

FEBRUARY

2015

ERIE 365

Erie 365 is a community initiative to encourage our neighbors to participate in available health services and programs throughout the year so that they can live their best life possible. Healthy communities do more than just exercise and eat right, they focus on all five areas of health.



BODY
Physical and Nutritional Health



MIND
Mental and Emotional Health



SPIRIT
Spiritual Health



HOME
Environmental Health



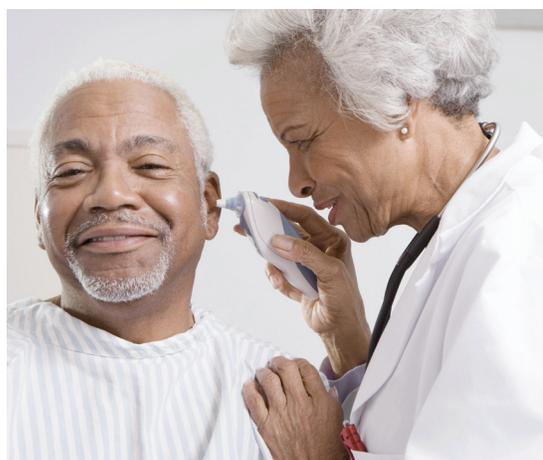
MONEY
Financial Health

Can You Hear Me Now?

THE IMPORTANCE OF AUDIOLOGICAL HEALTH

Hearing is something many take for granted, however, this is something you should have checked at least once a year if you are between the ages of 21 - 60. Newborns are routinely tested at birth as part of the Newborn Hearing Screening Program. Audiological health not only includes hearing loss, but hypersensitivity to sound, which is diagnosed as hyperacusis and Tinnitus (noise in your ears) as well. Hearing impairment can have a negative effect on your cognitive, psychological, and social health.

Don't let the absence of health insurance or funds detour you from attending to your hearing needs. The University of Pittsburgh Medical Center (UPMC) offers a free Telephone Hearing Loss Screening. Callers will be informed of their hearing results at the end of the phone call and the steps they can take to remedy their hearing impairment. For more information on the services UPMC provides at its seven locations in Pittsburgh, call: (412) 647-2030



DID YOU KNOW?

About 2 to 3 out of every 1,000 children in the United States are born with a detectable level of hearing loss in one or both ears.

More than 90 percent of deaf children are born to hearing parents.

Men are more likely than women to report having hearing loss.

Hearing impairment is the 3rd most commonly reported chronic problem plaguing adults 65 years and older.

**statistics compiled by the national institute on deafness and other communication disorders (nidcd).*

Take Charge Of Your Health Today.
Be informed. Be involved...

CTSI Partnership:

The February 2015 "Take Charge of Your Health Today." page will focus on hearing, especially in the older population. The featured researcher will be Catherine Palmer, PhD, University of Pittsburgh Associate Professor and Director of the Audiology and Hearing Aids, UPMC. One of her research interests is matching technology to individual patient needs. The health page will also feature information and resources from the Center for Hearing & Deaf Services, Inc. located in Pittsburgh. Esther Bush, President and CEO of the Urban League of Greater Pittsburgh, will also provide a commentary.

Learn more at www.newpittsburghcourieronline.com.



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For more information visit healthycommunities365.org
or call 412-802-6737.

FEBRUARY
EVENTS:

ERIE 365 FEBRUARY EVENTS:

Wednesday, February 4

Widget Wednesday
11:00 a.m. - 12:00 p.m.



Widget Kidz Zone, Millcreek Mall, 5800 Peach St, Erie 16565

Looking for the perfect event to take the kids to? Bring the kids to the all new Widget Kidz Zone for Free fun activities, storybook readings, music, tasty treats and much more every first Wednesday of the month! What's more, Widget is offering \$10 to open your child's Kidz Club account to stake their claim in Widget Financial membership. It's never too early to start saving, so stop by and visit Widget Financial and friends the first Wednesday of every month at 11am in the Widget Kidz Zone! Visit <https://www.widgetfinancial.com/events>. For more information, please contact Allie Slater at 814-456-6231 Ext 274.

