

Community

Wellness



April - June 2009

Classes • Programs • Events • Information

Closer to home.

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VALLEY WEST COMMUNITY HOSPITAL

11 E. Pleasant Ave. • Sandwich, IL

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Working together for a healthy Community

Dear Resident:

As we move further into 2009, healthcare and the economy are at the top of everyone's minds. Controlling expenses is important and many patients are looking to have more control over their healthcare. Keeping your own personal health record allows you to provide doctors with valuable information that can help improve the quality of care you receive. Your records are important; learn how to access, manage and protect them. Valley West is now offering you an opportunity to do just that with "Managing Your Personal Health Records." *See page 4 for details.*

In May, we observe national Osteoporosis Awareness and Prevention Month. Find out if you're at risk and learn ways to reduce your risk of fractures on *page 5.*

Smoking is an addiction that is not easy to break without help. We now offer an American Cancer Society "Fresh Start: Quit Smoking Program" (*page 4*) and a support group for those who want to learn more about quitting.

Our Women's Health section on *page 6* features three physician programs on leg veins, hormones, and alternatives to surgical birth control.

The Healthiest Biggest Loser Event is back! Valley West is holding six programs focused on reading nutrition labels, recipe modification and finding exercise that is right for you. These classes are open to everyone, whether they are a Biggest Loser participant or not. *See page 7.*

When performed effectively, CPR doubles the chance of survival, and these classes are a great opportunity for people to learn a skill that may save a life. We have expanded our CPR classes to include the American Heart Association "Friends and Family CPR" program. *See page 12.*

Mark your calendars to join us at Plano High School on June 12, to honor cancer survivors and raise money for cancer research at the 15th Annual Lower Fox Valley Relay For Life. For details about this event, *see page 13.*

Join us July 2, for the annual Valley West Wellness Fair! This year we are encouraging you to get moving with our "Bodies in Motion" theme. *See back page.*

To your health,



A handwritten signature in black ink that reads "Brad Copple".

Brad Copple
Valley West Community Hospital
Administrator

Featured Programs

- **Family and Friends CPR**
April 9 • 6:30 - 9:30 pm *See page 12*
- **Bone Density Screen**
April 14 • 8 - 11 am and 4 - 7 pm *See page 5*
- **Are Your Bones at Risk?**
April 21 • 6 pm *See page 5*
- **Managing Your Personal Health Records**
April 30 • 6:30 pm *See page 4*
- **Smokers: Have You Thought About Quitting?**
May 14 • 6:30 - 7:30 pm *See page 4*
- **Infant Safety and CPR**
June 24 • 6:30 pm *See page 10*

The Healthiest Biggest Loser

See page 7 for the following programs

- **Understanding Nutrition Labels**
April 1 • 5:30 or 7:30 pm
- **Emotional Eating: Feeding Your Feelings**
April 16 • 5:30 or 7:30 pm
- **Recipe Modification and Portion Distortion**
April 28 • 5:30 or 7:30 pm
- **Burning Calories Through Daily Activity**
May 13 • 5:30 or 7:30 pm
- **Super Foods: Focus on Fruit and Veggies**
May 28 • 5:30 or 7:30 pm
- **Eating Healthy on the Run**
June 11 • 5:30 or 7:30 pm

Doctor Discussions

- **Are Hormones Affecting Your Health?**
April 22 • 6:30 - 7:30 pm
See page 6 for more information about Dr. Cassidy.
- **Alternatives to Surgical Birth Control**
May 27 • 6:30 - 7:30 pm
See page 6 for more information about Dr. Cassidy.
- **Let's Talk About Leg Veins**
June 25 • 6:30 - 7:30 pm
See page 6 for more information about Dr. Hawkins.

Events

- **15th Annual Lower Fox Valley Relay For Life**
June 12 • 6 pm
At the Plano High School Track
See page 13
- **2009 Wellness Fair "Bodies In Motion"**
July 2 • 1 - 4 pm
At Valley West Community Hospital
See back page

Words on Wellness

- **Winning the Fight Against Osteoporosis**
See page 5
- **Educator Focus: Cathy Kavanaugh**
See page 9
- **Hidden Hazards in Your Home**
See page 11

Adult Wellness Programs

Valley West Community Hospital offers specialized classes suiting a variety of needs taught by community wellness nurse educators. These classes give you the opportunity to increase awareness of your health and enrich your life.

