

# healthy living

Feb. — April 2020

THIS INSERT IS A PAID PUBLICATION OF UPMC HAMOT.

## The Difference a Primary Care Doctor Can Make

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Have a Troubling Skin Problem?

UPMC Hamot Primary Care  
Network of Physicians

Hypertrophic Cardiomyopathy Patients

Teaming Up to Treat Breast Cancer

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# The Difference a Primary Care Doctor Can Make

UPMC is well known for its wide range of specialty services, but it's our primary care that touches — and protects — the most patient lives every day.

Living on 58 acres in rural Union City, Barb McClennan went decades without seeing a doctor, having a mammogram, or undergoing a colonoscopy. A local clinic provided basic health care when needed. But when she began having some minor health concerns two years ago, her brother convinced Barb and her husband to see his primary care doctor, **Carl E. Eby, MD**, of Heritage Primary Care in Waterford. His suggestion probably saved her life.



"Through disease prevention and early diagnosis ... these are the doctors who help us enhance or maintain our personal health and wellness."

— Vicki Frick, director of UPMC Hamot's primary care network

"Dr. Eby really watches out for his patients," says Barb, age 71. "He's all about preventive health so problems can be caught early, like giving me scripts for a bone density test and a mammogram. In the fall, he sent me a routine mail-in test to check for blood in my stool. I took the test — and it came back positive."

Dr. Eby arranged for Barb to have a colonoscopy, which revealed a large mass in her colon that required surgery. During a successful bowel resection in December 2019, the mass was



## THE MANY BENEFITS OF PRIMARY CARE

According to the American Academy of Family Physicians, research shows that people who receive regular care from a primary care doctor live longer, healthier lives and are less likely to die from illnesses such as cancer, heart disease, and stroke due to early identification and management of care.

As your “go to” doctor, your primary care doctor can:

- Do routine screenings and preventive care, including vaccinations
- Administer physicals (school, sports, truck driver, and more)
- Care for any chronic or ongoing condition
- Monitor your blood pressure, blood sugar, and cholesterol
- Manage life-threatening and “silent” medical conditions, including high blood pressure and diabetes
- Maintain and coordinate all your health records electronically
- Refer you to skilled medical specialists when advanced care is needed
- Coordinate your follow-up care after surgery or major illness

To find a UPMC Hamot primary care doctor near you, call **814-877-5678** or visit **[findadoc.upmc.com](http://findadoc.upmc.com)**.

“That’s the kind of experience that makes being a primary care doctor so worthwhile.”

— Michael A. Spellacy, DO, of Primary Care Partners

found to have noninvasive cancer cells. “We caught it just in time. Another six months, my story would have been very different,” says Barb. “I’ll always be grateful to Dr. Eby.”

UPMC Hamot has 56 primary care doctors practicing in Erie, Warren, and McKean counties. They include family doctors, internists, and pediatricians. “They’re truly our gateway to today’s very complex health care system, caring for people from infants to seniors,” says **Vicki Frick**, director of UPMC Hamot’s primary care network. “And through disease prevention and early diagnosis of potential health problems, these are the doctors who help us enhance or maintain our personal health and wellness.”

**Michael A. Spellacy, DO**, of Primary Care Partners in Fairview decided to become a family doctor while in medical school. “As I rotated through specialties like obstetrics, pulmonology, and cardiology, I realized my interests



were in taking care of the whole person,” he says. “As a family doctor, I get to know my patients well over a period of time and follow them through all the changes in their lives. That relationship builds trust so they can talk honestly and openly with me about their health concerns. We are then able to work together to make important health decisions.”

That trust was put to the test when Dr. Spellacy told a long-time patient that he needed to go to the hospital — immediately. “We arranged for direct admission at UPMC Hamot, where he had a cardiac intervention to clear a blockage,” says Dr. Spellacy. “Every time he sees me now, he says ‘I wouldn’t be here if it weren’t for you!’ That’s the kind of experience that makes being a primary care doctor so worthwhile.”



