birthday parties and more
- Sauna and steam room, towel service and private showers

Plus, many events and classes are open to the community as well as LifeStyles members, including health screenings, youth day camps, swim lessons and fitness health talks.

LifeStyles will be celebrating three milestone anniversaries this summer. Learn more about special events and promotions at **330.344.5646** or AkronGeneral.org/LifeStylesHealth.

LIFESTYLES EVENTS

Health Screenings for Cholesterol, Glucose & A1C

These are offered monthly at our Health & Wellness Centers in Bath, Green and Stow.

When: Visit events.clevelandclinic.org and search for "A1C" for upcoming dates.

Time: 8:30-10:30 a.m.

Cost: Nominal charge

Register: Walk-ins only

Game Changer: The Ultimate in Personal Transformation Seminar

Don't miss this motivating virtual seminar about how to achieve permanent weight loss. Learn about boosting metabolism, taking charge of hormones, fueling your body, exercising smart, burning fat, discovering the secret that leads to lasting change and understanding how to make it happen.

When: 6-7:30 p.m. one Wednesday per month.
Visit events.clevelandclinic.org and search for "Game Changer" for current dates.

Location: Virtual

Cost: Free (members); \$52.50 (non-members)

Register: 330.665.8140 or crabies@ccf.org

Ballroom Dancing & Line Dancing

Dancing is one of the best ways to exercise and is enjoyable to all! In these classes, we will cover basic steps that will have you out on the floor and the envy of others. Learn basic steps of the Foxtrot, Waltz, Cha-Cha, Salsa, Swing or classic line dances, then put them to use at the next wedding, party or social gathering!

When: 6:30-7:30 p.m. on Tuesdays (6-week sessions)

Location: Health & Wellness Center, Green

Cost: Ballroom Dance: \$100 per couple (members);
\$140 (non-members)

Line Dance: \$50 per person (members);
\$70 (non-members)

Register: 330.896.5004 or LyonsL3@ccf.org

Tap Dance

Tap Dance is the Percussive Dance of America and brings joy to all ages. It's one of the most unique dance forms, because we dance AND we create music using tap shoes as percussive instruments!

Tap dance not only has the physical benefits of dance but the developmental benefits of learning music as well! Because of the combined features of counting, music and movement, dance engages many parts of the brain and helps to improve its capacity for learning.

When/ Green: 7:30 p.m. Wednesdays

Location: Stow: 7:30 p.m. Mondays

Cost: \$70 (members); \$100 (non-members)

Register: Green: 330.896.5004 or LyonsL3@ccf.org
Stow: 330.945.3130 or HoltA@ccf.org

AQUATICS

For more information on any of these classes or to register:

Bath 330.665.8131 or ConnerJ@ccf.org

Green 330.896.5007 or SpicerC2@ccf.org

Stow 330.945.3131 or WeaverD2@ccf.org

Or visit:

<https://my.clevelandclinic.org/locations/akron-general/lifestyles/aquatics>

American Red Cross Swimming Lessons

Our Learn-to-Swim program is designed for children 6 months to adults. Students will progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of the class includes training in basic water safety and helping others in an emergency, in addition to stroke development.

SEALS (Swimming Elite At LifeStyles)

A non-competitive swim program for youth members 8 years and older with Red Cross Level 5 ability or greater.

Red Cross Lifeguard Training Course

Upon successful completion of this course, participants will receive Red Cross certifications in Lifeguard Training, First Aid and CPR/AED for the Professional Rescuer. Participants must be at least 15 years old, possess strong swim skills and pass a swim test.

Cost: \$195 (members); \$225 (non-members)

Red Cross Lifeguard Review Course (Lifeguard Recertification)

Participants must possess a current American Red Cross Lifeguarding certification in order to qualify for this course. Upon completion, participants will receive Red Cross certifications in Lifeguard Training, First Aid and CPR/AED for the Professional Rescuer. Participants must be at least 15 years old, possess a current certification, have strong swim skills and pass a swim test.