Call 815.786.3962 to register.



Online registration is available at www.valleywest.org

New!

Managing Your Personal Health Records

Would you like the convenience of having access to your medical records? Learn how to create and maintain your own Personal Health Record in your home or on your computer. Find out what your medical records contain and how the information is used. Understand why your record is important and how to access, manage and protect it!

Free (Registration Required)

Valley West Medical Office Building

April 30 • 6:30 pm

Cholesterol: Balancing the Numbers

A Valley West Community Wellness Educator gives you the tools to positively impact your cholesterol levels. Fee includes: AHA Cookbook, Cholesterol Tracker, Fast Food Guide and more. (Registration Required)

\$15 Person

\$25 Couple

Valley West Medical Office Building

June 3 & 10 • 6:30 - 8:30 pm

Fresh Start®: Quit Smoking Program

Tired of feeling winded after climbing the stairs? Tired of going outside in the rain or cold to have a smoke? Tired of planning your day around cigarettes? Then it's time to quit. Let a community wellness nurse educator teach you how to take control of your addiction with this American Cancer Society smoking cessation program. A support person is welcome at no additional charge. Free for those who have attended a Valley West smoking cessation class in the last year.

\$25 Person Refundable if all classes attended (Registration Required)

Valley West Medical Office Building

May 18, 19, 26 & June 2 • 6:30 - 8 pm

New!

Smokers: Have You Thought About Quitting?

Are you or is someone you care about a smoker? Have you thought about quitting or would you like your friend to quit? Attend this class to discuss the possibility of quitting and get answers to your questions about the options available to make your next quit smoking attempt successful. Bring a friend.

Free (Registration Required)

Valley West Medical Office Building

May 14 • 6:30 - 7:30 pm

Winning the Fight Against

Osteoporosis



In the United States, 10 million individuals are estimated to have osteoporosis (the thinning of bone tissue and loss of bone density). Almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis.

A Silent Disease

Osteoporosis is often called a “silent disease” because bone loss occurs without symptoms. People often do not know they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a bone to break or a vertebra to collapse.

Screening Recommendation

The United States Preventive Service Task Force recommends that women age 65 and older be screened routinely for osteoporosis. The task force also recommends that routine screening begin at age 60 for women who are at increased risk for fractures.

A bone density exam is a very comfortable procedure. There is no special preparation and the exam takes only a few minutes to complete.

Bone density exams are available at Valley West Community Hospital. Contact Valley West Diagnostic Imaging at 815.786.3794 or your doctor for more information.

Weight-bearing exercise can strengthen bones

Weight-bearing exercises such as walking, jogging, dancing, climbing stairs, and weightlifting, performed three to four times a week, can help make your bones stronger. Strengthening and balance exercises may help you avoid falls and decrease your chance of breaking a bone.

People of any age or fitness level can do some sort of exercise. If you are a man over age 40, a woman over age 50, or have a chronic health condition, check with your doctor before starting a vigorous exercise program.

Are Your Bones at Risk? **New!**

Do you worry about osteoporosis or osteopenia? Join a Valley West physical therapist as he discusses the impact of exercise on your bones. Learn basic exercises through demonstration and participation.

Free (*Registration Required*)

Valley West Medical Office Building

April 21 • 6 pm

Bone Density Screen **New!**

Osteoporosis is a common bone disorder that has no warning signs and is a serious health threat to women. As women age, their bones may lose strength which increases fracture risk. A simple, quick painless heel bone screening can help predict your risk for fracture. This screening is for women over 45, starting or in menopause, who have not been diagnosed with osteoporosis. Positive results from this initial screening may result in a doctor visit and diagnostic bone density tests.

