



## Listen Up, Ladies!

Women of all ages are invited to participate in these **free** monthly Saturday seminars on various healthcare topics. Join us for **free** chair massages (must call to register), screenings and refreshments, and receive a special gift. Healthcare professionals are present at every session to answer your questions. To register, call the Health Resource Center at **800-931-3322**. **Doors open at 9 a.m. Presentation begins at 10 a.m. Program ends at noon**

- **Oct. 16**—Gotta Go! Gotta Go! Gotta Go, Ladies! Incontinence—It's Fixable (presented by Dr. Revathy Ameeruddin and Anda Zavada, physical therapist, of The Rehabilitation Institute of Chicago at Saint Margaret Mercy)
- **Nov. 20**—Maintain Your Brain (presented by the Alzheimer's Association)
- **Dec. 4**—Creative Cookie Ideas (demonstration only)



### Screening Mammogram Special

Come get a screening mammogram (screening only—no symptoms present). Certificates must be purchased during September and October and must be used by Nov. 30, 2010. Mail check or money order for \$125, payable to Saint Margaret Mercy, to Saint Margaret Mercy, Attn.: Health Resource Center, 5454 Hohman Ave., Hammond, IN 46320. For more information call the Health Resource Center at **219-933-2100** or **708-891-9111**.

## COMMUNITY EDUCATION PROGRAMS

Registration is required for the following programs. Minimum class sizes must be met to hold classes. Unless noted, there are no fees to attend.

For more information or to register for these programs, call the number listed or the Health Resource Center at **800-931-3322**.

### Diabetes Management Class

This class consists of three two-hour sessions. All sessions must be attended. Registration is required. Family members of class participants with diabetes are welcome.

Saint Margaret Mercy has been recognized for excellence by the American Diabetes Association.

Learn to manage your diabetes through proper balance of diet, exercise and medication. Meal planning is discussed, and individual meal plans are given to each participant. Morning, afternoon and evening classes are available in Dyer, Hammond or Munster for your convenience. Diabetes education is a covered benefit for most people with diabetes and is billable to Medicare, Indiana Medicaid and most private insurance companies. For more information or to register, call the diabetes nurse educator at **219-933-2144** or **708-891-9305, ext. 32144**.

### Volunteer Advocates for Seniors (VAS)

VAS is a limited guardian program serving ill and at-risk seniors who have no suitable, able or willing family to make healthcare decisions for them. Volunteer advocates are prepared with a 40-hour training schedule. For more information or to register, call VAS at **219-932-2300, ext. 37907** or **33292**.

- **Tuesdays and Thursdays, through Oct. 5, 5:30 to 9 p.m., Hammond Campus**

### Bariatric Educational Seminars

For people who are considering surgical weight-loss options. You may bring a friend. To register, call the Midwest Bariatric Institute at **219-852-2518**.

- **Sundays, Sept. 12, Oct. 10, Nov. 14, Dec. 5, 1 p.m., Dyer Campus**

### Somebody Has to Do It!

#### A Realistic Approach to Medicare

A hands-on mini workshop to help current and soon-to-be Medicare beneficiaries and caregivers to understand Medicare coverage, supplemental policies and more.

- **Tuesday, Sept. 14, 1:30 p.m., Dyer Campus**
- **Wednesday, Sept. 15, 1:30 p.m., Hammond Campus**

### Family Birthing Center Tours

Expectant families are invited to tour our fully private rooms.

- **Wednesdays, Sept. 15, Oct. 20, Nov. 17, Dec. 15, 6:30 p.m., Hammond Campus**



### General Principles of Anticoagulation

The PharmDs who manage Saint Margaret Mercy's Anticoagulation Clinic in Dyer will explain how medication works to keep blood coagulation under control. Discussion includes time for questions and answers as well as a tour of the Anticoagulation Clinic.

- **Thursday, Sept. 16, 5:30 p.m., Dyer Campus**

### Days of Health

For more information, call the Health Resource Center at **800-931-3322**.

