

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 September 2010

LUTHERAN HEALTHCARE HEALTHY LIVING WORKSHOPS AND EVENTS

Lutheran HealthCare was founded in 1883 for the sole purpose of providing care to its neighbors. That remains at the heart of our mission today. 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 127 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 Citizens 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.
- 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.

Blood Drives

- By donating your blood, you are helping to ensure that blood is readily available when needed. Your donation can save the life of a child, a friend, yourself or a complete stranger. For more information, please contact Faye at 718-630-8900.
 - Upcoming dates:
 - 9/14/10, 9 a.m. – 4 p.m., LMC Employee Lounge (main lobby), 150 55th Street
 - 10/19/10, 9 a.m. – 4 p.m., LMC Employee Lounge (main lobby), 150 55th Street

Multi-Date Events:

- Lutheran HealthCare, Harvest Home Farmer's Market. The market is open every Thursday, 8 a.m. – 5 p.m. and offers fresh vegetables, fruits, organic breads and more from N.Y. area farmers. Located on Lutheran Lane (55th Street, between 1st and 2nd Avenues). To help increase access, the market is approved to redeem most meal and benefit programs like WIC Farmer's Market, EBT and Seniors Farmer's Market.

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.* 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.
 - Upcoming dates: 9/1, 9/8, 9/22, 9/29
- Lutheran Family Health Centers' Services for Older Adults: *Tai Chi.* Lutheran Family Health Centers' Services for Older Adults offers tai chi classes for seniors. Shore Hill Housing, 9000 Shore Road, 11 a.m. – 12 p.m., every Tuesday.
 - Upcoming dates: 9/7, 9/14, 9/21, 9/28
- 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.
 - Upcoming dates: 9/7, 9/14, 9/21, 9/28
- 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 Tuesdays at 10:30 a.m. Meet at Sunset Park Senior Center, 4520 4th Avenue.
 - Upcoming dates: 9/7, 9/14, 9/21, 9/28
- Lutheran Family Health Centers' Services for Older Adults: *Yoga.* Lutheran Family Health Centers' Services for Older Adults offers yoga classes for seniors. Shore Hill Housing, 9000 Shore Road, 11 a.m. – 12 p.m., every Monday.
 - Upcoming dates: 9/13, 9/20, 9/27 (Note: There is no session on 9/6 due to the Labor Day holiday)

Workshops and Special Events (listed by date):

- 9/15/10 (7 – 8:30 p.m.) 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. Located at 65 Cromwell Avenue, Staten Island. For more information please call 718-667-8100.
- 9/22/10 (7 – 9 p.m.) Lutheran Medical Centers Workshop Series: *Surgical Weight Loss Program, Post-op Support Group*. Support group meeting for post-op Lap-Band patients. The program coordinator, psychologists and dietitians from Lutheran Medical Center’s Surgical Weight Loss Institute will facilitate the meeting. Located at 65 Cromwell Avenue, Staten Island. For more information please call 718-667-8100.
- 9/23/10 (6 – 8 p.m.) 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. Located at 8714 5th Avenue. For more information please call 718-667-8100.

###

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, Health Plus, senior housing programs and more. Learn about LHC and its 127-year-old commitment to serving Brooklyn neighborhoods by visiting www.LutheranMedicalCenter.com.

For more news, follow Lutheran HealthCare on Twitter, <http://twitter.com/LutheranHC>, Facebook, www.facebook.com/LutheranHealthCare and YouTube, <http://www.youtube.com/user/LutheranHealthCare>.