Free (*Appointment Required*)

Valley West Community Hospital

April 14 • 8 - 11 am and 4 - 7 pm

Adult Wellness

Women's Health



Brett Cassidy,
MD, FACOG

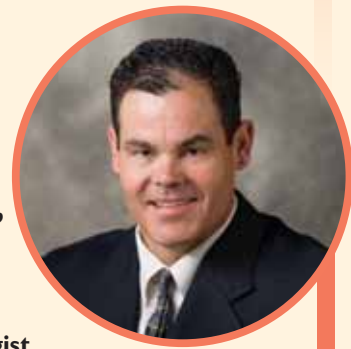
Board Certified
Obstetrician/Gynecologist

Medical Special Interests:
Urinary incontinence

Medical School: Emory University
School of Medicine

Residency: Mercy Hospital and Medical
Center, Chicago

Professional Highlights: Dr. Cassidy is
also a member of the American Society
of Bariatric Physicians, and is certified
in cosmetic laser, Botox, Restalyne, and
Juvederm treatments.



James Hawkins,
DO, FACOG

Board Certified
Obstetrician/Gynecologist

Medical Special Interests: Varicose vein
treatment and weight management

Medical School: Chicago College of
Osteopathic Medicine

Residency: Cook County Hospital

Professional Highlights: Dr. Hawkins is
also a member of the American Society
of Bariatric Physicians, and is certified
in cosmetic laser, Botox, Restalyne, and
Juvederm treatments. He is also a member
of the American College of Phlebology.

New!

Are Hormones Affecting Your Health?

Hormonal imbalances not only affect your emotions, but many other aspects of your life. **Dr. Brett Cassidy**, board certified OB/GYN, discusses prevention and treatment of this condition. Also learn about imbalances related to PMS and hot flashes. Those in attendance receive a free body fat analysis.

Free (Registration Required)

Valley West Medical Office Building

April 22 • 6:30 - 7:30 pm

New!

Alternatives to Surgical Birth Control

Is your family complete? Would you like permanent birth control, but don't want to go through surgery? **Dr. Brett Cassidy**, board certified OB/GYN, discusses many options including the newest advancements in permanent, non-surgical birth control. Learn about in-office procedures that do not require anesthesia, cutting or hormones. Those in attendance receive a gift certificate for a free facial.

Free (Registration Required)

Valley West Medical Office Building

May 27 • 6:30 - 7:30 pm

New!

Let's Talk About Leg Veins

Join **Dr. James Hawkins**, board certified OB/GYN, as he explains long term leg vein treatment and discusses the permanent in-office solution used to close deep veins by laser under ultrasound guidance. Also learn how to prevent new varicose veins from appearing. Those in attendance receive a gift certificate for a free facial.

Free (Registration Required)

Valley West Medical Office Building

June 25 • 6:30 - 7:30 pm

Visit Dr. Hawkins and Dr. Cassidy at
Aishling Obstetrics and Gynecology

831 East Sandhurst Drive
Sandwich, IL 60548 • 815.786.1088
www.aishlingobgyn.com

654 West Veteran's Parkway, Suite A
Yorkville, IL 60560 • 630.553.3588
www.abeautifulyouonline.com



Healthiest Biggest Loser Official Weigh-In Dates

Location: Fox Valley YMCA West Branch

Optional Weigh-Ins:

- Saturday, April 4, 8 am – noon
- Saturday, April 25, 8 am – noon
- Saturday, May 16, 8 am – noon
- Saturday, June 6, 8 am – noon

Final Weigh-In: (Required)

- Saturday, June 27, 8 am – noon OR
- Monday, June 29, 7 – 10 am or 4 – 7 pm

Understanding Nutrition Labels

A Valley West community wellness nurse educator will guide you through understanding the value of nutrition labels. Learn about why fiber is so important, how to include healthy carbohydrates in your daily diet, and how to identify healthy and unhealthy fats. Food samples provided based on the discussion of fat, fiber and carbohydrates.

Free for Biggest Loser participants and \$5 for general public

Valley West Medical Office Building

April 1 • 5:30 or 7:30 pm (Registration Required)

Emotional Eating: Feeding Your Feelings

Discover how emotional eating sabotages your weight-loss efforts and learn how to regain control of your eating habits. Join a Valley West nurse educator to examine the signs of emotional eating and useful tips to reduce the risk of binge/emotional eating.

