



# Caritas

## Obesity as a disease

Addressing the underlying cause of many health conditions requires changing the conversation

In the United States today, more than one-third of adults or 78.6 million people are obese. Not overweight—obese. Obesity is linked to more than 40 diseases. Health problems that result from obesity include heart disease, stroke, type 2 diabetes and certain types of cancer. The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008.

In Cuyahoga County, nearly two-thirds of the population is either overweight or obese. Sadly, it is also one of the leading causes of preventable death in this country. Obesity is a complex issue, according to Chandra Hassan, MD, medical director of the Center for Bariatric Surgery at St. Vincent Charity Medical Center.

“It results from a combination of things including dietary patterns, physical activity, medical use, environment, genetics, culture, socioeconomic factors and even food marketing and promotion,” he said. “The biggest contributing factor is how we have evolved into a sedentary culture. No one has time to do

proper cooking. As a result we rely on processed food, which is enemy number one,” he said.

While the National Institutes of Health first recognized obesity as a disease in 1998, it wasn’t until the American Medical Association (AMA) did so in 2013 that the conversation about obesity and its treatment started to shift. “While the AMA was the last to recognize it as a disease, the result is that now medical students are learning about it as a disease. Residents are being trained on how to treat it as a disease,” he said. That is an important shift for patients because the problem has only increased over the past 20 years.

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### Diseases caused by obesity

- High blood pressure
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with activities of daily living

Learn more about bariatric surgery by watching our online seminar at [www.stvincentcharity.com/online-seminar](http://www.stvincentcharity.com/online-seminar).



## FROM THE PRESIDENT AND CEO

We're under construction this summer on East 22nd Street and Community College Avenue. No one enjoys changes to traffic patterns or the sight of orange barrels. But we're pretty excited about the projects happening around us. We are fortunate to be in lock-step with the city of Cleveland's renaissance. While the traffic delays can be frustrating, the \$4.3 million construction also represents vital investment in our Campus District and in the Central Neighborhood.

The evolution of St. Vincent Charity Medical Center began a few years ago as we set about a deliberate plan to recruit physicians, strengthen key services and grow our business. We've made extraordinary strides financially and programmatically. As we wind down our yearlong 150th anniversary celebration, we're transitioning into our next exciting growth phase: expanding into an integrated medical campus in the heart of the city. Look for upcoming announcements next month about plans to improve our patient and visitor experience.

Just as Cleveland is getting recognized for its renaissance, so, too, has St. Vincent Charity. I am pleased to share some of the recent accolades that have come our way:

The Center for Medicare and Medicaid Services (CMS) released its first-ever hospital ratings and St. Vincent Charity Medical Center was one of a handful in Northeast Ohio to achieve a **4-star rating**.

The Hospital Compare star ratings relate to patients' experience of care (those surveys you're asked to complete by phone) at almost 3,500 Medicare-certified acute care hospitals. The ratings are based on data from the Hospital Consumer Assessment of Healthcare Providers and Systems Survey (HCAHPS) measures that are included in Hospital Compare. HCAHPS has been in use since 2006 to measure patients' perspectives of hospital care, and includes topics like:

- How well nurses and doctors communicated with patients
- How responsive hospital staff was to patient needs
- How clean and quiet hospital environments were
- How well patients were prepared for post-hospital settings

This speaks to the tremendous effort our caregivers and physicians deliver daily to our patients. We are proud that our patient satisfaction scores consistently rank above the 80th percentile. That success is built on the efforts of everyone involved in the patient experience.

Our own **Dr. Leslie Koblentz** was named the Mental Health Professional of the Year by the Alcohol Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County! Dr. Koblentz was recognized for dedicating her career to the public mental health system and her outstanding ability to collaborate with various systems to ensure that people living with mental illness receive the best treatment and recovery supports available.

**Sister Judith Ann Karam, CSA**, was installed on June 8 as the Board Chair of the Catholic Health Association (CHA), the nation's largest group of health care providers dedicated to advancing Catholic health ministry in the United States. Sister's leadership and understanding of health care as a ministry is an example to us all. We are proud that her voice will lead the discussion on a national stage.

The Center for Bariatric Surgery here at St. Vincent Charity was recently named an **Aetna Institute of Quality® Bariatric Surgery Facility** for treating individuals living with morbid, or extreme, obesity. Aetna recognizes hospitals and facilities in its network that offer specialized clinical services for certain health conditions that consistently deliver evidence-based, safe care.