# Have a Troubling Skin Problem?

## UPMC Teledermatology shortens the wait for expert care for Erie-area residents

A nationwide shortage of dermatologists has left patients in many areas of the country — including the Erie region — without reasonable access to specialty skin care. If you need an expert opinion for a skin problem like cancer, you may end up waiting months or traveling long distances for an appointment with a skin specialist.

But you now have quick access to leading skin doctors via UPMC Teledermatology. The new service, available through UPMC Hamot's extensive network of primary care doctors, offers a timelier and more convenient alternative to traditional office visits, says **Anne-Marie Liszka, DO**, an internal medicine doctor with UPMC Primary Care West.

"We're seeing more and more skin cancers and we simply don't have enough dermatologists in the area," says Dr. Liszka. "This is a great service. When you have a suspicious lesion or an itchy rash, you don't want to wait months for an appointment."

### HOW TELEDERMATOLOGY WORKS

"Teledermatology lets us link our patients to some of the best dermatologists in the state and the country," says **Carrie Ennis**, senior director for strategy and partnerships at UPMC. "It's a cost-effective solution to a real medical need."

According to Ms. Ennis, high-resolution digital cameras were provided to 18 participating UPMC Primary Care provider offices. The cameras are used to photograph the affected skin areas.

Digital images and relevant patient data are then sent to a UPMC dermatologist in Pittsburgh to review and evaluate. The dermatologist analyzes that information, makes a recommendation, and delivers a diagnosis to the primary care doctor within 24 hours.

There's no extra fee for the teleconsult because it's included in your office visit. In most cases, your primary care doctor continues to manage your care — prescribing medicine, setting up an appointment with a local plastic surgeon for a biopsy, or monitoring a mole. In more complex cases, you may be referred to a dermatologist in Pittsburgh or locally for further treatment.

### QUICK ANSWERS, FAST TREATMENT

There are three important benefits to teledermatology:

- **Access to a dermatologist** — skin specialists who may not be readily available in your local community
- **Rapid turnaround** — for diagnosis and management of your skin condition
- **Cost effective** — you don't have to take off time from work to travel to Pittsburgh

Dr. Liszka says the service also offers peace of mind. She recalled one patient who had a suspicious black spot on her foot they feared might be melanoma. The woman's own local dermatologist couldn't see her for two months. Following a quick consult via teledermatology, the patient immediately went to a plastic surgeon for a biopsy that came back negative.

"She was very grateful and relieved to have it resolved so quickly," says Dr. Liszka. "As a doctor, I'm very happy to have this added help. If we see something worrisome, it's nice to have a specialist we can show it to right away."

### DIRECT ACCESS TO EXPERT DERMATOLOGY

Patients in Pennsylvania also have the option of connecting directly with a UPMC dermatologist online. With just a few clicks, you can describe your symptoms and upload your own photos. Within three days, you'll receive professional medical advice, a diagnosis, and a treatment plan. If appropriate, a prescription will be sent to your pharmacy. Fees vary by insurance. For more information about eDermatology, visit [edermatology.upmc.com](http://edermatology.upmc.com).





# UPMC Hamot Primary Care NETWORK OF PHYSICIANS



With physician offices located throughout our community, we're here when and where you need us most to maintain your family's health and well-being. All of the practices listed are part of the UPMC Hamot physician network, and that means you also have access to a growing group of specialists at UPMC Hamot.

To learn more or for help locating the physician office nearest you, call **814-877-5678**.