Free for Biggest Loser participants and \$5 for general public

Valley West Medical Office Building

April 16 • 5:30 or 7:30 pm (Registration Required)

Recipe Modification and Portion Distortion

Do you have a favorite recipe you would like to be healthier? Is snacking your weight loss downfall? Join us to learn about appropriate portion sizes and how to choose healthy snacks. Also learn tips to make your meals healthy and sample a modified recipe.

Free for Biggest Loser participants and \$5 for general public

Valley West Medical Office Building

April 28 • 5:30 or 7:30 pm (Registration Required)

Burning Calories Through Daily Activity

Are you too busy working and running a household to exercise? Easy and effective workouts can be incorporated into everyday activities. The number of calories you burn over the course of a day can add up. A Valley West physical therapist shows you just how many calories you can burn doing everyday activities.

Free for Biggest Loser participants and \$5 for general public

Valley West Medical Office Building

May 13 • 5:30 or 7:30 pm (Registration Required)

Super Foods: Focus on Fruit and Veggies

Fruits and vegetables are the superstars of a healthy diet and they don't have to be boring. A registered dietitian teaches you how to make the recommended 5-9 servings of fruits and vegetables delicious. Sample recipes and snacks provided.

Free for Biggest Loser participants and \$5 for general public

Valley West Medical Office Building

May 28 • 5:30 or 7:30 pm (Registration Required)

Eating Healthy on the Run

If you have a busy schedule, dining out is a fact of life. So how are you supposed to eat healthy and reach long-term weight loss goals? A community wellness nurse educator provides tips for avoiding a calorie overload, grab and go snack suggestions and how to prevent boredom. Learn how to take time to focus on yourself while maintaining healthy habits.

Free for Biggest Loser participants and \$5 for general public

Valley West Medical Office Building

June 11 • 5:30 or 7:30 pm (Registration Required)

Adult Wellness

Valley West Family Planning Clinic

A women's health clinic is conducted monthly at Valley West by the DeKalb County Health Department. This clinic provides routine gynecological exams by a certified nurse practitioner, with birth control methods of choice for women who wish to prevent or postpone pregnancy, and confidential pregnancy testing by RNs with counseling and referrals.

Call 815.748.2420 for price and appointment.

Valley West Community Hospital
First Tuesday, Noon - 4 pm

Immunization Clinic

Children's immunizations available monthly. IPA medical card accepted or \$10 per vaccine. Call the DeKalb County Health Department for an appointment, 815.748.2460.

Valley West Community Hospital
Second Monday, 2 - 4 pm

Blood Pressure Clinic

Valley West nurse volunteers offer free weekly blood pressure checks. No appointment necessary.

Free

Valley West Community Hospital
Every Wednesday, 9 - 11 am

MammaCare Training Sessions: *Early detection is key*

MammaCare Breast Self-Examination is the recognized standard for teaching and performing manual breast examination throughout the world. Women and clinicians properly trained in this technique have found breast cancers as small as 3 mm in diameter. Valley West now offers one-on-one instruction provided by a certified MammaCare Breast Self-Examination Instructor. **To schedule your training session, call 815.786.3962.**

\$5 Person (*Registration Required*)

Valley West Community Hospital
Second Thursday of every month
Appointments are scheduled at
10 am, 1 pm, & 2:30 pm

HeartWise *Cardiac Health Evaluation*

\$99

May not be covered by insurance.

Suggested for people who meet this criteria:

- Age 40 and older
- At least one risk factor for heart disease including diabetes, family history, obesity, elevated cholesterol, elevated blood pressure, and tobacco use.
- State-of-the-art CT scan to reveal extent of calcified plaque, an indication of blockage in the coronary arteries
- Measurements of cholesterol and glucose levels
- Blood pressure, BMI and body fat analysis
- A personal consultation with a registered nurse to identify and understand your cardiac risk factors

The HeartWise Cardiac Health Evaluation provides a combination of screening and non-invasive tests for evaluating cardiovascular disease.

