

**Contacts:**    **Neal Gorman**                      **Nicole Hyland**  
718-630-8316 (w)                      718-630-7414 (w)  
917-269-0397 (p)                      718-630-7243x3874 (p)  
ngorman@lmcmc.com                      nhyland@lmcmc.com

## ATTENTION COMMUNITY CALENDARS

### *Events for January and February 2012*

#### **LUTHERAN HEALTHCARE HEALTHY LIVING WORKSHOPS AND EVENTS**

Workshops and screenings hosted by Lutheran HealthCare affiliates are open to the general public. Members of the media with questions can contact Nicole Hyland at 718-630-7414. Otherwise, contact information is as noted in event descriptions.

#### **Ongoing Events**

- Lutheran HealthCare's Volunteer Program. Lutheran HealthCare's volunteers have been instrumental in its 128 years of providing southwest Brooklyn with quality health care and support services. Lutheran volunteers are men and women, high school and college students, retirees, career professionals, homemakers, and former patients or their family members and friends. There are more than 80 areas and programs in which volunteers are placed and placements range from those with direct patient contact, to those with little patient contact, such as clerical support. Students must be at least 14 years of age to apply. Completed application, interview, medical clearance and orientation are required. Please contact the volunteer office at 718-630-7296.
- Lutheran Family Health Centers' Services for Older Adults: Library Program. Lutheran Family Health Centers' Services for Older Adults invites all seniors to come and enjoy the selection of books that the Library Program has to offer. The Library Program is open everyday from 9 a.m. – 4 p.m. in the dining area of Sunset Park Senior Center. Books are in English, Spanish and Chinese.
- Lutheran Family Health Centers' Services for Older Adults: Health Accent Program. Lutheran Family Health Centers' Services for Older Adults continues to provide quality programs, events and information to seniors with its Health Accent Program along with weekly swim meets and the walking club. The swimming sessions are available at an additional price. Services for Older Adults provides free blood pressure screenings and health fairs. Members are also mailed a quarterly newsletter announcing special events taking place within the community and Shore Hill Housing, and invited to the wellness lecture series. The yearly registration fee for the Health Accents program is \$25. For more information please contact Phyllis Lawless at Shore Hill, 9000 Shore Road, West Building, Brooklyn, NY 11209 or call Services for Older Adults at 718-630-7588.

## Workshops, Special Events, Support Groups

- Lutheran Family Health Centers' Chinese Language Cancer Support Group. Lutheran Family Health Centers, in collaboration with the American Cancer Society (Asian Initiatives), is holding Cancer Support Groups, as a platform for patients, survivors and families to share their experiences and receive information from experts in the field. Groups are held at the Harbor Hill Housing (5613 2nd Avenue) on the first Thursday of each month from 2 – 4 p.m. For further information please contact Mun Sei Lau at 718-630-6920.
- Lutheran Family Health Centers' Motivated Adolescent Mom Alliance. The Motivated Adolescent Mom Alliance (MAMA), hosted by LFHC Project Reach Youth, invites pregnant women ages 14 to 19 to join together for the opportunity to receive support, discuss health, relationships, birth and parenting, every Tuesday, from 4 – 6 p.m. at 199 14<sup>th</sup> Street. Project Reach Youth offers an array of youth development programs designed to support young people as they identify personal and career goals, develop new skills and competencies, and transition to adulthood. For more information call Courtney at 718-768-0778.
- Lutheran Medical Center's Stroke Survivor Support Group. Lutheran Medical Center invites stroke survivors and their families to share their experiences with other stroke survivors and receive information on Lutheran's services. Light refreshments will be served. Sessions are always the last Wednesday of every month, from 1:30 – 2:30 p.m. Located at Lutheran Medical Center, 3rd floor Rehabilitation Conference Room, 150 55th Street, Brooklyn. For more information please contact Kara Nizolek at 718-630-7334.
- Lutheran Medical Center's Workshop Series: Surgical Weight Loss Program Support Group. Support group meeting for pre-op and post-op Lap-Band patients. The program coordinator, psychologists and dietitians from Lutheran Medical Center's Surgical Weight Loss Institute will facilitate the meeting.
  - Upcoming Dates and RSVP information:
    - 1/18, 6 – 7:30 p.m., LMC, Station 14, 150 55<sup>th</sup> Street, Brooklyn. Please call 718-630-8624 to R.S.V.P.
    - 1/19, 6 – 7:30 p.m., 8714 5<sup>th</sup> Avenue, Brooklyn. Please call 718-630-8600 to R.S.V.P.
    - 1/24, 6 – 7:30 p.m., 65 Cromwell Avenue, Staten Island. Please call 718-667-8100 to R.S.V.P.
    - 2/7, 6 – 7:30 p.m., 65 Cromwell Avenue, Staten Island. Please call 718-667-8100 to R.S.V.P.
    - 2/8, 6 – 7:30 p.m., LMC, Station 14, 150 55<sup>th</sup> Street, Brooklyn. Session will be held in Spanish. Please call 718-630-8624 to R.S.V.P..
    - 2/15, 6 – 7:30 p.m., LMC, Station 14, 150 55<sup>th</sup> Street, Brooklyn. Please call 718-630-8624 to R.S.V.P.
    - 2/16, 6 – 7:30 p.m., 8714 5<sup>th</sup> Avenue, Brooklyn. Please call 718-630-8600 to R.S.V.P.
    - 2/21, 6 – 7:30 p.m., 65 Cromwell Avenue, Staten Island. Please call 718-667-8100 to R.S.V.P.
- Cancer Prevention Workshop. LFHC Services for Older Adults will host a cancer prevention workshop on January 26. Members of the public are invited to come learn about cancer prevention, recognition and treatment. The session will be held in the Community Room of Shore Hill Housing, 9000 Shore Road, from 11 a.m. to noon and will feature Polina Tavrovskaya, M.D., internal medicine and geriatrics. For more information call 718-630-7588.