In this month's issue of *Cleveland* magazine, we have a number of Top Docs including: **Deborah Blades**, neurosurgery; **Lou Keppler**, orthopedics; **Greg Louis**, ophthalmology; **Audley Mackel**, orthopedics; **Joy Marshall**, family medicine; **Rob McLain**, orthopedics; **David Perse**, general surgery; **Keyvan Ravakhah**, internal medicine; **Robert Richardson**, neurology; **Samuel Salamon**, ophthalmology; **William Wiley**, ophthalmology; and **Muhammed Zahra**, cardiology.

We will keep moving forward thanks to the generous support of our board, leadership, physicians, donors, caregivers—and you!

As always, thank you for your support.



David F. Perse, MD  
President and CEO

### OUR MISSION

**In the Spirit of the Sisters of Charity of St. Augustine, the St. Vincent Charity Medical Center family is dedicated to the healing ministry of Jesus. As Caregivers we serve with a deep respect for the dignity and value of all persons, we are focused on quality care, dedicated to the poor and committed to continuing education.**

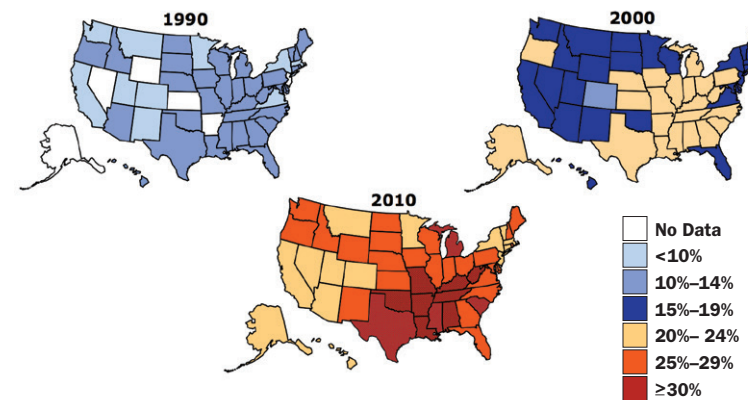
## Obesity as a disease

*Continued from front page*

The Centers for Disease Control has a map that compares the level of obesity state-by-state since 1990. Today every third person in the U.S. is obese. While the CDC states that genetic changes in human populations occur too slowly to be responsible for the obesity epidemic, the variation in how people respond to the environment that promotes physical inactivity and intake of high-calorie foods suggests that genes do play a role in the development of obesity.

### Obesity Trends Among U.S. Adults

BMI 30, or about 30lbs overweight for 5'4" person



“The chemicals used in processed foods today are so addictive in nature. The primary sugars trigger in the brain in the same manner as cocaine and heroin,” said Hassan. Our treatment of the health issues related to obesity—hypertension, diabetes, etc—does not address the source of the problem, which is the obesity itself.

“An obese patient may be taken to the ER with a stroke, or seek out an orthopedic surgeon to treat their hip pain or seek counseling for anxiety or depression, but if they have a Body Mass Index (BMI) of 35 or greater, they need to be seen for obesity,” he said. In fact, Dr. Hassan said we need to look at obesity as the initial disease.

Only about 1 in 99 morbidly obese people seek out treatment such as bariatric surgery. “They are scared or not educated about the surgery and what it can do to treat the obesity. We are

here to support them and help them change the behavior that will make them successful for life,” he said.

“Change can happen, but it will happen from the ground up—one family and one individual at a time,” he said. Talk to your doctor about weight management options, including bariatric surgery. “It is not the easy solution, but it is a tool to help you lose weight,” he said.

There's more to conquering obesity than diet or surgery. As Dr. Anita Maximin, psychologist with the Center for Bariatric Surgery says, are you ready to make a lifestyle change?

“This is not a diet; it's learning how to change your lifestyle in terms of what fits best for your life,” said Maximin. “Do you travel, work the nightshift, use a wheelchair, hate yogurt, stay at home . . . in all of these cases, we start by addressing the stressors in your life and your relationship with food.”

People will connect any emotion with food—boredom, depression, joy, stress, contentment. “The time we spend before surgery—which could be three to six months or longer—we are helping patients change their relationship with food and learn how to make positive changes in their life,” she said. That includes physical activity.