Cost: \$125 (members); \$145 (non-members)

Red Cross Babysitting Course

The purpose of this course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants.

Cost: \$55 (members); \$65 (non-members)

Red Cross Water Safety Instructor (WSI) Course

Learn to teach Red Cross Swim lessons. Participants must be at least 16 years old on the first day of class and possess strong swim skills. (Instructor-Led)

Cost: \$210 (members); \$250 (non-members)

Red Cross Lifeguard Instructor (LGI) Course

Become certified to teach American Red Cross Lifeguarding, CPR and First Aid courses. Participants must have a current certification in Red Cross Lifeguarding and be at least 16 years old on the first day of class. Be prepared to take the Pre-Test (same as Lifeguard pre-test) on the first day of class. There will also be a short online component with this course. Includes all materials. (Instructor-Led & online component)

Cost: \$230 (members); \$260 (non-members)

Red Cross Lifeguard Instructor (LGI) & Instructor Trainer (LGIT) Review Course

For current Lifeguard Instructors only. The Review Course is the “in-person” requirement for recertification for all LGIs and LGITs, and must be completed every two years in conjunction with any additional Red Cross requirements for maintaining certification. A “land” and “water” session will take place during this session. Any LGI or LGIT who wishes to become certified or recertified in basic lifeguarding may do so during this day-long course at an additional charge.

Cost: \$100 (to certify/recertify in Basic Lifeguarding, add \$50)

RECREATION & YOUTH ACTIVITIES

Summer Day Camp

Campers ages 5 to 14 will enjoy a variety of fun indoor and outdoor challenges to win prizes, while encouraging fitness, nutrition and sportsmanship!

When: Call or visit <https://my.clevelandclinic.org/locations/akron-general/lifestyles/camps-special-programs> for dates.

Contact: For more information or to register:

Bath: 330.665.8131 or HaramiB@ccf.org

Green: 330.896.5007 or SpicerC2@ccf.org

Stow: 330.945.3131 or HoltA@ccf.org

Parents' Night Out

Enjoy a night out while we entertain your children! Participants can enjoy swimming, gym games, dinner and a movie. Pizza and snacks will be provided during our theater-style projection movie viewing. With so much to do, we can almost promise to send your children home tired. Open to ages 2 to 12 years old.

When: Visit events.clevelandclinic.org and search for “parents” for upcoming dates.

Location: Bath, Green and Stow

Cost: \$15 for first child and \$5 for each additional child (members); \$20 for first child and \$10 for each additional child (non-members)

Register: **Bath:** 330.665.8131 or HaramiB@ccf.org
Green: 330.896.5007 or SpicerC2@ccf.org
Stow: 330.945.3131 or HoltA@ccf.org

FITNESS

Arthritis Wellness Program

This program improves overall wellness by providing recommended exercises and education for people who have arthritis or have had joint replacement surgery. Included in the program are an initial wellness consultation with an Exercise Specialist, an exercise prescription and assessments at 3 months and 6 months. This is a supervised program. Each time a participant comes in to work out, they will check in with an Exercise Specialist who will take their blood pressure and ask them to rate their pain on a scale of one to 10 on how they are feeling that day. The Exercise Specialists are also available to make adjustments to the exercise program and/or review exercises with the participant.

Location: Bath

Cost: Free (members); \$57 monthly (non-members)

Register: 330.665.8130 or pattonm10@ccf.org



NUTRITION / WELLNESS

To learn more about any of our nutrition services, please call 330.665.8022 or email JacksoC5@ccf.org.

Learn More: <https://my.clevelandclinic.org/locations/akron-general/lifestyles/nutrition-weight-management>

Nutrition Services

Struggling with weight loss? Trying to lower your cholesterol or blood pressure? Looking for increased energy and stamina? Our registered dietitians are here to help. Nutrition packages are available as individual, family or couple sessions.