## ERIE COUNTY LOCATIONS

### DOWNTOWN

**CCP-Hamot**  
300 State St., Suite 301  
Erie, PA 16507  
814-877-7907

*Danielle Gyorgak, MD*  
*Shannon Moore, DO*  
*Michael Webster, MD*  
*Karen Bengel, PA-C*  
*Mary Ann Messer, PA-C*  
*Rebecca Swope, CRNP*

**Greenfield Internal  
Medicine**  
300 State St., Suite 103A  
Erie, PA 16507  
814-877-8540

*Archana Anand, MD*  
*Anthony Behm, DO*  
*Maggie Benson, MD, MS*  
*Lisa English, MD*  
*David Hutzel, MD*  
*Bushra Rizvi, MD*  
*Shoa Rizvi, MD*  
*Amanda Mock, PA-C*

**Healthy Families  
Primary Care**  
1700 Peach St., Suite 200  
Erie, PA 16501  
814-877-8140

*Christine Agnello, MD*  
*Rebecca Hertel, DO*  
*Cary Peterson, DO*  
*Bernadine*  
*Bagniszewski, CRNP*  
*Mary Alice McGinnis, CRNP*  
*Anne Mitchell, PA-C*

### EAST

**Grandview Family  
Practice**  
4500 Pine Ave.  
Erie, PA 16504  
814-877-5800

*Lacey Neugebauer, DO*  
*Michele Tomczak, DO*  
*Matthew Wasielewski, DO*

**Harborcreek Family  
Physicians**  
5241 Buffalo Road  
Erie, PA 16510  
814-877-5100

*Cassie Harrington, MD*  
*Sam Kuriem, MD*  
*Ivan Loker, MD*  
*Angela Bootes, CRNP*  
*Meg Peterson, PA-C*

**Lakeshore Family  
Practice**  
5241 Buffalo Road  
Erie, PA 16510  
814-877-7686

*John Almquist, MD*  
*Christie Ray, MD*  
*Abraham Kibbey, PA-C*

**Pinecrest Family  
Practice - French Street**  
3125 French St.  
Erie, PA 16504  
814-456-2047

*David Kruszewski, DO*  
*Frank Reusche, DO*  
*Morgan Marita, PA-C*

### **Pinecrest Family Practice – Pine Avenue**

3535 Pine Ave.  
Erie, PA 16504  
814-454-3363

*Philip Cacchione, DO*  
*James Gade, DO*  
*Robert Geiger, DO*  
*Kristan Chilcott, PA-C*

### **Vineyard Primary Care**

2060 N. Pearl St.  
North East, PA 16428  
814-877-7711

*Francis Foti II, DO*  
*Danielle Mehlenbacher, DO*  
*Emily Edmonson, PA-C*  
*Kaitlyn Kaiser, CRNP*  
*Kate Mosher, PA-C*

## **SOUTH**

### **CCP-Erie**

3580 Peach St., Suite 100  
Erie, PA 16508  
814-868-9633

*Joseph Barber, MD*  
*Cynthia Weibel, MD*  
*Rosalie Bonus, PA-C*  
*Megan Corey, PA-C*  
*Andrea Mirth, PA-C*

### **Family Health Care of Edinboro**

120 Washington Towne Blvd.  
Edinboro, PA 16412  
814-734-8647

*Jeffrey Caldwell, MD*  
*Julie Wehrer, MD*  
*Chris Conn, CRNP*  
*Stacy Green, CRNP*

### **Heritage Primary Care**

991 Route 19, Suite B  
Waterford, PA 16441  
814-877-8790

*Carl Eby, MD*  
*Nathan Moore, MD*  
*Caitlyn Ebert, PA-C*  
*Stacy Green, CRNP*  
*Tiffany Ickiewicz, PA-C*  
*Stephanie Ross*  
*Rademacher, PA-C*

### **Summit Family Practice**

3330 Peach St., Suite 106B  
Erie, PA 16508  
814-877-5570

*Daniel Barbero, MD*  
*Kathryn Buege, DO*  
*Christina King, DO*  
*Victoria Camilleri, CRNP*  
*Roman Mack, PA-C*  
*Danielle Mather, PA-C*  
*Sheri Peterson, CRNP*

