



HEALTH OBSERVANCES

Birth Defects Prevention Awareness Month

Folic acid promotes good health before, during, and after pregnancy. Daily consumption beginning before pregnancy is crucial, as birth defects of the brain and spine can occur in the early weeks following conception, often before a woman knows she is pregnant.

Blood Donor Month (National)

Blood is traditionally in short supply during the winter months, especially January, due to the holidays, travel schedules, inclement weather, and illness.

Cervical Cancer Screening/Awareness Month

Cervical cancer is preventable—vaccinate early, Pap test regularly, and HPV test when recommended. It's also important to highlight issues relating to cervical cancer, human papillomavirus (HPV), and the importance of early detection, along with the success of local early detection cervical cancer screening and treatment programs.

Glaucoma Awareness Month (National)

More than 2.2 million Americans age 40+ suffer from glaucoma. Nearly half do not know they have the disease as it causes no early symptoms.

Healthy Weight Week (18 - 24)

Healthy Weight Week celebrates healthy lifestyles that last a lifetime and prevent eating and weight problems. This annual celebration is a time for people of all sizes to live actively, eat well, and feel good about themselves and others.

Women's Healthy Weight Day—January 22

This day honors American women of all sizes and affirms that beauty, talent, and love cannot be weighed. Businesses that portray size diversity and reject the national obsession with thinness that is shattering the lives of women, young girls, and their families will be recognized.

IV Nurse Day—January 25

Every year since 1981, National IV Nurse Day has honored the commitment shown and the outstanding patient care practiced by infusion nurse professionals.



January EVENTS CALENDAR

Prime Time Health Presents: "Advanced Directives"

With guest speaker Michelle Kilpatrick, RN, BSN at the Ulysses Senior Center (522 Main Street) from 11:30 am—12:00 pm

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No-Cost Mammogram Screenings

Cole Memorial's Women's Health Center offering free mammogram screenings for uninsured and underinsured women 40+ funded by the Twin Tiers Affiliate of the Susan G. Komen for the Cure. For more information or to register call (814) 274-8200.

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Prime Time Health Presents: "Advanced Directives"

With guest speaker Michelle Kilpatrick, RN, BSN at the Coudersport Senior Center (171 Route Six West—Coudersport Volunteer Training Center) from 11:30 am—12:00 pm

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Osteoporosis Heel Screenings

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

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Community Blood Bank Blood Drive

Did you know that January is Volunteer Blood Donor Month? In celebration, The Community Blood Bank is holding a blood drive in Cole Memorial's IMAC from 12-5 p.m.

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Free Yoga Flow Class!

January 18—24 is "Healthy Weight Week." In honor of getting healthy Cole Memorial's Coudersport Wellness Center is offering their Yoga Flow class on January 19 at 4:45 p.m. to all community members for free! Contact Theresa Long at (814) 274-5353 for more information.

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Cole Manor Open House

Please join us for Cole Manor's Open House, and learn about all the great options Cole Manor offers. You can also tour the facility and see our many new upgrades and renovations from 1-3 p.m. on January 20th. Light refreshments will be provided and all attendees will be given a free gift.

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Prime Time Health Presents: "Advanced Directives"

With guest speaker Michelle Kilpatrick, RN, BSN at the Oswayo Valley Senior Center (106 South Oswayo Street) from 11:30 am—12:00 pm

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Prime Time Health Presents: "Advanced Directives"

With guest speaker Michelle Kilpatrick, RN, BSN at the Galeton Senior Center (St. Bibiana's Parish Hall - 111 Germania Street) from 11:30 am—12:00 pm

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Free Skin Cancer Screening

Dr. Moylan and Dr. Prince will be providing a free skin screening at Cole Memorial's Patterson Cancer Center from 7:30-9:30 a.m. Light refreshments will be provided. Please call (814) 274-8200 to schedule an appointment.

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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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"Talk Baby" Support Group

10:00 a.m.—First Saturday of the month at the Coudersport Catholic Church. For details call (814) 274-9301 x1243.

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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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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 February 11 in Cole Memorial's Coudersport Wellness Center. For details call (814) 274-5550.

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Grief Connection

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

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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Hospice Clinic

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

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

kari.kurtz@charlescolememorial.com