Craig Eyman, DO, program surgeon, recommends finding some kind of physical activity you enjoy—walking, swimming, biking, running, etc.—and commit to doing it every day. “That way if you miss a day or two, you will still have exercised five days a week.” The key is finding what you enjoy.

“People who are most successful with their weight loss over the years are those who check in periodically with our dietitians or with their therapist,” said Maximin. “Here at St. Vincent Charity, you are our patients for life and we can't stress enough the importance of follow up.”

Support groups, Back on Track program or maybe just a few visits with the dietitian can help to keep you on your journey to better health. ♦

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Caritas is produced three times a year by the Marketing and Communications Department at St. Vincent Charity Medical Center. You can receive Caritas directly to your email inbox. To subscribe to the electronic publication, visit: [stvincentcharity.com/newsroom](http://stvincentcharity.com/newsroom)



## Tips to getting started

- 1) Talk to your doctor about your how your weight is impacting your health. Ask about weight loss options, including surgery.
- 2) Keep a food log or journal to track not only your food, but your emotions.
- 3) Get moving, even if it's only a walk around the house. Make it a daily routine.
- 4) Set small, realistic goals for yourself such as walking a little farther, and write them down.
- 5) Talk to a dietitian to learn about healthier food choices and what makes a balanced plate.
- 6) Weight loss is one meal at a time. If you blow it on one meal, get back on track with the next one.
- 7) Seek professional help if you are struggling with stressors in your life.
- 8) Be gentle and patient with yourself. The journey takes time.

# Revolutionary medicine helps this teacher fulfill his passion for history

**D**ave Zeih is a character—literally. A retired history teacher, Zeih now spends his days doing presentations portraying a British soldier in the American Revolution. He performs for schools, libraries and civic groups for crowds of all ages. His presentations keep him in touch with his passion for education and shaping young minds.

But with a lingering ankle injury flaring up, it looked as if the curtain would close on Dave's performances. With the help of Dr. Michael Canales, foot and ankle surgeon at the Spine and Orthopedic Institute at St. Vincent Charity Medical Center, this soldier was saved.

Throughout high school and college, Zeih was a track and field athlete. After years of wear and tear, he began suffering debilitating ankle pain in 2010 from frequent sprains and arthritis. With every step he took Zeih never knew how his ankle would feel when it landed.

"The kids at my presentations would say 'How come you're limping?' and in character I would have to answer 'Oh, I was hit in the leg with a brick thrown by one you colonists the other day and it hurts!'" he said.

When he first came to see Dr. Canales he was experiencing steadily increasing ankle pain and instability that was affecting his ability to exercise, walk his dog and, most importantly, participate in his educational reenactments. After X-rays, non-operative treatments and further examination, it became clear to Dr. Canales

that Zeih needed—and was the perfect candidate for—total ankle replacement.

A fairly new procedure, total ankle replacement was developed as an alternative to ankle fusion—the most common surgical treatment for severe ankle arthritis. While still a reliable procedure today, consequences of ankle fusions include premature arthritis and pain of the surrounding joints due to eliminating ankle motion, according to Dr. Canales.

"Total ankle replacements were initially developed in an effort to preserve some degree of normal motion that is lost in a fusion," said Canales. "Today, there are devices that allow resurfacing of the ankle joint similar to the knee joint. The ankle joint is not necessarily taken out and replaced, rather it's resurfaced with two metallic pieces sandwiching a plastic bearing."

According to Dr. Canales, ideal candidates are generally in good health with painful ankle arthritis that has failed with non-operative treatment. Patients can expect to place full weight on their ankle around six weeks after surgery in a supportive boot or brace. From there, a rehabilitation program is implemented to maintain healing and improve balance, strength, agility and posture over the next six to 12 months.

After undergoing total ankle replace-



**Top: Dr. Michael Canales greets Dave Zeih in full regalia. Bottom: Dave Zeih presents to a group of students at Gilles-Sweet Elementary in Fairview Park.**

ment in October 2013, Zeih is back on his feet and has returned to his active lifestyle free of pain. Over a year later in March 2015, Dr. Canales was able to see just how far he had come in his recovery when he sat in on of his elementary school presentations.

"It was extraordinary to see Mr. Zeih in his element and to know that the care that we delivered at St. Vincent Charity had a hand in that," said Dr. Canales. "Looking at him, I see somebody who's very passionate and very good at what he does and knowing that I played a small part in that is certainly gratifying—that's why I got into the practice of medicine."