## **WEST**

### **Bayside Family Medicine**

510 Cranberry St., Suite 200  
Erie, PA 16507  
814-877-5274

*Pamela Beck, DO*  
*Linda May, DO*  
*Kelly Sakoian, CRNP*  
*Paula Young, CRNP*

### **CCP-West Millcreek**

4022 Zuck Road  
Erie, PA 16506  
814-877-5424

*Robert Burns, MD*  
*Andrea Fadrigo, MD*  
*Alexandra Dziat, PA-C*  
*Tamara Murphy, PA-C*

### **Good Health Family Medicine**

1339 W. Sixth St.  
Erie, PA 16505  
814-877-8170

*Michele Polon, DO*

### **Greenfield Internal Medicine – West**

4108 Zuck Road  
Erie, PA 16506  
814-877-8540

*Archana Anand, MD*  
*Anthony Behm, DO*  
*Maggie Benson, MD, MS*  
*Lisa English, MD*  
*David Hutzel, MD*  
*Bushra Rizvi, MD*  
*Shoa Rizvi, MD*  
*Amanda Mock, PA-C*

### **Lighthouse Family Medicine**

2861 W. 26th St., Suite 2  
Erie, PA 16506  
814-877-8800

*Thomas K. Mathew, MD*

### **Merline Family Medicine**

4108 Zuck Rd.  
Erie, PA 16506  
814-877-7340

*Roman Bojewski, DO*

### **Primary Care Partners**

7287 West Ridge Road  
Fairview, PA 16415  
814-877-2360

*Allison Mailliard, DO*  
*Michael Spellacy, DO*  
*Brian Stark, DO*  
*Dameon Covert, CRNP*  
*Paige King, PA-C*  
*Julia Trimble, PA-C*

### **Primary Care West**

1101 Peninsula Drive, Suite 202  
Erie, PA 16505  
814-833-5381

*Joseph Carvelli, MD*  
*Christian Dudenhoefer, MD*  
*Anne-Marie Liszka, DO*  
*Jacqueline Smith, PA-C*

### **UPMC Hamot Medical Group-Zuck Road**

4108 Zuck Road  
Erie, PA 16506  
814-877-8600

*John Jageman, MD*

### **West Erie Medical Group**

1600 Peninsula Drive, Suite 9  
Erie, PA 16505  
814-877-7035

*Kristen Chandler, DO*  
*Paul Mirone, MD*  
*Patrick Murphy, MD*  
*Gary Neer, MD*  
*Whitney Nolan, PA-C*

### **Your Hometown Health Partners**

3910 Caughey Road, Suite 150  
Erie, PA 16506  
814-877-5401

*Meaghan Johnson, MD*  
*Herbert Morrow, DO*  
*Robert Rodak, DO*  
*Holly Mathe, PA-C*  
*Barbara Waples, CRNP*

## **WARREN LOCATION**

### **Warren Family Health**

414 Market St.  
Warren, PA 16365  
814-726-4047

*Isaac Levari, MD*  
*Jill Gorton, CRNP*

## **BRADFORD LOCATION**

### **Bradford Medical Group of UPMC Hamot**

24 W. Washington St.  
Bradford, PA 16701  
814-368-1000

*Banafsheh Lotfi, MD*  
*Peter Vaccaro, MD*  
*Christie Slottje, PA-C*

To find a primary care physician, call  
**814-877-5678.**





# Specialty clinic focuses on keeping **hypertrophic cardiomyopathy** patients healthy and active

Hypertrophic cardiomyopathy (HCM) is the leading cause of sudden cardiac death in young adults, including athletes. It's a heart condition that affects one in 500 people. Characterized by abnormal thickening in the heart muscle, HCM often requires ongoing specialized care. That expert care is now available in Erie thanks to a new specialty clinic at the UPMC Heart and Vascular Institute at UPMC Hamot.