- **Thursday, Sept. 23, Hammond Campus**
- **Thursday, Sept. 30, Dyer Campus**

### Art Insights—Presented by the Art Institute of Chicago

People of all ages are invited for discussions and a slide presentation of famous works from the Art Institute's diverse collection and its reflection of the history of Chicago.

- **Thursday, Sept. 23, 1 p.m., Dyer Campus**
- **Thursday, Sept. 30, 1 p.m., Hammond Campus**

### Hip and Knee Pain Seminars

Discuss the causes and treatment of hip and knee pain, and tour our Joint Replacement Center with Denise Nagy, RN, and Carolyn Kruszynski, RN. These **free** ongoing seminars are for people with hip and knee pain or for those considering joint replacement surgeries. For more information or to register, call **219-852-2890**.

- **Thursdays, Sept. 23, Oct. 21, Nov. 18, Dec. 16, 10 a.m., Joint Replacement Center Clubhouse, Hammond Campus**

### Weight Management for Children

This fun and interactive four-week class is designed to teach children ages 11 to 14 healthy eating. Fee: \$95. Registration deadline is Sept. 15. Call the Nutrition Department at **219-865-2141, ext. 45227**.

- **Tuesdays, Sept. 28 to Oct. 19, 4 to 5 p.m., Dyer Campus**



### Depression and Sleep Disorders

Join the AWAKE Support Group for a discussion of the correlation between depression and insufficient sleep, and learn how to treat symptoms. Registration deadline is Sept. 28. Call the Sleep Disorders Center at **219-933-2118**.

- **Tuesday, Oct. 5, 4 to 5 p.m., Dyer Campus**

### Medicare Part D—Year Six

This program will help clarify current Part D coverage for people who are, or are about to be, on Medicare. It will explain the changes, costs and options for 2011.

- **Wednesday, Nov. 10, 1:30 p.m., Hammond Campus**
- **Thursday, Nov. 11, 1:30 p.m., Dyer Campus**

## SUPPORT GROUPS

### Alcoholics Anonymous

Open meetings are for any interested party to attend. Registration not required.

- **Sundays, 8 p.m., Dyer Campus, Classroom F**

### Bariatric Support Group

This group provides a support system and outreach for bariatric surgical patients. The group is open to those who would like to meet other bariatric patients (pre- and postsurgical), learn about others' journeys and hear about the surgical process firsthand. Call **219-852-2518**.

- **First Tuesday of each month, 6 p.m., Dyer Campus**

### Caregiver Support Group

Follows the premise "Honor Thy Father and Thy Mother" and is associated with the Alzheimer's Association of Northern Indiana. For more information about Alzheimer's & Dementia Services of Northern Indiana, call **888-303-0180**.

- **Fourth Sunday of each month, 2 p.m., Dyer Campus**

### Fibromyalgia Support Group

"Fibromites Unite" at this monthly support group for people with fibromyalgia. Call **708-539-9896** for more information.

- **Saturdays, Sept. 25, Oct. 23, Nov. 27, Dec. 18, 10 a.m., Dyer Campus, Classroom F**

### MOMs Group (Mothers of Multiple Miracles)

Mothers of multiples are invited to meet at the Dyer Campus in this monthly support group. For more

information, call **219-924-0361**.

- **Mondays, Sept. 27, Oct. 25, Nov. 22, Dec. 13, 7 p.m.**



### Parkinson's Disease Support Group

For information, call **219-228-6434**.

- **Saturdays, Oct. 2, Nov. 6, Dec. 4, 2 p.m., Hammond Campus**

### Rehabilitation Club

Offers participants and their caregivers a chance to share stories, talk with other patients and caregivers, and ask questions of our therapists. The group is open to anyone with multiple sclerosis or Parkinson's disease, or who has had a stroke, spinal cord injury or other injuries requiring therapy. Caregivers, family and friends are welcome. Call **219-932-2300** or **708-891-9305, ext. 33601**.