Meal Planning Made Easy

This online meal planning program creates a personalized meal plan to help you achieve your wellness goals. The meal plan includes grocery shopping lists and healthy recipes.

Sugar Detox Program

Addicted to sugar and carbs? Struggling to lose weight and break the sugar cycle? Let us help. This 10-day sugar detox program will help reset your metabolism and hormones so you can end your cravings, lose weight and reverse disease. Program includes three sessions with a registered dietitian.

Nutrition Consultations

Keto, Vegan, Paleo? Are you confused about what program is best? Are you trying to do everything right and still not losing weight? Let us help. Meet with a registered dietitian to find the right nutrition program for your body to reset your metabolism and lose weight.

KickStart Your Metabolism: 10 Weeks to a Healthier YOU

Need to boost a stubborn metabolism? Revolutionize your wellness and kickstart your weight loss with this 10-week nutrition and fitness program. Enjoy engaging nutrition workshops, personalized meal planning, access to our award-winning LifeStyles fitness facility and a personalized exercise plan made for YOU.

When: Next session starts Sept. 12

Cost: \$299 (members); \$350 (non-members)

Register: 330.665.8022 or JacksoC5@ccf.org

Nufit: FREE Nutrition and Fitness Education for a New You!

This free monthly seminar provides information about the latest topics in nutrition and fitness from a registered dietitian and fitness expert. Each quarter will include three nutrition sessions and one fitness session. These virtual presentations are free and open to the community.

When: 6-7 p.m. one Tuesday per month. For current dates, visit events.clevelandclinic.org and search for "NUFIT."

Location: Virtual

Cost: Free

Register: 330.665.8022 or JacksoC5@ccf.org

Revitalize Your Health

Revitalize your health with this eight-week holistic wellness program guiding you in creating a life you love. Learn tools to help unlock your potential for weight loss, boost metabolism, balance hormones and optimize your mental and physical health. Weekly health workshops include topics on de-stressing your life, anti-inflammatory nutrition with meal plan, mindful exercise, optimal sleep plan and more.

When: Visit events.clevelandclinic.org and search for "Revitalize" for upcoming dates.

Cost: \$199 (members); \$250 (non-members)

Register: 330.665.8022 or JacksoC5@ccf.org

Is it Carpal Tunnel?



Feeling pins and needles? Tingling? Swelling? Numbness? Loss of strength? They can all be early warning signs of carpal tunnel syndrome – especially if your symptoms are in the thumb, or pointer or middle finger.

“Not all hand pain is carpal tunnel syndrome, of course,” says hand surgeon Carol Fouad, MD, who sees patients in Stow, Munroe Falls and Canton. “It’s a very specific nerve issue with telltale signs. When the carpal tunnel, a passageway in your wrist, becomes too crowded because of inflammation or compression, you get pressure on your median nerve which manifests as these symptoms.”

If this sounds like you, it’s time to consult your doctor to rule out other hand or wrist issues and start your path to relief. Expect a few tests during your visit.



Carol Fouad, MD

Splints and Medication

Does your hand pain wake you up from sleep? “Most people don’t realize they bend their wrists while sleeping,” says Dr. Fouad. “That’s why many patients have nighttime or early morning symptoms. Wearing a wrist splint can make a big difference because it keeps your wrists straight, avoiding pressure on your nerve.”

Wearing a splint during the day may help, too. Although there’s no direct link between certain jobs and carpal tunnel, repetitive activities or hobbies – like typing on a computer keyboard or working on an assembly line – can take a toll.

“You can try anti-inflammatories for pain relief, but the relief may be temporary,” she says. “The same is true of ice. Icing traumatic or arthritic conditions provides relief, but the issues with carpal tunnel are often compressive so ice won’t provide lasting relief.”

Seek treatment for tougher cases

If wearing splints and changing your movement doesn’t help, your doctor may recommend cortisone injections. “For many, injections provide relief for months,” says Dr. Fouad.