"We're pleased to provide the region's first HCM Clinic at UPMC Hamot," says **Theresa Kisiel**, director of cardiac and pulmonary services at UPMC Hamot. "It's another example of the advanced treatment options we're providing for patients close to home."

"This new clinic fills a void," says **Randy Jeffrey, MD**, cardiologist and advanced imaging director at UPMC Heart and Vascular Institute at UPMC Hamot. "It gives us a way to help patients by making it easier and more convenient to access the specialists they need."

HCM can lead to serious and life-threatening arrhythmias, or irregular heartbeats. It frequently goes undiagnosed because many patients have only mild symptoms or none at all. HCM often runs in families through a gene mutation. "Since cardiac arrest can be the first symptom of HCM, early diagnosis and treatment is crucial," says Dr. Jeffrey.

Although there is no cure for the disease, most people with HCM can live long, healthy lives under the care of their doctors. Until now, HCM patients who live in the Erie region have had to travel up to two hours to see the specialists needed to manage their complex disease.

According to Ms. Kisiel, UPMC Hamot's HCM Clinic was made possible with last year's addition of cardiac magnetic resonance imaging (MRI) technology — a state-of-the-art imaging tool used to diagnose the condition. Dr. Jeffrey, a fellowship-trained cardiologist with extensive training in advanced cardiac imaging, joined the UPMC Hamot staff in 2017. He spent the past year training with cardiologist **Timothy Wong, MD**, director of the UPMC Hypertrophic Cardiomyopathy Center in Pittsburgh.

Dr. Jeffrey now sees patients at the HCM Clinic on a daily basis. He is joined once a month by Dr. Wong, who travels from Pittsburgh to care for more complex cases. In addition, a pediatric specialist from UPMC Children's Hospital of Pittsburgh sees younger patients at the clinic three times a month.

The HCM Clinic staff works closely with UPMC specialists in Pittsburgh to provide personalized, coordinated, state-of-the-art care by a multidisciplinary team of experts in HCM disease management, advanced cardiac imaging, and cardiovascular genetics. Treatment ranges from medication to slow or regulate the heart rate to an implantable defibrillator, as well as more advanced surgical procedures. While most procedures are handled at UPMC Hamot, more advanced procedures will be performed in Pittsburgh, with follow-up care provided at the HCM Clinic in Erie.

For more information about the UPMC Hamot HCM Clinic, call **814-456-8980** or visit **[UPMCHamot.com/cardiac](http://UPMCHamot.com/cardiac)**.

## HCM FAST FACTS

- Affects one in 500 people
- It's an abnormal thickening of the heart muscle
- A common cause of sudden cardiac arrest in young people, including young athletes
- Often runs in families through a gene mutation
- Frequently occurs without symptoms
- Cardiac arrest is sometimes the first symptom



# Teaming Up to Treat Breast Cancer

New breast surgeon brings added breast cancer expertise to Erie women



According to the Centers for Disease Control and Prevention, one in eight women will be diagnosed with breast cancer during her lifetime. California native **Mona Janfaza, MD**, a breast surgeon, recently joined the experienced team of providers at Bayview Breast Care at UPMC Hamot in the local fight against the disease.

“In the battle against breast cancer, there is strength in numbers. Every woman is different, and so is every breast cancer case,” says Dr. Janfaza. She’s a passionate advocate for the multidisciplinary approach to breast cancer treatment, noting that “every discipline adds an important perspective to patient care.”

“Working together, a team of breast cancer specialists — medical, radiation, and surgical oncologists, as well as pathologists, radiologists, and nurses — can offer patients the best possible care and solutions,” she says.

Dr. Janfaza brings first-hand experience in building and being part of a team. While serving a breast fellowship at Beaumont Hospital in Royal Oak, Michigan, she was asked to open a new breast center at one of its satellite locations. “There was essentially nothing there,” she explains. “I had the privilege of recruiting a multidisciplinary team and training staff in best practices. Working together, our team essentially built the new center from the ground up,” she says.