"I feel like I don't have to worry about how I am going to land when I step—which is what I used to think of all the time, previous to my operation," Zeih said. "That's a good feeling!" ♦

**For more information about foot and ankle treatments, visit [www.stvincentcharity.com/spine-ortho](http://www.stvincentcharity.com/spine-ortho) or call 888.709.9007.**

# Dr. Leslie Koblentz believes in hard work, tough talk and advocacy for patients

ADAMHS Board names her Mental Health Professional of the Year



**D**r. Leslie Koblentz credits her parents Rose and Edward Margolis for her success. Their commitment to hard work and "can-do spirit" connect all the pieces of Dr. Koblentz's untraditional career path—from nutritionist to lawyer to psychiatrist.

Today she serves as chair of the department of psychiatry at St. Vincent Charity Medical Center. For her advocacy on behalf of patients who are mentally ill, she was recently named Mental Health Professional of the Year by the Alcohol Drug Addiction and Mental Health Services (ADAMHS) Board.

Her path—however—was anything but traditional. At a time when women were encouraged to become mothers or teachers and certainly not physicians, Dr. Koblentz obtained her master's degree in nutrition in 1975 and began her career with the Maternity and Infant Care Project at MetroHealth Hospital. The project brought all disciplines together—obstetrics, pediatrics, nutritionists—for at home visits or to neighborhood clinics to treat new mothers and infants.

"We worked together and went where the patients were. Many of the patients did not have the sensibility to keep their appointments, so we went and found them. There are good lessons in how care for certain populations should be delivered even today."

While working on the project, Dr. Koblentz, guided by her parents' spirit, had what she calls a "metamorphosis" and was struck that she could pursue any career that she wanted. In less than two and a half years, she finished law school at Cleveland State Marshall College of Law, even as she continued her job as community nutritionist.

"I was able to do it, not because I was so much smarter than everyone else. I studied hard because I was taught the value of hard work. If I didn't understand something, I just kept working and working. I am a bulldog until I get something right," Dr. Koblentz said.

After passing the bar on her first attempt, Dr. Koblentz began her four-year career in 1990 as a hearing officer

reviewing workers' compensation claims. Reviewing these medical claims began to fuel her further interest in the health field, which began when her father passed away at an early age from meningococcal meningitis.

Following his death, Dr. Koblentz and her siblings went to work to "turn disaster into profit," the spirit of which actually meant taking a terrible tragedy or disaster and making something better. Together, they would write letters and contact the families, particularly those of college-age students, who had lost loved ones due to this deadly form of meningitis. Through their understanding, they sought to comfort others and to help raise awareness of the need to vaccinate college students against the disease.

However, it was when Dr. Koblentz's mother died from lung cancer 10 years later she pursued her medical degree, graduating from Case Western Reserve School of Medicine in 2000. It was another family tragedy—the diagnosis of her 14-year-old niece, Alana, with a deadly childhood cancer—that not only taught her, but her entire medical school class at the Case Western Reserve School of Medicine how to be true caregivers and not just doctors.

Due to her illness, Alana spent months at a time at the hospital, where Dr. Koblentz and her fellow medical students would stop in to spend time with Alana and even have the teen use one of her 100 bottles of polish to paint their nails. As a teenager, Alana had a sign above her bed that read, "Don't see me before noon. Don't talk to me unless you've read my chart."

"Through Alana, we learned the caring part of medicine," said Dr. Koblentz. "She taught us how to see someone in the bed as a person and not just a patient."

She brings that spirit of caring to her work at St. Vincent Charity. For the last seven years, Dr. Koblentz has headed the Psychiatric Emergency Department, one of only six such psychiatric ER's in the country. Since 2012, she also serves as the lead psychiatrist and director of the Mental Health Unit at the Cuyahoga County Correctional Center.

She credits the unwavering support of her husband Steve and her three grown children for her ability to explore the numerous paths in which her professional life has taken her. ♦

# A journey of 30 years leads patient to give in honor of the 150th Anniversary

When Cleveland native Chuck Mintz heard about St. Vincent Charity Medical Center's 150th Anniversary, he knew immediately he wanted to help celebrate his own personal, 30-year relationship with the hospital.