In more severe cases, surgery may be your best option. The good news is carpal tunnel surgery is common, has a high rate of success and is usually done under local anesthesia. Most people can return to regular activities within four weeks.

*To schedule an appointment with Dr. Fouad or another Cleveland Clinic Akron General hand specialist, call **330.344.2663**.*

Ugly Veins Visible on Your Legs? Help Is Available!

For many people, summer is a time when they break out their shorts and let their legs see the light of day for the first time in months. If unsightly veins are visible on those legs, it might be time to look into treatment options.

Veins that are visible through the skin can be spider veins, which are relatively minor, or they can be a more serious version, varicose veins. In general, varicose veins have a rope-like appearance and can bulge out of the skin. They can be painful and can lead to swelling and burning in the feet and legs, especially after a person stands for a prolonged time.

"Varicose veins are most common in women who have had at least one baby in the past, but men can get them too. In fact, men usually get them at a younger age than women because theirs are caused by hereditary factors," says Loren Masterson, MD, a vascular surgeon at Cleveland Clinic Akron General.

Veins that are visible but that are smaller and do not cause any pain or swelling are usually spider veins.

"Seeing a doctor to learn which type you have is an important first step because spider veins are much easier to repair than varicose veins, although insurance does not cover them because their removal is usually a cosmetic matter," says Dr. Masterson.

Treatments

Most spider veins can be removed with injections known as sclerotherapy. The fluid in the injections, a saline solution, pushes out the dark tissue that is making the vein visible. The procedure is typically done in a doctor's office. The entire office visit usually takes about 90 minutes, depending on how many veins are being treated. Results are usually best after about 3 months and the procedure rarely needs to be repeated on those same veins.

Treating varicose veins is more complicated, Dr. Masterson says. After a doctor has confirmed that a patient has varicose veins, he or she will usually order an ultrasound to learn more about how large and deep they are. Most insurance policies will require a person to wear compression garments on their legs for about three months, or more, to see if this helps before agreeing to pay for treatments. Elevating your legs for a while each day can also help reduce swelling in this time.

Once insurance approves treatment, it typically involves in-office laser therapy to reduce the veins closest to the skin, followed by a procedure known as phlebectomy to remove the underlying veins that may be pushing other veins closer to the surface. This combination usually produces very good results after the legs heal.

Get started now

As you can see, the process of removing unwanted veins does take time, so if they are bothering you, the sooner you see a doctor, the sooner you can get started. Most treatment options are painless or involve only a little pain, yet pay dividends for years to come.

*To schedule an appointment to see Dr. Masterson or another vein specialist at Cleveland Clinic Akron General, please call **330.344.1400**.*



Loren Masterson, MD

COMMUNITY HEALTH

Health and Music

A partnership between Cleveland Clinic Akron General and the City of Akron Department of Recreation and Parks, this free event will include health screenings, resource referrals and a concert as part of Akron's Recreation and Parks Division summer concert series. Screenings will be offered for blood pressure, COVID, anxiety, depression and blood sugar, with resources on mental health, fall prevention, nutrition and using blood pressure cuffs.

When: Tuesday, June 28

Time: Screenings and resources, 5-8:30 p.m.; Concert, 7-9 p.m.

Location: Firestone Park, 1480 Girard St., Akron

Learn more: em841219@ohio.edu

Cribs for Kids Program

The Cleveland Clinic Women's Health Center has partnered with the Akron Children's Hospital Cribs for Kids Program to provide portable cribs to eligible families that do not have a safe place for their baby to sleep. The program educates parents and caregivers on infant safe sleep practices, including portable crib assembly, to reduce the risk of sleep-related injury and death. Unfortunately in Ohio, three babies die each week in unsafe sleep environments. These deaths are preventable by keeping in mind the safe sleep **ABCs**: Babies are safest **A**lone, on their **B**ack, in an empty **C**rib.