These tests provide a personalized assessment of your major risk factors for heart disease. This information will be valuable to you in planning and discussing your options with your physician.

An appointment is required.

815.786.3962

Learn more at www.valleywest.org.
Click on "Heart Health."

Kids Only Programs

Valley West Community Hospital presents classes specifically tailored toward children and adolescents. Nine to 16-year-olds can benefit from the customized classes taught by Community Wellness nurse educators.

To register call 815.786.3962.

Online registration is available at www.valleywest.org



Cathy Kavanaugh RN, BSN Community Wellness Nurse Educator

Cathy Kavanaugh RN, BSN, teaches Safe Sitter, It's Great to be Me, Girls Only, CPR, and joins other educators in the classrooms of local school districts facilitating programs like Poison Prevention, MyPyramid for Kids and Henry the Hand: Champion Hand Washer.

Cathy earned her degree from Rush University. In addition to her time spent as a Valley West community wellness educator, she also works as a school nurse at St. Mary's in Plano, and performs vision and hearing screenings in local school districts in Kendall County. She is active on the Community Health Services Advisory Committee for Kendall County.



Sibling Class

New baby on the way? Help your children understand how special they are as new big brothers and sisters.

See page 10

Girls Only...Your Changing Body

This program is for 9 to 12 year old girls and their moms. The natural physical and emotional changes a young girl experiences can be overwhelming and puzzling. Knowing what to expect can lessen anxiety and make the transition smoother.

\$10 Mother/Daughter (Registration Required)

Valley West Medical Office Building

April 4 • 9 - 11 am

June 1 • 6 - 8 pm

Safe Sitter Basic

This 2-day internationally recognized babysitting program teaches 11 - 13 year olds the skills to provide children in their care a safe, nurturing environment. Includes Safe Sitter backpack, manual, supplies and light refreshments.

\$40 Person (Registration Required)

Valley West Medical Office Building

April 18 & 25 • 8:30 am - Noon

June 17 & 18 • 8:30 am - Noon

Boys Only...Your Changing Body

A program designed for 9 - 12 year old boys and their dads. The natural physical and emotional changes a young boy experiences can be overwhelming and puzzling. Knowing what to expect can lessen anxiety and make the transition smoother.

\$10 Father/Son (Registration Required)

Valley West Medical Office Building

June 29 • 6 - 8 pm

Immunization Clinic

Children's immunizations available monthly. IPA medical card accepted or \$10 per vaccine. Call the DeKalb County Health Department for an appointment, 815.748.2460.

Valley West Community Hospital

Second Monday, 2 - 4 pm

Childbirth and Infants

Having a baby is a special time in your life. Valley West Community Hospital's Childbirth and Infant classes prepare you for childbirth and help you develop skills to care for your little one.

Choose your Prepared Childbirth class so you finish at least 2-3 weeks before your due date. Participants must pay in advance to confirm class placement.

To register call 815.786.3760.



Online registration is available at www.valleywest.org

Breastfeeding Class

This class is intended for all first-time moms or for any mother wanting to learn more about breastfeeding. Taught by a certified lactation counselor. Family and friends are welcome. Please bring two pillows and a doll.

Free (Registration Required)

Valley West Medical Office Building

April 7 • 7 - 9 pm

June 2 • 7 - 9 pm

Prepared Childbirth Express

This class discusses pregnancy, labor/delivery and postpartum in a one class format. Please bring 2 pillows. Snacks will be provided. (Registration Required)

\$40 Couple Delivering at KCH/VWCH

\$50 Couple Delivering at Other Hospital

\$20 Couple on WIC

Valley West Medical Office Building

April 11 • 8:30 am - 2:30 pm

June 6 • 8:30 am - 2:30 pm

New Parents Discussion Group

New parenthood is a life changing experience involving a wide range of emotions. Join other new parents and a Valley West OB registered nurse to share your fears, joys, questions and concerns.

Free (Registration Not Required)

Valley West Medical Office Building

April 13 • 7 - 9 pm

June 8 • 7 - 9 pm

Family Planning Clinic

Call 815.748.2420 for price and appointment.