## A LOVE FOR MEDICINE

As a young girl growing up on the West Coast, Dr. Janfaza knew she wanted to become a doctor. “There are lots of doctors in my family,” she says. “And my mom, a registered nurse, often took me to work with her.” Becoming a candy striper in high school allowed her to

spend actual time with patients. “That experience confirmed that medicine was my calling,” says Dr. Janfaza. “I practically grew up in the hospital and I loved it.”

**“Every woman is different, and so is every breast cancer case.”**

— Mona Janfaza, MD

A graduate of the University of California at San Diego, Dr. Janfaza earned her medical degree from Ross University School of Medicine in Dominica and completed a surgical residency at Kern Medical Center in Bakersfield, California. “I wanted to do more than manage disease,” she says about her decision to become a surgeon. “What I love about surgery is that it gives me the opportunity to actually fix something.”

## SPREADING THE WORD

Raising awareness of breast cancer is a year-round commitment for Dr. Janfaza. In October, she was invited to speak at the annual Pink Perry Square event to recognize Breast Cancer Awareness Month — an Erie tradition. “Early detection is very important,” she says. “When we know there is something there, we can take care of it.”

She welcomes opportunities to meet and talk with community members about the health impact of breast cancer. Your organization can invite Dr. Janfaza to speak by contacting her at Bayview Breast Care at UPMC Hamot. For more information, or to schedule an appointment with Dr. Janfaza, call **814-877-3900**.



## CLASS registration

For more information about classes at UPMC Magee-Womens Hospital-UPMC Hamot Campus, visit [Classes.UPMC.com](https://Classes.UPMC.com).

### Registering for Prenatal and Parenting Classes

Registration is required for all prenatal and parenting programs at least one week in advance to ensure the program will be held. You can register for classes offered at UPMC Hamot by visiting [Classes.UPMC.com](https://Classes.UPMC.com).

### Scheduling and Fees

Fees are subject to change at any time. For more information, call **814-877-3539**.

### Payments

Payment is due at time of registration. All prenatal and parenting class participants will be required to register and pay at least two weeks in advance of the start of any class. Payments can be made online at [Classes.UPMC.com](https://Classes.UPMC.com).

### Parking

Metered parking lots are located across from UPMC Magee-Womens Hospital-UPMC Hamot Campus next to Encompass Health (formerly known as HealthSouth) and south of Third Street between State and French streets.

### Reimbursement

UPMC Hamot reserves the right to cancel any program due to insufficient enrollment. In the event of such cancellation, all participants will be notified and fees will be refunded in full. If a participant needs to withdraw from any program, a refund will be issued for cancellations received seven or more days in advance of the program.

## HEALTHY pregnancy

The following classes are held in the Lincoln Education Center at UPMC Magee-Womens Hospital-UPMC Hamot Campus. Register online at [Classes.UPMC.com](https://Classes.UPMC.com).

### Tours of UPMC Magee-Womens Hospital-UPMC Hamot Campus

Become familiar with our facility before your baby is born by scheduling a tour.

**Sunday, Feb. 23, March 22, April 19, May 3 or 17**  
6:30 to 7:30 p.m.

**Monday, March 2 or 16, April 6 or 27, May 11**  
6:30 to 7:30 p.m.

### Childbirth Education

This childbirth class provides expectant parents with important information, resources, and skills that will increase both knowledge and confidence to make informed decisions regarding their pregnancy, birth experience, and parenthood. Instructional goal is to promote a positive birth experience and a healthy outcome for both mom and baby. Underlying educational principles support that childbirth is a natural process. Instruction will highlight breathing, movement, relaxation techniques, alternative comfort strategies, and the important role of partner support during childbirth. Course content also includes recognizing warning signs, knowing when to call your health care provider, or when to call 911 for an emergency. A tour of UPMC Magee-Womens Hospital-UPMC Hamot Campus is included to help expectant parents become familiar with the hospital, our policies, programs, security procedures, and the many resources that are available during your hospital stay.