Learn more: 330.344.7666 or CCAGCentering@ccf.org

#MomLife Program

Our #MomLife Support Group is open to all mothers who have participated in CenteringPregnancy or have had at least one postpartum visit at the Broadway Women's Health Center. This support group will discuss a variety of topics, such as personal care, time management, stress management, finances and relationships. There will be occasional guest speakers and experts from the Lactation Department available for mothers who have breastfeeding concerns. Limit of five mothers per group. Babies and breastfeeding are encouraged.

When: First and third Friday of each month

Time: 9-11:30 a.m.

Location: Cleveland Clinic Akron General Women's Health Center, 676 S. Broadway St., Suite 203, Akron

Register: 330.344.7666 or CCAGCentering@ccf.org

CenteringPregnancy®

CenteringPregnancy® is group care that brings women together during their pregnancies for healthcare in a supportive and learning environment. Centering empowers patients and enhances the relationship they have with their provider for the best possible experience and healthiest outcomes for both mom and baby.

Location: Cleveland Clinic Akron General Women's Health Center, 676 S. Broadway St., Akron

Learn more: 330.344.7666 or CCAGCentering@ccf.org

Full Term First Birthday

Cleveland Clinic Akron General is a proud member of Full Term First Birthday Greater Akron, a collective impact collaborative working to improve birth outcomes and infant vitality in the community. The vision is that all Greater Akron moms will be empowered to deliver at full term so every baby has a fighting chance to celebrate a first birthday.

Learn more: full_term_first_birthday@akronohio.gov

Pregnant and Uninsured

Prenatal care is critically important to the health of your baby and you. If you are pregnant and uninsured, make an appointment at the Cleveland Clinic Akron General Women's Center, 676 S. Broadway St., Akron. No insurance is necessary, and Medicaid is welcome. Akron General accepts Buckeye, CareSource, Molina, Paramount and United Healthcare Community Plans.

Learn more: 330.344.6800

Recovery's in Reach

This new program, coordinated by the Cleveland Clinic Akron General Main Emergency Department, is designed to facilitate the addiction recovery process for those suffering from substance abuse.

Recovery Coordinators provide emotional support, guidance and education and coordinate follow-up appointments with local recovery and/or programs offered through Cleveland Clinic. Patients who suffer from symptoms of withdrawal may be provided relief with medication while under the care of an Emergency Department provider and monitored by a registered nurse. All patients will be offered a peer recovery coach who supports patients through their journey of recovery.

Recovery Coordinators will also assist in the patient's transition from the Emergency Department to treatment to ensure they don't leave the hospital without a treatment option in place.

Learn more: 330.344.6800

VOLUNTEERS NEEDED!

Want to volunteer at Cleveland Clinic Akron General? We are recruiting new volunteers for a wide variety of roles and shifts. If you are interested, please contact **Erin Brady Curtis** at BradyCE@ccf.org or **330.612.9636**.

CHALLENGE GOLF

Wroe Memorial Golf Outing

The Wroe Memorial Golf Outing will celebrate our beloved champion and ambassador John Wroe. The outing will include lunch, prizes and auction to benefit the Challenge Golf program.

When: Saturday, Sept. 17
Time: Tee-times at 8 a.m., 11 a.m. and 2 p.m.
Location: Challenge Golf Course, 1596 Flickinger Road, Akron
Cost: Various individual tickets and sponsorship levels available
Register: 330.784.5400

Challenge Golf Classes

Ideal for people who have experienced a stroke, amputation, head trauma, spinal cord injury, orthopedic condition or other illness or injury, who would like to resume playing golf or learn for the first time.

When: Fridays, April 22-May 20
Time: 1-2:30 p.m.
Location: Challenge Golf Course, 1596 Flickinger Road, Akron
Cost: \$80 for five-week session; scholarships available
Register: 330.784.5400

Swing Into Spring Golf Clinic

Ideal for beginners or novices to learn and/or improve their golf game.