"I have a lot of gratitude for the people at St. Vincent. They have not only helped me, but many others, find the ongoing small pleasures from living a healthy lifestyle," he said. "I knew I wanted to do something to honor them and what they do," Mintz said.

His journey with St. Vincent Charity began more than 30 years ago, when he worked as an engineering manager for a Cleveland industrial controls company. A group of employees came to him to complain about a co-worker's drinking problem and how it was affecting his work.

"Employee issues were much different in those days. We took the issue to personnel and they gave the employee two options – either agree to go to Rosary Hall or be fired. Fortunately, he chose Rosary Hall and it was a huge success for him," Mintz said.

About a year later Mintz, who struggled with a lifelong battle with his weight, saw a St. Vincent Charity ad for its comprehensive weight loss program. "At first I thought that I was just too busy to participate. Then I thought, when am I NOT going to be too busy? When I am in a hospital bed because of my weight and it's too late to do anything about it?"

So at a little over 300 pounds, in 1985 he began the St. Vincent Charity weight loss program, which was the precursor to the hospital's Center for Bariatric Surgery. Mintz credits the success of his employee's experience at Rosary Hall for giving him the confidence in St. Vincent Charity to go ahead and make the commitment to find a healthier lifestyle.

While there were many components to the program, he said the key to his success was finding the pieces that worked specifically for him. He found daily exercise—even when he doesn't want to do it—to be the key to dropping more than 100 pounds. And he has kept the weight off for the last three decades.

"Sometimes I hate riding the stationary bike, but I remind

myself that I have two choices. I can either go back to where I was and take my chances with my health or just get on the bike and do it. I have found that once I do it, I take pleasure in feeling good after exercise."

David F. Perse, MD, President and CEO of St. Vincent Charity said, "We are grateful for Mr. Mintz's commitment to St. Vincent Charity. Hearing his journey, it is clear this is a man that never loses sight of where he came from and those who have impacted him throughout his life."

In 2008, Mintz left his job as President of Superior Tool, to turn his nearly 40-year hobby as a photographer into a full-time career. He uses his life's experiences as inspiration to shape his work. His project "Every Place" begins with an image of his childhood home that today stands vacant through foreclosure. The remaining images are of foreclosed homes in every neighborhood he has ever lived. "The Album Project" features the images taken by his autistic son, Isaac Mintz, for whom he and his wife Pat purchased a Polaroid camera when he was 14. The 2009 project features images captured by Isaac at family events throughout his life. "The projects are personal," says Mintz. "They are things that matter to me."

Mintz is a member of the Friends of Photography at the Cleveland Museum of Art, a Life Director of Jewish Family Services Association of Cleveland and a life member of the IEEE, the world's largest technical professional society. He was also awarded the 2015 Ohio Arts Council Individual Excellence Award. More information about his work can be found at [chuckmintz.com](http://chuckmintz.com). ♦