Wednesday, February 11

Relay for Life of Erie-Millcreek Kick Off Event
5:15 p.m.



Erie Insurance, 100 Erie Insurance Pl, Erie 16530

This year, more than 400 people in the Erie-Millcreek area will come together to fight back against cancer through the American Cancer Society (ACS) Relay For Life movement, the world's largest and most impactful fundraising event to end cancer. As a vital part of our community, we are asking you to join us in our fight by becoming Relay for Life sponsor and/or fundraising team. Your involvement will help the ACS saves lives faster and allow you to connect with community members in new and meaningful ways. Refreshments and activities start at 5:15 p.m. and business starts at 6:00 p.m. Registration is free and can be done by visiting www.relayforlife.org/paeriemillcreek. For more information, contact Michelle at 814-866-5174.

Thursday, February 12

Millcreek Mall Walker Program
7:30 - 9:30 a.m.



Millcreek Mall Food Court, 5800 Peach St, Erie 16565

Did you know going for a walk can help boost your metabolism, improve your cardiovascular health, and increase your energy level as well as your self-esteem? Get daily exercise in a clean, safe, and weatherproof environment by becoming a mall walker! In addition, on the second Thursday of every month receive free health screenings, educational information, and giveaways. Registration is free! Please contact Alexandra Dusckas at 814-877-3466 or dusckasat@upmc.edu for more information.

Thursday, February 19

Wine, Chocolate, and the Beating Heart
6:00 - 7:30 p.m.



UPMC Hamot Women's Hospital, Room 1 - Lincoln Education Center, 118 East Second St, Erie 16507

During American Heart Month, join us at this free class that will discuss wine and chocolate as it relates to a healthy heart, and explore the potential benefits of both. Featuring Audrey Swonger, CRNP, Cardiac Nurse Practitioner, Medicor Associates. This is a free class. For more information, please call 814-877-6145.

Tuesday, February 24

Veterans Health Fair
11:00 a.m. - 3:00 p.m.



Erie VA Medical Center, 135 East 38th St, Erie 16504

Erie VA Medical Center is pleased to invite Veterans and their families to attend the annual Veterans Health Fair - a one - stop shop to learn about all the programs and services available at Erie VAMC. Veterans who have never enrolled in VA health care are encouraged to bring their DD-214 service discharge papers to see if they're eligible for VA health care. Eligibility representatives will be on-site along with many other VA health care experts. Visit www.erie.va.gov under and click on the News & Events tab. For more information, please contact Mari Johnson, Health Promotion Disease Prevention Coordinator, at 814-860-2695.

Thursday, February 26

Current Treatment Modalities for Obesity
6:00-7:30 p.m.



UPMC Hamot Women's Hospital, Room 1-HM at Lincoln Education Center
118 East Second St, Erie 16507

Join Dr. Ali, UPMC Hamot Bariatric Surgery and Weight Management Center, as he describes the epidemic of obesity and its impact on our health. He will also discuss various medical conditions that are caused or aggravated by obesity, and the various treatment modalities including diet, exercise, behavior modification, latest weight loss medications and bariatric surgery. These lectures are free thanks to the generosity of the Hamot Aid Society. Registration is required. For more information, please call the Health Connection at 814-877-6145.

All month!



Your local YMCA features numerous classes and events each month to keep you in tip top shape! Classes include cycling, hip hop, Tai Chi, Pilates, swimming lessons, Yoga, tons of activities for older adults, open gyms and open & lap swim sessions! Visit <http://www.ymcaerie.org/events/events-calendar/> or contact your nearest YMCA to sign up for one of these classes today!



Find ways to get involved and volunteer in Erie, PA!

Volunteer opportunities are available throughout the year. To learn more, visit www.getconnectederie.org or contact Melissa Fenn at 814-454-8800x2 or mfenn@thenonprofitpartnership.org.