When: Thursdays from April 21 to May 12
Time: 5:45-7 p.m.
Location: Challenge Golf Course, 1596 Flickinger Road, Akron
Cost: \$80 for four-week session; scholarships available
Register: 330.784.5400

Junior Golf Camps (Three Camps)

Golfers age 7-14 learn to sample competition in a positive environment. They will learn the basics of the game, including putting, short game, full swing, rules and etiquette.

When: Monday, June 13-Thursdays, June 16; Monday, June 27-Thursdays, June 30; Monday, July 11-Thursdays, July 14
Time: 9-11:30 a.m.
Location: Challenge Golf Course, 1596 Flickinger Road, Akron
Cost: \$105
Register: 330.784.5400

High School Golf Prep Class

This golf training program is for experienced juniors, in grades 5-8, who desire to improve their game to make their high school golf team.

When: Wednesdays, June 15-July 13
Time: 1-3 p.m.
Location: Challenge Golf Course, 1596 Flickinger Road, Akron
Cost: \$100
Register: 330.784.5400

Small Group Classes

Contact PGA Professional Ron Tristano at 330.784.5400 for more information and availability.

Volunteers Needed

The Challenge Golf Course is in need of volunteers to work the front desk, assist with outdoor operations and help with golf classes. Flexible four-hour shifts. Call 330.802.3746 for details.



LODI HOSPITAL

Advance Directives

Learn how to appoint a healthcare power of attorney and create a living will.

When: Tuesday, May 3
Time: 11:30 a.m.-12:30 p.m.
Location: Lodi Library
Cost: Free
Register: 330.948.1885

Friends and Family CPR

Learn the life-saving skills of adult, child and infant CPR, as well as choking rescue. Group scheduling also available.

When: Thursday, May 5
Time: 5-7 p.m.
Location: Lodi Hospital
Cost: Free
Register: 330.948.5544

Safe at Home

Students in grades 4 and 5 learn how to stay safe at home. Covers weather emergencies, first aid, cyber safety and much more.

When: Saturday, May 14
Time: 10:30 a.m.-12 p.m.
Location: Lodi Hospital
Cost: Free
Register: 330.948.5544

Safe Sitter

This class teaches babysitter safety, childcare, life and business skills. First aid and rescue skills focus on prevention, injury management, CPR and choking rescue. This class is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings or babysitting. Scholarship applications upon request. Scheduling for groups and individuals.

When: Friday, June 3
Time: 9 a.m.-2:30 p.m.
Location: Lodi Hospital
Cost: \$45
Register: 330.948.5544 (by May 20)

BEREAVEMENT SUPPORT

Events are currently being held online only. For up-to-date information, visit clevelandclinic.org/grief. To sign up to participate in a group, call 216.444.9819.

Main Campus Bimonthly Group

This is perhaps the most open-ended of all our offerings. There is no set agenda or limit to how few or how many meetings you may attend. This

group is good even if you aren't ready to talk but just need the company of people who understand grief. Please sign up in advance if possible. Topics are dependent upon attendees' needs at the time.

When: First and third Tuesday of each month
Time: 5-6:30 p.m.

Moving Forward Monthly Group

This drop-in group addresses a different topic in grief each month and invites participants to explore and share the connections to their own grief journey.

When: Third Tuesday of each month
Time: 2-3 p.m.

Upcoming topics: May: Rebuilding Faith and Incorporating Rituals / June: Relaxation Techniques / July: The Role of Humor in Grief

Camp Promise

This monthly online group is for children ages 6-12. Creative child-friendly activities assist children in expressing their grief after the death of a significant loved one. Children learn to manage and understand their significant loss through creative play.

When: Third Tuesday of each month
Time: 4-5 p.m.