**Saturday, March 14 or 28, April 18, May 16 or 30** (1 session)  
9 a.m. to 5 p.m.

Instructors: Ashley Albaugh, RN; Kristie Chapman, RN, BSN, RNC-OB; Tracy Fulton, RN, RNC-OB, LCCE; and Emilee Rotko, RN, BSN  
Cost: \$50

### Breastfeeding Basics

Learn how to breastfeed and meet our certified lactation consultants, who are available for ongoing support.

**Monday, March 2, April 6, or May 4** (1 session)  
6 to 7:30 p.m.

**Saturday, March 7**

Noon to 1:30 p.m.

Instructors: Molly Mello, RN, IBCLC, and Katie Landfried, BSN, RN, IBCLC  
Cost: \$20 per person; \$30 per couple

### Baby Basics

Want to learn the basics of caring for a newborn? This class focuses on feeding, bathing, diapering, comfort techniques, and infant behavior, with an emphasis on health and safety.

**Monday, March 23, April 20, or May 18**  
6 to 8 p.m.

Instructors: Michelle Green, BSN-RNC; and Caroline Glowacki, RN, BSN, RNC-MNN, CLC  
Cost: \$20 per person; \$30 per couple

## HEALTHY parenting

Registration is required for these programs, one week in advance. Register at [Classes.UPMC.com](http://Classes.UPMC.com) unless otherwise noted.

### Infant and Child CPR

Following the American Heart Association Guidelines for the Family and Friends® program, certified instructors teach infant CPR, child AED use, and relief of choking in an adult, child, or infant. This course is ideal for anyone interested in learning how to save a life but does not need to be certified in CPR.

**Wednesday, March 11, April 8, or May 6** (1 session)  
6 to 8 p.m.

Instructors: Ellen Schauerman, BSN, RNC-NIC, and  
Susan Majewski, NREMT

Location: Lincoln Education Center  
Cost: \$25 per person; \$40 per couple

### What You Need to Know as a New Grandparent

Learn what to expect with a new grandchild and how you can help the new parents. You will receive a mini refresher on how to safely care for a newborn and learn about the changes in baby care since your children were born.

**Wednesday, Feb. 26 or May 27** (1 session)  
6 to 7:30 p.m.

Instructor: Emily Hirsch, MSN, MHA, RNC-NIC  
Cost: \$10 (two participant maximum per registration)

## HEALTHY mind

### A Lifetime of Well-Being Speaker Series

Safe Harbor Behavioral Health of UPMC Hamot will host the following **FREE** lectures at the Eastside Family YMCA. Registration is required one week in advance by calling **814-451-2358**.

### Managing Grief After the Loss of a Loved One

Discussion will focus on the five stages of grief and how to manage after loss.

**Wednesday, March 11**

11 a.m.

Instructor: Renee DeMatteis, MA

### Using Social Media to Enrich Your Life

Social media can be a positive or negative force in your life — depending on how you use it. Our discussion will focus on using social media in positive and uplifting ways.

**Wednesday, April 8**

11 a.m.

Instructor: Nykole Gonzalez, MA

### Managing Menopause: Is It Hot in Here or Is It Just Me?

Renee will discuss common symptoms of menopause and how to stay positive during this change.

**Wednesday, May 13**

11 a.m.

Instructor: Renee DeMatteis, MA

## What's in a name?

# WHEN IT'S HILLMAN, A LOT.

The place you know with the people you've counted on. It's now home to UPMC Hillman Cancer Center. To learn more, visit [UPMCHillman.com/Erie](http://UPMCHillman.com/Erie).

**UPMC** | **HILLMAN  
CANCER CENTER**





## HEALTHY you

For registration information, please see below.