- Services for Older Adults and WellCare Present 2012 Healthy Infusion. LFHC Services for Older Adults and WellCare at 2012's Healthy Infusion sessions to be held on February 2, 9, 16, 23 at Shore Hill Housing, 9000 Shore Road, from 10 to 11 a.m. Each session will discuss ways to create a healthier lifestyle including healthy eating, healthy lifestyle/mindset, positive energy and calm in your space and infusing change. Sessions will be presented by Erena DiGionis, L.M.S.W., C.H.C. For more information call 718-630-7588.
- Three Part Group Session on Diabetes Management. Informational sessions will focus on the basics of diabetes, nutrition and how a person can improve their health if they have common co-morbid conditions with diabetes such as high cholesterol, heart disease, high blood pressure, and obesity. The three part sessions begin the first Monday of every month. Sessions are held in Spanish at 9 a.m. and in English at 10:30 a.m. at Station 12 in Lutheran Medical Center (150 55<sup>th</sup> Street). Patients should plan on attending all three sessions. Patients who are not diabetic, but have high cholesterol, high blood pressure, or are overweight, are welcomed to attend the session on the third Monday of the month in order to learn how to improve these conditions. Please call 718-630-8624 to R.S.V.P.

### **Blood Donation**

- Lutheran's Blood Donor Center has announced new hours for 2012. The center will now be open Monday through Friday from 8 a.m. to 2:30 p.m. and the second and fourth Wednesday of the month from 10 a.m. to 6 p.m. The next blood drive will be held on January 24, at 5800 Third Avenue from 9 a.m. to 2 p.m. Anyone who donates gets a coupon for a free slice of pizza at Pete's Pizza. To make an appointment at Lutheran's Blood Donation Center, call 718-630-8900.

### **Multi-Date Events**

All events below are hosted by Services for Older Adults. For more information, please call 718-630-7588.

- Lutheran Family Health Centers' Services for Older Adults: Blood Pressure Screening – Shore Road. Lutheran Family Health Centers' Services for Older Adults offers free blood pressure screenings for seniors. Shore Hill Housing, 9000 Shore Road, 1:30 – 3 p.m., every Wednesday.
- Lutheran Family Health Centers' Services for Older Adults: Blood Pressure Screening – Sunset Park Senior Center. Lutheran Family Health Centers' Services for Older Adults offers free blood pressure screenings for seniors. Sunset Park Senior Center, 4520 4<sup>th</sup> Avenue, 2 – 3 p.m., every Thursday.
- Lutheran Family Health Centers' Services for Older Adults: Bingo. Lutheran Family Health Centers' Services for Older Adults offers Bingo at the Sunset Park Senior Center, 4520 4<sup>th</sup> Avenue, 1 – 3 p.m. on Tuesdays, Thursdays and Fridays.
- Lutheran Family Health Centers' Services for Older Adults: Tai Chi – Sunset Part Senior Center. Lutheran Family Health Centers' Services for Older Adults offers tai chi classes for seniors. Sunset Park Senior Center, 4520 4<sup>th</sup> Avenue, 10 – 11 a.m., every Wednesday.
- Lutheran Family Health Centers' Services for Older Adults: Walking Club – Shore Road. Lutheran Family Health Centers' Services for Older Adults welcomes seniors to go for a walk through the neighborhood on Tuesdays at 10:30 a.m. Meet at Shore Hill Housing, 9000 Shore Road.
- Lutheran Family Health Centers' Services for Older Adults: Walking Club – Sunset Park Senior Center. Lutheran Family Health Centers' Services for Older Adults welcomes seniors to go for a walk

through the neighborhood on every Tuesday and Thursday at 11 a.m. Meet at Sunset Park Senior Center, 4520 4<sup>th</sup> Avenue.

- Lutheran Family Health Centers' Services for Older Adults: Yoga – Sunset Part Senior Center. Lutheran Family Health Centers' Services for Older Adults offers yoga classes at the Sunset Park Senior Center, 4520 4<sup>th</sup> Avenue, Fridays at 10:45 a.m.
- Lutheran Family Health Centers' Services for Older Adults: Yoga. Lutheran Family Health Centers' Services for Older Adults offers yoga classes at the Shore Hill Housing, 9000 Shore Road, 10 a.m. – 12 p.m., every other Tuesday (1/31, 2/14, 2/28).
- Lutheran Family Health Centers' Services for Older Adults: Zumba. Lutheran Family Health Centers' Services for Older Adults offers zumba classes at the Sunset Park Senior Center, 4520 4<sup>th</sup> Avenue, Wednesdays at 10 a.m.

###

*As Brooklyn's premier health care network, Lutheran HealthCare (LHC) is a comprehensive medical and social support system committed to providing services for the whole person -- physically, emotionally and spiritually. The LHC system of community health providers includes Lutheran Medical Center, the Lutheran Family Health Centers, Lutheran Augustana Center for Extended Care and Rehabilitation, Community Care Organization, Inc, senior housing programs and more. Learn about LHC and its 128-year-old commitment to serving Brooklyn neighborhoods by visiting [www.LutheranMedicalCenter.com](http://www.LutheranMedicalCenter.com).*

For more news, follow Lutheran HealthCare at <http://twitter.com/LutheranHC>, <http://facebook.com/LutheranHealthCare>, <http://www.youtube.com/user/LutheranHealthCare> and <http://foursquare.com/lutheranhc>