



December Community EVENTS CALENDAR

HEALTH OBSERVANCES

SAFE TOYS AND CELEBRATIONS MONTH

The holiday season is a time for family, fun, and festivity, but it can also be a time of danger. Each year, many people suffer from eye injuries caused by unsafe toys and celebrations. Watch those tree branches, chill your champagne bottles, cover the cork while releasing it, and celebrate safely. If you experience an eye injury, seek medical attention immediately.

OLDER DRIVER SAFETY AWARENESS WEEK

Through Older Driver Safety Awareness Week, the American Occupational Therapy Association aims to promote understanding of the importance of mobility and transportation to ensure older adults remain active in the community with the confidence that transportation will not be the barrier to strand them at home. Each day provides a different focus, from tips to approaching family conversations to adaptations to ensure safety to other community mobility options.

NATIONAL HANDWASHING AWARENESS WEEK (1-7)

A third of Americans don't wash their hands after using the restroom? Rule number one: wash your hands frequently, and always after using the restroom. Rub your entire hands vigorously for at least 20 seconds. This includes the backs of your hands and between your fingers. If there's a hand towel available, grab one. The good thing about drying your hands with a clean towel is that you can use the towel to turn off the faucet. Make sure you are washing your hands the right way to prevent the spread of cold and flu this season.

AIDS DAY (DECEMBER 1)

In 1988 the World Health Organization (WHO) established World AIDS Day. December 1 focuses global attention on the continuing impact of the epidemic and encourages each of us to take action to expand our collective response to it.



Prime Time Health Presents: "COLE Connect"
With guest speaker Kari Kurtz on December 3 at the Coudersport Senior Center (171 Route Six West—Coudersport Volunteer Training Center) from 11:30 am—12:00 pm

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The Cole Foundation Presents: "Light Up A Life" Tree Lighting Ceremony
The community is invited to join in this special event to "light up the lives" of our families, friends, and loved ones here and passed. The Cole Foundation will be lighting up our 60-foot tree in Cole Memorial's Courtyard at 5:30 p.m. Dedicate a light on our tree in honor or in memory of someone special to you!

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Prime Time Health Presents: "COLE Connect"
With guest speaker Kari Kurtz on December 10 at the Ulysses Senior Center (522 Main Street) from 11:30 am—12:00 pm

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Shinglehouse Community Health Center Grand-Opening Celebration
Please join us on December 16 at our new Shinglehouse Community Health Center (129 North Puritan Street) from 3:00 p.m. — 6:00 p.m. The ceremony will begin at 3:00 p.m. followed by tours and free screenings until 6:00 p.m..

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Prime Time Health Presents: "COLE Connect"
With guest speaker Kari Kurtz on December 17 at the Galeton Senior Center (St. Bibiana's Parish Hall—111 Germania Street) from 11:30 am—12:00 pm

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Osteoporosis Heel Screenings
Cole Memorial's Women's Health Center from 1:00-3:00 p.m. Cost is \$10. Please call (814) 274-8200 to schedule an appointment.

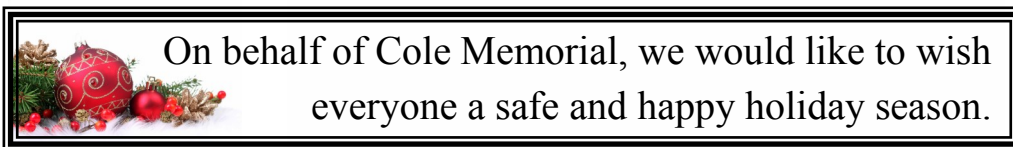
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Prime Time Health Presents: "COLE Connect"
With guest speaker Kari Kurtz on December 22 at the Oswayo Valley Senior Center (106 South Oswayo Street) from 11:30 am—12:00 pm

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Community Blood Bank Blood Drive
The Community Blood Bank is holding a blood drive in Cole Memorial's IMAC from 12:00-5:00 p.m. Give the gift that keeps on giving!

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SUPPORT GROUPS

"Talk Baby" Support Group
5:30 p.m.-First Thursday of the month at Cole Memorial's Coudersport Wellness Center. For details call (814) 274-9301 x1243.

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Look Good, Feel Better
1:00—3:00 p.m.-Third Monday of the month at Patterson Cancer Care Center. For details call (814) 260-5555.

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Myasthenia Gravis Support Group
6:00 p.m.— Second Monday of every other month starting 10/16 in Cole Memorial's main conference room. For details call (814) 274-5550.

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Diabetic Support Group
11:00 a.m.—12:00 p.m. on the last Thursday of every month in Cole Memorial's Rehab Conference Room. For details call (814) 274-5300

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Better Breathers Support Group
11:30 a.m.—12:30 p.m.. on November 11 in Cole Memorial's Coudersport Wellness Center. For details call (814) 274-5550.

Feb. 11

ADD/ADHD/Autism Support Group
4:30—6:00 p.m. -Fourth Wednesday of every month in Cole Memorial's Main Conference Room. For details call (814) 274-9198

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Therapeutic Touch
6:30 p.m.-Second Thursday of the month at Cole Memorial's Patterson Cancer Care Center. For details call (814) 274-9045.

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Grief Connection
7 p.m.—Every Tuesday at Champion Orthopedics. For details call (814) 647-8616.

Cancer Support Group
7:00 p.m.-Third Monday of the month at Cole Memorial's Patterson Cancer Care Center. For details call (814) 260-5555.

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Hospice Clinic
1-3p.m.-Every other Wednesday at Home Health. For details call (814) 274-0384

For more information about any of these events please contact Kari Kurtz at (814) 274-5550 or at

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