See page 8

New Baby Care

A special class for parents, grandparents and other caregivers that covers all of the basics of newborn care. Instructed by certified childbirth educator.

\$15 Couple (Registration Required)

Valley West Medical Office Building

April 14 • 7 - 9 pm

June 9 • 7 - 9 pm

Sibling Class

Two to five-year-olds can learn how babies look and behave. Course includes a "Sibling Silly" video, tour of the Valley West OB unit, family activity book, instructions on helping with baby, and Super Sibling Certificate. Please bring a doll to class.

Free (Registration Required)

Valley West Medical Office Building

April 14 • 6 - 7 pm

June 9 • 6 - 7 pm

Prepared Childbirth Education

This class includes information on pregnancy, labor, delivery, newborn care and postpartum period. Please bring 2-3 pillows to class. (Registration Required)

\$60 Couple Delivering at KCH/VWCH

\$75 Couple Delivering at Other Hospital

\$20 Couple on WIC

Valley West Community Hospital

Tuesdays, May 5 - 26 • 6:30 - 9:30 pm

Infant Safety and CPR **New!**

For new parents, grandparents, and caregivers. Learn about infant safety including childproofing, poison prevention, SIDS, CPR and choking rescue for infants less than 1 year of age. Not a certification class.

\$15 Couple (Registration Required)

Valley West Medical Office Building

June 24 • 6:30 pm



Hidden Hazards in Your Home



Your home is a place that provides safety and security. It may surprise you to learn that there could be hidden dangers lurking in your home. The U.S. Consumer Product Safety Commission has pinpointed the five home hazards to help prevent unnecessary injuries. With no or very little investment, incidents and injuries from these dangers are preventable.

1. Magnets

Watch carefully for loose magnets and magnetic pieces and keep them away from younger children (less than 6).

2. Recalled Products

Consumers need to be aware of the latest safety recalls to keep dangerous recalled products away from family members.

3. Tip-Overs

Furniture, TVs and ranges can tip over and crush young children. Injuries occur when children climb onto, fall against or pull themselves up on television stands, shelves, bookcases, dressers, desks and chests.

4. Windows & Coverings

Parents should use cordless blinds or keep cords and chains permanently out of the reach of children.

5. Pool & Spa Drains

Pool and spa owners should consider installing a Safety Vacuum Release System (SVRS), which detects when a drain is blocked and automatically shuts off the pool pump or interrupts the water circulation to prevent an entrapment.

Tour the Valley West Maternity Suites

We encourage expectant parents and those considering parenthood to join us for a walking tour of the beautiful and spacious Valley West Maternity Suites. The tour is free, but registration is required. This tour is also given as a part of our Prepared Childbirth classes.

Free (Registration Required)

Please call 815.786.3760 to register.



Children's Immunization Clinic

Call the DeKalb County Health Department for an appointment, 815.748.2460.

See page 9

CPR & First Aid Education

Valley West Community Hospital provides classes catering to healthcare professionals, EMS students and the general public.

To register for these classes, call 815.786.3960.

Class size is limited. Pre-registration is required.



Online registration is available at www.valleywest.org

Family and Friends CPR

New!

This American Heart Association course is designed for anyone who wants to learn basic CPR. Participants learn how to perform CPR on adults, children, and infants and how to help an adult, child, or infant who is choking. Practice with mannequins. No written or skills test is required. Course participation card issued at the end of class. This is not a course for those requiring a "credential" for CPR.

Free (*Registration Required*)

Valley West Medical Office Building

April 9 • 6:30 - 9:30 pm



Infant Safety and CPR

Specially designed for new parents, grandparents and caregivers.

See page 10

CPR Healthcare Provider Renewal

This course is intended to renew CPR skills for participants who provide healthcare to patients in a wide variety of situations, including in and out-of-hospital settings. These healthcare providers may include (but are not limited to) nurses, paramedics, EMTs, respiratory therapists, CNAs, and other allied health personnel. The course is also designed for anyone who is required to take a healthcare provider course for employment and may be attended by laypersons. Must submit a copy of your current CPR card.