- **First Thursday of each month, 3 p.m., Hammond Campus**

#### LOCATION KEY

**Hammond Campus:**

5454 Hohman Ave., Hammond

**Omni 41 Health & Fitness Connection:**

221 S. Route 41, Schererville

**Dyer Campus:**

24 Joliet St. (U.S. Route 30), Dyer

## HEALTHY LIVING

Join the *Pursuit of Healthy Living* with Omni 41 Health & Fitness Connection

Omni 41 offers the following opportunities for healthy living. For more information or to register for any of these programs, call Omni 41's Service Desk at **219-865-6969** unless otherwise noted.

### Parisi Speed School: Free Orientation

Parisi Speed School offers kids ages 7 to adult, at any ability level, a safe, positive training experience that improves athletic performance and speed of movement while building self-confidence and strength of character.

- **Mondays (excluding holidays), 7 p.m., Omni 41**

### Yogabilities

Incorporates easy-to-follow movements with music, stories and crafts for children ages 3 to 6 of all abilities. It helps increase flexibility and strength. Fee is \$15 per session or \$100 for eight weeks. To register, call Pediatric Rehabilitation Services at **219-322-2037, ext. 5008**.

- **Wednesdays, 4 p.m., Omni 41**

### Omni 41 Pumpkin Prance 5K Run and 1-Mile Fun Walk

All ages. Pre-race fees: \$18 (includes a shirt) or \$14 (no shirt). Day-of-race fees: \$20 (includes shirt, but sizes can't be guaranteed) or \$16 (no shirt).

- **Saturday, Oct. 2. Race starts at 9 a.m.**

### Les Mills Group Fitness

#### Classes Relaunch

Everyone is invited to try our **free** Les Mills Group Fitness Classes.

- **Saturday, Oct. 16, time TBD**

### 41+ Lunch

Ages 41 and older are invited. Omni 41 provides the main dish; guests bring a side dish. Bingo and prizes follow lunch.

Fee, along with the side dish: \$1.50 for a wing or dark meat; \$2.50 for a chicken breast. Please register the Friday before the lunch.

- **Tuesdays, Oct. 19, Nov. 16, Dec. 21, noon to 2 p.m.**

### Member Mixer at Omni 41

Omni 41 members are invited to come meet other members; non-members are invited to come check out the club! No fee, no registration. Just come and enjoy.

- **Wednesdays, Oct. 27, Nov. 17, 6 to 8 p.m.**

### Pilates Open House

Ever thought about doing Pilates? Come on over! Attendance is free.

- **Saturday, Nov. 13, 9 a.m. to noon.**

### Omni 41 Fall Open House

Festivities will include a Children's Health and Fun Fair themed around the question: "Are you fitter than a fifth grader?" Join us to find out!

- **Sunday, Nov. 14, 1 to 5 p.m.**

### Watertower Bus Trip

You don't have to drive to get some Christmas shopping done or just enjoy the city! Fee TBD.

- **Thursday, Dec. 9. Bus will depart from Omni's parking lot at 9 a.m. and return at 5 p.m.**



## SUPPORT AUXILIARY FUNDRAISERS

Saint Margaret Mercy's Auxiliary hosts several fundraising events each year in support of the hospital's mission programs, such as the Catherine McAuley Clinic, which offers healthcare services for the uninsured working poor. All events are from 7 a.m. to 4 p.m. in the main lobby of each campus.

### Leather Sale with Carline Leather

Purchase leather coats, purses, wallets and accessories at great prices.

- **Sept. 7, Hammond Campus**
- **Sept. 8, Dyer Campus**

### Books Are Fun

Browse for your favorite fall read and support Saint Margaret Mercy's mission efforts.

- **Oct. 7 and 8, Dyer Campus**
- **Oct. 7 and 8, Hammond Campus**

### Jewelry Sale with Highland Jewelers

Enjoy shopping from a great array of exquisite, stylish jewelry.

- **Nov. 2, Dyer Campus**
- **Nov. 3, Hammond Campus**

### Snowflake Bazaar

Festivities include HCI Fundraising \$6 Sale, bake sale and our popular silent basket auction.

- **Nov. 16 and 17, Dyer Campus**
- **Nov. 18 and 19, Hammond Campus**