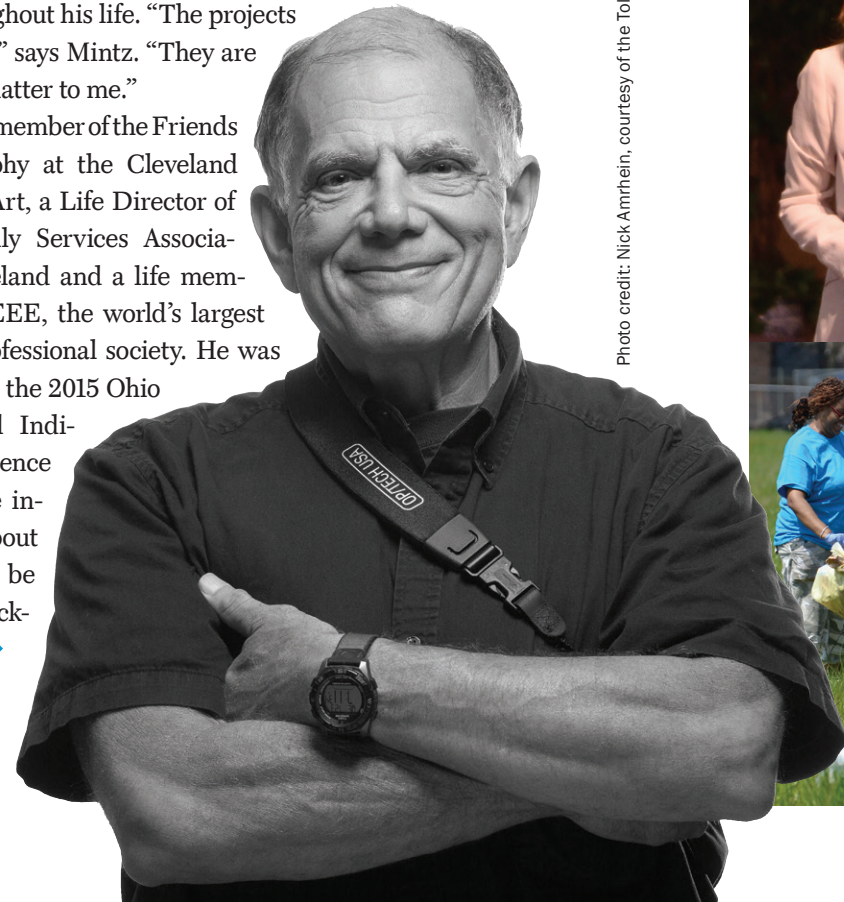


Photo credit: Nick Amrhein, courtesy of the Toledo Museum of Art

## Celebrating our 150th Anniversary

**As part of our 150th anniversary celebration, St. Vincent Charity Medical Center is holding events where we give in allotments of 150. It's our way of saying thank you to our dear friend of 150 years, the entire Cleveland community.**

**Regina Brett Community Talk**  
On May 12, 2015, St. Vincent Charity hosted *New York Times*-bestselling author Regina Brett at a community event to raise awareness of the warning signs and challenges of dealing with mental health issues. The event coincided with National Mental Health Awareness Month and 100 percent of the funds raised went to support St. Vincent Charity's Psychiatric Emergency Department. Patrons received a complimentary copy of



"God Is Always Hiring," Brett's newest book. In total, we raised \$1,650 in support of emergency psychiatric services at St. Vincent Charity.

**Spring Clean Up**  
More than 50 St. Vincent Charity caregivers and their families joined together on Sunday, May 3, 2015 for a spring clean up in the Campus District. Together we donated a collective 150 volunteer hours as we beautified the areas along East 30th Street and Central Avenue. More than 2,000 pounds of dirt and debris were cleaned up and hundreds of flowers were planted in the neighborhood.

**Upcoming Anniversary Events**  
Check [stv150.org](http://stv150.org) for complete details.

**Community Lunch on the Lawn**  
*Friday, August 28, 2015 11 a.m. – 2 p.m.*  
Join us for an afternoon of local eats and entertainment at the 150th Anniversary Lunch on the Lawn at St. Vincent Charity Medical Center. This anniversary event is open to all and will feature Cleveland food trucks, live music, giveaways and more!

Enjoy live music from Island Vibes Steel Drums and Cats on Holiday, as well as entertainment from Pick Up Stix stilt walkers, Jason Alan Magic and Caricatures by Larry. Participating food trucks include Boca Loca Burrito Factory, Chill Pop Shop and Donut Lab.

**150th Anniversary Luncheon and Mass—Honoring the Sisters of Charity of St. Augustine**  
*Sunday, September 27, 2015 1 p.m. Luncheon and Special Program*

**3 p.m. Mass at the Cathedral of St. John the Evangelist**  
Our yearlong anniversary celebration concludes with the 150th Anniversary Luncheon and Mass, honoring the Sisters of Charity of St. Augustine. The afternoon begins with a luncheon and

special program at the Westin Hotel in downtown Cleveland with Mass immediately after at the Cathedral of St. John the Evangelist. Mass will be celebrated by the Most Reverend Richard G. Lennon, Bishop of Cleveland. ♦

### HISTORICAL FACT

## Remembering Clarabelle Sittinger

St. Vincent Charity Medical Center remembers Clarabelle "Clara" Sittinger, longtime surgical nurse who passed away on June 13, 2015. Clara spent her entire nursing career at St. Vincent Charity and played a key role in a number of milestone surgical procedures that took place at the medical center.



After graduating from the School of Nursing in 1948, she stayed at St. Vincent Charity and began her career as a nurse in the operating room. She eventually worked her way up to become chief operating room nurse.