### Nicotine Free Erie

Are you trying to quit smoking or using tobacco? Nicotine Free Erie is designed to help men and women support one another to become tobacco or nicotine free. Participants do not need to be nicotine or tobacco free to attend meetings. Registration is not required. For more information, call Mary Grotkowski, RRT, at **814-877-2981**.

**Tuesdays, March 3, April 7, May 5**

6 to 7 p.m.

Instructor: Mary Grotkowski, RRT

Location: UPMC Outpatient Center, 3330 Peach St., Entrance C

Cost: No charge

### Better Breathers Club of Erie

The Better Breathers Club of Erie provides support, education, and socialization to people with chronic obstructive pulmonary disease (COPD) or other chronic lung diseases as well as their family members and/or caregivers. Registration is not required. This is a smoke-free group. For more information, please call Mary Grotkowski, RRT, or Jenelle Caiaza, CRT, at **814-877-2981**.

**Fridays, Feb. 21, March 20, April 17, May 15**

2:30 to 3:30 p.m.

Instructors: Mary Grotkowski, RRT, and Jenelle Caiaza, CRT

Location: UPMC Outpatient Center, 3330 Peach St., Entrance C

Cost: No charge

### Free Pulmonary Fibrosis Support Group

A free support group is available for those with idiopathic pulmonary fibrosis (IPF) and their loved ones. Connect with others who have been diagnosed with IPF, learn how to manage IPF, and hear about different treatment options. Registration is not required. For more information, call Josh Henry at **814-877-5611**.

**Friday, Feb. 21**

1 to 2 p.m.

Instructor: Josh Henry, RRT

Location: UPMC Outpatient Center, 3330 Peach St., Room 211

Cost: No charge

### Free Smoking Cessation Class

Register by calling Mary Grotkowski, RRT, at **814-877-2981**.

**Tuesdays, April 21 through May 26** (6 sessions)

6 to 7:30 p.m.

Instructor: Mary Grotkowski, RRT

Location: UPMC Hamot Outpatient Center, Entrance C

Cost: No charge

## HEALTHY body

All classes are held at the UPMC Hamot Center for Healthy Living. Our offices are located inside the UPMC Outpatient Center, 3330 Peach St., Suite 211. To register, call **814-877-5481**.

### Get “Back” in Shape: Tips and Tricks for a Healthy Spine

Join us to discuss tips and tricks on how to maintain a healthy spine. Other topics include common causes of lower back pain and treatment approaches to manage lower back pain.

**Wednesday, March 4**

5 to 6 p.m.

Instructor: Christopher Payne, PT, DPT, Cert. MDT, Senior PT, UPMC Centers for Rehab Services

Cost: Free

### “Bite-Size Changes” for Weight Control

Bites of food items can add up quickly when it comes to calorie intake. Attendees will use food labels to calculate the calorie value of bite-size snacks and samples. A discussion will then focus on setting bite-size changes to lifestyle that can positively impact energy balance.

**Thursday, March 5**

5 to 6 p.m.

Instructor: Jill Brooks, RD, CDE

### Eat Right, Bite by Bite

Registered dietitians with the UPMC Hamot Center for Healthy Living will discuss eating right throughout the day.

**Thursday, March 12**

5 to 6 p.m.

Instructors: Mary Grenz, RD; Kimberly Eccles, RD; and Tessa Wellmon, RD

### Cardiopulmonary Rehabilitation

Whether you have heart disease, chronic lung disease, or are recovering from a heart procedure or heart attack, this service will improve the quality of your life through monitored exercise, nutrition coaching, and education. It is covered by health insurance. For more information, call Cardiopulmonary Rehabilitation at **814-877-5608**.

### Strength Training for Beginners

Join us for a workout designed to strengthen muscles, preserve bone, and tone your body. Resistance bands provided or bring your own two- to five-pound dumbbells. Call **814-877-5481** for a class schedule.

### Yoga: All Levels Welcome

Daytime and evening sessions are available. Call **814-877-5481** for a class schedule.