Child Loss

This eight-week series brings together parents who are grieving the loss of a child. No matter how old or young, the death of a child is a life-changing experience and this group will focus on overcoming challenges and finding hope in the process of grief.

When: Wednesdays, May 18-July 6
Time: 4-5:30 p.m.

Growing Through Grief

This eight-week group is for those who wish to learn what they might experience during the grieving process. Members can share their stories and receive tools for handling grief responses.

When: Tuesdays, June 7-July 26
Time: 4-5:30 p.m.

Partner/Spouse Loss

This eight-week series is for adults who wish to connect with others who are experiencing the loss of a spouse. Attendees can expect a caring and confidential environment and learn healthy and effective coping skills.

When: Tuesdays, Aug. 9-Sept. 27
Time: 4-5:30 p.m.

Loss of a Parent

This eight-week group is for adults who are working through the death of one or both parents. Join us as we explore the lives of our parents, how we have changed since their passing and the legacy they left.

When: Thursdays, Sept. 1-Oct. 20
Time: 4-5:30 p.m.

Nurse Credits Her 95-Pound Weight Loss to Putting in the Work



When Monica Warnick's mom passed away in 2018, it was the wake-up call she needed to make some changes in her own life.

"My mom died young. Her death was due to a lot of health problems associated with obesity," says Monica, a psychiatric nurse at Cleveland Clinic Akron General. "That was an eye opener. I knew I didn't want the same thing to happen to me. I have a son to think about and I need to be healthy for him."

At 47 years old, Monica had gradually gained weight over the years and discovered she was pre-diabetic. She became discouraged after learning she wasn't a candidate for weight-loss surgery.

Monica was referred to Shweta Diwakar, MD, a medical weight loss physician at Akron General. "I had tried diets in the past and lost weight, but I slowly gained it all back," she says. "I was doubtful that Dr. Diwakar could help me, but I figured I'd at least give it a try."

During Monica's first appointment with Dr. Diwakar in August 2020, they discussed getting her diet and portions under control.

"One of the first things Dr. Diwakar taught me was you can't stick to a plan one day and then cheat the next day," she says. "This must become a way of life."

With 12-hour workdays that don't end until 7:30 p.m., Monica was in the habit of coming home and eating a late dinner. One of Dr. Diwakar's lifestyle changes included not eating anything after 7 p.m. This meant Monica had to make some adjustments to her routine.

"I now have a meal replacement shake for lunch on the days I work and pack my dinner and eat it between 4:30 and 5 p.m. while I'm still at work," she says.

Other changes she has made include completing meals within 30 minutes and waiting at least three hours between meals or snacks in order to give her body time to metabolize the food. A typical meal for Monica now includes 2 to 3 ounces of protein accompanied by fruit, often grapes or strawberries. For snacks, she chooses foods high in protein like beef sticks or hard-boiled eggs.

Another element that Monica has added to her life is exercise. Almost every day, she takes her dog to the park and walks at a brisk pace for three to four miles. She's considering taking up running and hiring a personal trainer to help her tighten up loose skin from her weight loss.

Monica says the hardest part of the journey was just taking the first step and seeking help.

"It's intimidating because you don't know if it will work," she says. "But I've learned that you have to put in the work to make it work."

She credits her success to changing her mealtimes, not grazing, having a better understanding of insulin resistance and reducing her carbohydrates.

"I feel so good. I have so much energy," she says. "I sleep well and wake up rested."

All her lab work, including her cholesterol and blood glucose, are within normal limits, as is her blood pressure. Eighteen months after her first appointment with Dr. Diwakar, she has shed 95 pounds, is 12 sizes smaller and is enjoying shopping for new clothes.

"I look better than I have in years," she says. "I'm so thankful that I met Dr. Diwakar. She's really good at what she does. She takes the time to listen and encourage. She is also able to adjust medications and prescribe appetite suppressants to help with cravings."

Monica's coworkers often ask about the secret to her weight loss, and she gives them all the same advice.