\$40 Person (*Registration Required*)

Valley West Medical Office Building

April 29 • 6 - 10 pm



Blood Pressure Clinic

Every Wednesday, 9 - 11 am

Come experience the convenience of having a Valley West Nurse volunteer monitor your blood pressure weekly.

See page 8

CPR Healthcare Provider

This course is intended for participants who provide healthcare to patients in a wide variety of situations, including in and out-of-hospital settings. These healthcare providers may include (but are not limited to) nurses, paramedics, EMTs, respiratory therapists, CNAs, and other allied health personnel. The course is also designed for anyone who is required to take a healthcare provider course for employment and may be attended by laypersons.

\$50 Person (*Registration Required*)

Valley West Medical Office Building

May 20 • 5:30 - 10 pm



Healthiest Biggest Loser Competition

Specially designed to help you lose weight while having fun.

See page 7



Cancer Awareness & Support

KishHealth Cancer Care Services is committed to providing support and the most current information on cancer prevention and treatment options.

Call 815.748.8962 to register.

15th Annual Lower Fox Valley Relay For Life

This overnight event, sponsored in part by Valley West Community Hospital, honors all cancer survivors at any stage of diagnosis or treatment, celebrates survivorship and raises money for research and programs of the American Cancer Society. Cancer survivors and caregivers are encouraged to attend. A luminaria ceremony at dusk will honor the memory of a loved one. Activities include games, live music, food and themed laps. Survivors will receive pins, t-shirts, and participate in a survivor lap during the opening ceremonies. Volunteers are welcome and needed to help during the event.

Plano High School Track

June 12, Friday

Opening Ceremonies begin at 6 pm. Event concludes at 6 am on June 13.

For more information on participating or volunteering in Relay For Life, contact LuAnne Scalley, Relay For Life Chair, at Scal@mchsi.com or 630.879.9009 or visit www.relayforlifelowerfoxvalley.com.

Cancer Support Group

For cancer patients at any stage of treatment, their families, friends and caregivers. This group is sponsored by Valley West, the American Cancer Society and Midwest Center for Cancer and Blood.

Free

Midwest Center for Cancer & Blood

First Thurs., 6 - 7 pm

Healing Expressions

New!

Utilizing a variety of art materials, Healing Expressions offers participants an opportunity to express feelings, emotions, and thoughts about their cancer experience through creative outlets such as visual art and craft, music, and reflective writing. Program is for adults in any stage of their cancer experience, their caregivers, and family members. You may attend one class or all 12 weeks.

Free (*Registration required*)

Kishwaukee Hospital Wellness Center

Runs through May 27 • 6 - 8 pm

(*No class on March 18th*)

These programs offered by Kishwaukee Health Foundation and American Cancer Society will help with the outward experience and understand your inner journey during this challenging time in your life.

New!

Men with Cancer Networking Group

This group is open to men with cancer.

Free

KCH Roberts Conference Center

Meets the second Wednesday of every month • 8 – 9 am

New!

Caregiver Networking Group

This group is open to spouses and other caregivers of individuals with cancer. Meets the second Wednesday of the month.

Free

KCH Roberts Conference Center

Meets the second Wednesday of every month • 8 – 9 am

Look Good, Feel Better Workshop

This free program teaches beauty techniques to women who are actively undergoing cancer treatment to help them combat the appearance-related side effects of radiation and chemotherapy. Come and learn tips for skin care, makeup, hair care, and wigs. All participants will receive a free kit of cosmetics (valued up to \$200).

Free (*Registration Required*)

American National Bank in Sycamore

April 14 • 7 pm

Diabetes *Education*

The Valley West Community Hospital Diabetes Educators provide motivation, support and the most current information and strategies to live a healthy life with diabetes.

Call 815.748.8378 for more information.



Online registration is available at www.valleywest.org

Diabetes Success with Self-Management

Learn the latest in diabetes care with an emphasis on the positives. Take the initiative now to control your diabetes and not allow it to control you.
Call 815.748.8378 for cost.

