

ATTENTION COMMUNITY CALENDARS

Events for June and July 2009

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 Vanessa Cuti at 718-630-7414. Otherwise, contact information is as noted in event descriptions.

2009 -- Year of the Blood Donor at Lutheran Medical Center:

As 2009 is the Year of the Blood Donor, LHC has launched a yearlong community awareness campaign to encourage Brooklynites to donate blood. Walk-ins are welcome at the Lutheran Medical Center blood donor room. Located at 150 55th Street in Sunset Park, it's open Monday through Friday from 9 a.m. - 5 p.m. For more information please contact Phyllis Holvik at 718-630-8900. If you are interested in setting up a blood drive, please call 718-630-7155 for more information.

- 6/16/09 (9 a.m. – 4 p.m.) Lutheran Medical Center: Blood Drive. 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. Located at Lutheran Medical Center's Blood Donor Room, 150 55th Street, Station 2-39, Brooklyn. For more information call 718-630-8900.
- 6/17/09 (1 p.m. – 7 p.m.) Lutheran Medical Center: Blood Drive. 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. Located at the Knights of Columbus, John Hughes Council, 86th Street between 13th and 14th Avenues. For more information call 718-630-8900.

Ongoing Events

- Lutheran HealthCare's Volunteer Program. Lutheran HealthCare's volunteers have been instrumental in its 125 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 Prenatal Classes. Lutheran Medical Center's prenatal classes teach a variety of stretches, strengthening and conditioning exercises, and balance-specific activities. Each class is 45 minutes to an hour long, and classes are held on Thursdays at 12:30 p.m. The class is open to any person who has clearance to participate from their medical doctor, with eight classes costing \$50 or four classes costing \$25. Classes are open to those seeking treatment of pain (in which case your insurance may cover the class as a physical therapy visit) and to those who are pain-free but would like to exercise. Located at Lutheran Medical Center, 150 55th Street, Brooklyn. For more information please contact Lauren Calabrese at 718-921-2945.
- 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 Tuesday of every month, from 12:30 p.m. - 1:30 p.m. Located at Lutheran Medical Center, 3rd floor Conference Room, 150 55th Street, Brooklyn. For more information please contact Lynn Lucenti at 718-630-8221.

Multi-Date Events

- Lutheran Family Health Centers' Services for Older Adults: *Tai Chi at Shore Hill*. Lutheran Family Health Centers' Services for Older Adults offers Tai Chi classes for seniors. Classes are 11 a.m. to noon. Located at Shore Hill Housing, 9000 Shore Road, West Building (entrance on 91st Street). For more information call 718-630-7588.
 - June sessions include: 6/16, 6/23, 6/30
- Lutheran Family Health Centers' Services for Older Adults: *Yoga*. Lutheran Family Health Centers' Services for Older Adults offers yoga classes for seniors. Classes are 11 a.m. to noon. Located at Shore Hill Housing, 9000 Shore Road, West Building (entrance on 91st Street). For more information call 718-630-7588.
 - June sessions include: 6/24, 6/29
- Lutheran Family Health Centers' Services for Older Adults: *Line Dancing Class*. Lutheran Family Health Centers' Services for Older Adults offers line dancing classes for seniors. Classes are held 2 p.m. to 3 p.m. Located at Shore Hill Housing, 9000 Shore Road. For more information call 718-630-7588.
 - June sessions include: 6/18, 6/25

- Lutheran Family Health Centers' Services for Older Adults: *Walking Club*. Lutheran Family Health Centers' Services for Older Adults welcomes seniors to go for a walk through the neighborhood on Wednesdays at 10:30 a.m. Meet at Shore Hill Housing, 9000 Shore Road.
 - June sessions include: 6/17, 6/24
- Lutheran Family Health Centers: *Diabetes Support Group*. Support group meeting for those with diabetes and their families 10 a.m. to 12 p.m., 5421 2nd Avenue, Brooklyn. Please confirm your attendance by calling 718-630-6885.
 - Upcoming sessions include: 6/27, 7/25
- Lutheran Family Health Centers' Services for Older Adults: *Tai Chi*. Lutheran Family Health Centers' Services for Older Adults offers tai chi classes for seniors. Classes are held Monday through Friday from 8 a.m. to 8:30 a.m. at Sunset Park Senior Center, 4520 4th Avenue, Brooklyn.
- Lutheran Family Health Centers' Services for Older Adults: *Walking Club*. Lutheran Family Health Centers' Services for Older Adults welcomes seniors to go for a walk through the neighborhood on Fridays from 10:30 a.m. to 11:15 a.m. Meet at Sunset Park Senior Center, 4520 4th Avenue, Brooklyn.
 - June sessions include: 6/12, 6/26

Other Special Events (listed by date):

- 6/18/09 (6 p.m. – 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 from 6 p.m. - 8 p.m. The program coordinator, psychologists and dietitians from Lutheran Medical Center's Surgical Weight Loss Institute will facilitate the meeting. Located at 8714 5th Avenue between 87th and 88th Streets, Brooklyn. For more information please call 718-630-8600.
- 6/24/09 (7 p.m. – 8:30 p.m.) Lutheran Medical Center's Workshop Series: *Post-operative Surgical Weight Loss Program Support Group*. Support group meeting for *post-operative only* Lap Band and gastric bypass 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.
- 6/25/09 (7 p.m. – 9:30 p.m.) Lutheran Family Health Centers Services for Older Adults: *Doo Wop at Shore Hill*. Don't miss out on a great opportunity to see Johnny Kuse and The Excellents performing your favorite oldies. Tickets are \$10.00 each and sales will benefit the Seniors In Touch program. Located at Shore Hill Housing, 9000 Shore Road, West Building, Community Room. For tickets and information, call Phyllis at 718-630-7588.
- 7/1/09 (7 p.m. – 9 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 from 7 p.m. - 9 p.m. 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.
- 7/16/09 (6 p.m. – 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 from 6 p.m. - 8 p.m. The program coordinator, psychologists and dietitians from Lutheran Medical Center's Surgical Weight Loss Institute will facilitate the meeting. Located at 8714 5th Avenue between 87th and 88th Streets, Brooklyn. For more information please call 718-630-8600.

- 7/29/09 (7 p.m. – 8:30 p.m.) Lutheran Medical Center’s Workshop Series: *Post-operative Surgical Weight Loss Program Support Group*. Support group meeting for *post-operative only* Lap Band and gastric bypass 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.