During the 1950s and 1960s, St. Vincent Charity was quickly establishing itself as a leader in healthcare in Cleveland. Clara was instrumental in a number of groundbreaking surgeries that took place at St. Vincent Charity during that time, including the first open heart surgery in the Midwest. Working under Dr. Earle B. Kay, Clara and the team of caregivers successfully performed the open heart surgery on a 6-year-old girl. The surgery was only the third open heart procedure ever conducted. Clara was also a part of Dr. Kay's surgical team that traveled to Rio de Janeiro to perform an open heart at the invitation of President Kubischek of Brazil.

Sr. Theresa Bontempo, Clara's supervisor from 1962-1967, recalls the dedication and work ethic that Clara exuded daily. "Clara was always the first to get to work and the last to leave, she was extremely dedicated and good at what she did" said Sr. Theresa. "She was very quiet, but was the most kind and generous person. Clara was friends with everyone at work—her fellow caregivers were like her family."

Clara assisted on 40,000 operations during her 36 years at St. Vincent Charity before retiring in 1984. Upon retirement, Clara looked back on what it was like to be a part of the first open heart team. "It was my privilege to scrub on the first open heart case. I was probably one of the first nurses in the world to hold a live, beating, human heart in my hands." ♦

If you'd like to make a gift to St. Vincent Charity, visit [www.stvincentcharity.com/giving](http://www.stvincentcharity.com/giving). Or you can speak to someone about making a planned gift by calling 216-363-2608.



# ST. VINCENT CHARITY MEDICAL CENTER

2351 EAST 22ND STREET  
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[www.stvincentcharity.com](http://www.stvincentcharity.com)

*A Ministry of the Sisters of Charity Health System*

## CALENDAR OF EVENTS

*Visit [stvincentcharity.com](http://stvincentcharity.com) for the latest details on events or follow us on Facebook and Twitter.*

- Aug 17** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland. Call 888.709.9007 to register
- Aug 24** Bariatric Seminar, 6 p.m., Westlake Doubletree Hotel, Westlake. Call 888.362.9732 to register
- Aug 26** Pre- and Post-Op Bariatric Support Group, 6 p.m., St. Vincent Charity Medical Center, Cleveland
- Aug 28** Community Lunch on the Lawn, 11 a.m. – 2 p.m., St. Vincent Charity Front lawn. **See page 7 for details**
- Sept 7** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland. Call 888.709.9007 to register
- Sept 14** Bariatric Seminar 6 p.m., Center for Bariatric Surgery, 2322 East 22nd Street, Suite 207, Cleveland. Call 888.362.9732 to register
- Sept 21** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland. Call 888.709.9007 to register
- Sept 23** Pre- and Post-Op Bariatric Support Group, 6 p.m., St. Vincent Charity Medical Center, Cleveland
- Sept 24** Diabetes Support Group, 9:30 a.m., St. Vincent Charity Medical Center, Cleveland
- Sept 27** 150th Anniversary Celebration Closing Mass and Luncheon, Lunch at 1 p.m., Mass at 3 p.m.. **See page 7 for details**
- Sept 28** Bariatric Seminar, 6 p.m., Middleburg Heights Recreation Center, Middleburg Heights. Call 888.362.9732 to register
- Oct 5** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland. Call 888.709.9007 to register
- Oct 12** Bariatric Seminar 6 p.m., Center for Bariatric Surgery, 2322 East 22nd Street, Suite 207, Cleveland. Call 888.362.9732 to register
- Oct 19** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland. Call 888.709.9007 to register
- Oct 26** Bariatric Seminar, 6 p.m., Lorain Community College—Spitzer Building, Elyria. Call 888.362.9732 to register
- Oct 28** Pre- and Post-Op Bariatric Support Group, 6 p.m., St. Vincent Charity Medical Center, Cleveland

### *Ongoing Health Screenings*

**Blood pressure and Blood Sugar Screenings are held regularly on the following days:**

Second Saturday of every month, Noon, Ward 5 Community Meetings, Vocational Guidance Center, Cleveland (no August meeting)

Fourth Wednesday of every month, 8:30 – 11:30 a.m., May Dugan Center, Cleveland

Fourth Wednesday of every month, 4:30 – 6 p.m., Cedar Extension Apartments, Cleveland

Second and fourth Friday of every month, 2 – 4 p.m., Marion Sterling School, Cleveland

Second and fourth Thursday of every month, 2:30 – 4p.m., Skyline Tower, Cleveland