Valley West Medical Office Building

April 6, 13, 20 • 9 am

May 4, 11, 18 • 9 am

June 1, 8, 15 • 9 am

Diabetes Support Group

The Diabetes Support Group offers the opportunity to learn from other's experiences and share your own. Individuals with diabetes, their family and friends are welcome.

Free

Valley West Medical Office Building

April 13 • 6:30 pm



Blood Pressure Clinic

Every Wednesday, 9 - 11 am

Come experience the convenience of having a Valley West Nurse volunteer monitor your blood pressure weekly.

See page 8



Managing Your Personal Health Records

Learn how to create and maintain your own web-based Personal Health Record.

See page 4



Healthiest Biggest Loser Competition

Specially designed to help you lose weight while having fun.

See page 7



Fresh Start[®]: Quit Smoking Program

Specially designed American Cancer Society program to help you finally quit smoking.

See page 4

Program Locations

To better serve the community we are continually improving and growing our services and locations. Currently we have two locations to provide you the convenience of local programs.

If you have any questions about program locations, please call 815.786.3962

Online registration available at www.valleywest.org



1310 N. Main St., Sandwich

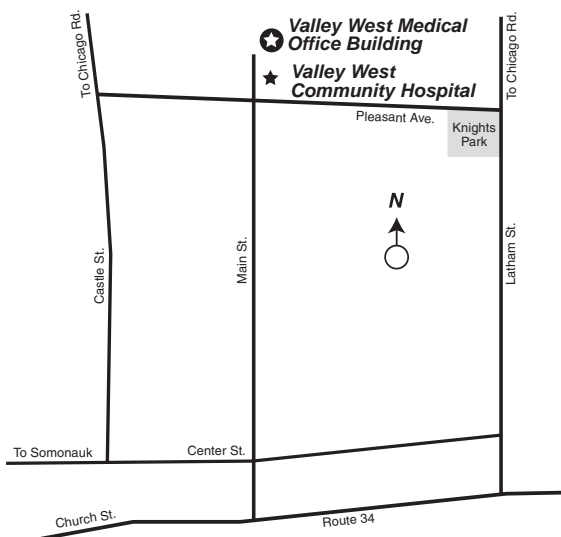
The Valley West Medical Office Building is located north of the hospital.



11 E. Pleasant Avenue Sandwich, IL 60548
ph 815.786.8484 www.valleywest.org

For Valley West Community Hospital, please enter at our main entrance, the vaulted atrium accessible from the north parking lot.

An entrance on the southeast corner of the building provides easy access to our Physician's Specialty Clinic.



From DeKalb or Sycamore

Take Somonauk Road to Perry Road. Turn left on Perry, then right back onto Somonauk. Continue past Hinckley, take a left on Chicago Road. Take a right on East Sandwich Rd and a left on East Pleasant Ave.

From Route 47

(Elburn, Yorkville, Hampshire, Morris)

From Rt. 47 North or South, turn west (right from the north, left from the south) on to Rt. 34 and follow the directions from the east on Rt. 34.

From Route 34

(Earlville, Somonauk, Leland, Plano, Oswego, Yorkville)

From the East on Route 34

Going west on Rt. 34 drive into Sandwich to the 2nd stop light (Main Street). Turn right (north). Drive for one mile to Pleasant Avenue. Valley West Community Hospital is on the northeast corner of Main Street/Pleasant Avenue intersection. The main entrance is off the north lot.

From the West on Route 34

Going east on Rt. 34, drive into Sandwich, going to the first stop light (Main Street). Turn left (north), driving one mile to Pleasant Avenue. Valley West Community Hospital is on the northeast corner of the Main Street/Pleasant Avenue intersection. The main entrance is off the north lot.

From I-39 (Rockford, Rochelle)

Going north or south on Rt. 39 exit on to Rt. 34 and follow directions from the west on Rt. 34.

Valley West Wellness Fair 2009

Bodies in Motion

July 2 • 1-4 pm

On the north campus of Valley West Community Hospital

- Many specialty booths focusing on health, safety and fun
 - Vision and hearing screenings
 - Free child ID cards
 - Health information
 - Fitness demonstrations
 - And much more!

Learn about the health benefits of becoming and staying active.