"Anyone can do this, but you have to really want it and be willing to stick with the lifestyle changes for the long haul."



Shweta Diwakar, MD

For more information about Cleveland Clinic Akron General's patient-centered team of weight-loss specialists, visit AkronGeneral.org/BariatricCenter.



One Yolk Vegetable Frittata

This frittata is full of flavor and nutrients, yet is low in calories. The herbs and variety of vegetables make it an unforgettable dish.

Ingredients

8 egg whites, one egg yolk	½ cup zucchini - fine diced
1 tablespoon canola oil	1 teaspoon turmeric
½ cup Shiitake mushrooms - fine julienne	To taste, salt and pepper
½ cup sweet onion - fine diced	½ cup fresh spinach leaves - stems removed
½ cup red pepper - fine diced	1 whole wheat tortilla

Directions

In a bowl, combine eight egg whites and one egg yolk, and whisk until foamy.

Add 1 tablespoon canola oil to a 10-inch non-stick frying pan and heat pan. When pan becomes hot, add Shiitake mushrooms and stir continuously until mushrooms begin to turn light brown. Then add onion, pepper and zucchini, and season to taste with salt and pepper, stirring frequently.

As soon as the ingredients are stirred and coated with oil, add the turmeric and sauté until vegetables are just becoming tender. Add fresh spinach and cook until wilted. Add beaten eggs evenly around vegetables and begin to gently fold sides inward from rim of pan where the eggs begin to cook, while tilting the pan in direction of the fold to allow the loose uncooked eggs to fill that area and cook. Continually doing this around the pan will very quickly cook the eggs and begin to create the frittata.

At this point, finish cooking the top of the eggs by covering the pan with a plate of the same size. Flip the frittata onto the plate and then slide back into the pan to finish cooking the eggs. Serve on whole wheat tortilla.

Nutrition information

Calories: 210; Saturated fat: 2g; Sugars: 5g; Sodium: 220mg; Total fiber: 2g; Protein: 17g; Carbohydrate: 10g; Cholesterol: 135 mg

Plastic Surgery Can Help You Maximize Function – and Beauty

If you immediately think of facelifts, nose and breast surgery when you see the words plastic surgery, you'd be correct, but plastic surgery is about much more than appearance. Plastic surgery restores form and function.

The Cleveland Clinic Akron General Health & Wellness Center in Bath is now home to two fellowship-trained plastic surgeons who perform both cosmetic and reconstructive plastic surgery, as well as microsurgery.

"At age 5, I knew I wanted to help people. I told my mom I wanted to be a priest or a doctor," says plastic surgeon James Gatherwright, MD. "I'd always been interested in surgery. Plastic surgery gives me the ability to operate on virtually every part of the body and achieve immediate results."

Dr. Gatherwright, along with his friend and colleague Donald Harvey, MD – a plastic surgeon also trained in all aspects of cosmetic, reconstructive and microsurgery, but with an emphasis on breast surgery – offer a full range of services including:

- Breast reconstruction.
- Post-mastectomy and post-amputation pain.
- Hand surgery and hand reconstruction.
- Lymphedema surgery and lymphatic reconstruction.
- Cosmetic facial surgery including face lifts, forehead/eyebrow lifts, nose surgery and more.
- Injectables including dermal fillers, neuromodulators like Botox and fat injection.
- Breast augmentation and reduction surgery.
- Body contouring including liposuction, tummy tucks, skin removal, etc.
- Hair loss treatments.
- Migraine and headache treatment.

The Bath facility, conveniently located near I-77 on Route 18, is easily accessible to many area residents.

"We're able to quickly and easily connect patients with the acute specialized care available at Cleveland Clinic main campus if needed," says Dr. Harvey.

To schedule an appointment with Dr. Gatherwright or Dr. Harvey, call **330.344.3223**.



James Gatherwright, MD



Donald Harvey, MD



1 Akron General Ave., Akron, OH 44307
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