Susan Zikos is a Registered Dietitian, Licensed Dietitian/Nutritionist in the State of Pennsylvania. She has worked at various hospitals, and was the co-director of a diabetic clinic in the Sharon area. Most recently, Susan was the Clinical Dietitian for a local Skilled Nursing Facility/Acute Rehabilitation Unit. There, she worked with patients who had multiple medical problems, such as diabetes, stroke, eating disorders, kidney failure and heart disease.

Susan has always had a special interest in Diabetes. She is a Certified Diabetes Educator, and is now the Outpatient Dietitian/Diabetes Educator for Ohio Valley Hospital. She operates the “Living Well With Diabetes” program. It is a 4 week, 8 hour series of lectures and discussions about life with diabetes mellitus. Diabetes is a chronic condition in which the body cannot use the sugar it consumes. This condition can be successfully managed, and knowledge from these lectures may help. Participants learn what causes high sugar levels in a diabetic person, nutrition and exercise, medications and blood glucose monitoring, high and low blood sugar symptoms, and prevention of long term complications. The classes are recommended for every new diabetic, and any diabetic who has not already participated in the class. A support person is also welcome with each paid participant. Insurance generally covers the cost of this education.

The first set of classes for 2015 are scheduled from 10 AM to Noon on Thursdays in February. They’ll be held in Suite 102 of OVH’s Medical Office Building. To register or call for further information please call Susan at 412-777-6205.

For those who have already taken the classes, or those who want to know more about diabetes and how it affects your lifestyle, there will be a series of free Diabetes Support Group Meetings held in the Roseta Auditorium at Ohio Valley Hospital. The first group meeting of this year will be held on January 27, 2015 from 7 PM to 8 PM. The topic will be “How Are Your New Year’s Resolutions Going? Setting Goals For Real Change.” The speaker will be Susan Zikos, RD, LDN, CDE. Participation is free, but please call Susan at 412-777-6205 to register so that she knows how many refreshments to have.

On March 24, 2015 from 9 AM to 1 PM, Ohio Valley Hospital will sponsor its Seventh Annual Diabetes Alert Day, in cooperation with the American Diabetes Association. There will be information from various diabetic suppliers, samples, games and prizes, talks on different topics of interest to diabetics and cooking demonstrations (with tasting). More information will follow.

Susan is also available for private medical nutrition therapy consultations on weight control, diabetes, cardiac rehabilitation, gluten-free diets, and other topics of interest. Group talks are also available. Please call 412-777-6205 to schedule a visit, and for insurance coverage information.
SEMINAR LOCATION: Our seminars will continue to be held once a month, on Wednesdays, from 2:00pm until 4:00pm in the Josephine Roseta Auditorium. This room is located in the School Of Nursing Building. Parking is free and an elevator is available.

**January 28th**

**New Year, New You!**

Come and start the year off on the right (and left) foot! For the first Seniority Seminar of 2015 we will be hearing about exercise and programs available for seniors. Various stretches and other simple moves anyone can do will be demonstrated. Of course there will be time for everyone to catch up!

**February 25th**

**Valentines and Veins**

Join us during the month of love to talk about veins!

We will be welcoming back Dr. Kazienko!

As promised he will be here to tell you everything you need to know about veins. There will also be time for questions!

**March 25th**

**National Diabetes Day!**

Tuesday, March 24th is National Diabetes Day. Join in on Wednesday, March 25th to talk about diabetes. Whether you or someone you know is affected by the condition, it is a great opportunity for everyone to learn. We will be providing you with all kinds of information on diabetes, prevention, and ways to live with this disease.

**April 29th**

**Welcome, Spring And Dr. Zbanic!**

Lend an ear to April’s Seniority Seminar. New Doctor Kelly Zbanic, M.D. will be speaking this month. She is a general surgeon with Ohio Valley General Vascular and Surgery. Come rain or shine; this will be a seminar you won’t want to miss!

Please call Sarah in the Community Services Department (412-777-6359) to register for monthly seminars. If you call by the Wednesday before the meeting you are automatically entered into the raffle drawing. This helps us to plan for seating, refreshments and any handouts for our meetings. Thank You!

SENIORITY office hours are 7:30am –4:00pm, Monday through Friday. The Seniority Office is in the Community Services Department on the hospital’s 1st floor.

**Do You Know of a Local Business That Would Be Interested in Offering a Special Discount to OVH Seniority Members?**

Call Sarah in the Community Services Department! We’re always looking for great ways to boost the benefits of Seniority membership, as well as small business patronage in our community! #412.777.6359

So long as the memory of certain beloved friends lives in my heart, I shall say that life is good.

- Helen Keller
You’re invited to events at the Willows…

With the New Year comes lots of planning. The Willows is still working out their calendar for the year with luncheons, speakers, and parties!

*On January 20th from Noon to 1:00pm join in for guest speaker Dr. Gary Weinstein of Moon Township. His lecture is titled: “Health and Wellness Naturally”

**CONTACT THE WILLOWS FOR MORE DETAILS: 412-331-1820**

**Alzheimer’s Support group:** 3rd Thursday of each month at 7:00pm in Willow Heights

**Bible Study:** Every Tuesday at 2:00pm in Willow Heights

**Balance Class:** Every Thursday at 1:00pm in Willow Heights

---

**Diabetes Support Group**

7:00 - 8:00pm in JRA of the OVH School of Nursing

Tuesday January 27, 2015

*Diabetes Alert Day Meeting

Tuesday March 24, 2015

*9AM—1PM

Meetings are free. Individual counseling is also available with Susan Zikos, MBA, RD, LDN, CDE.

To pre-register, please call: 412-777-6205.

**Cancer Caring Center Support Groups**

Provides free emotional support for patients and families.

**General & specialty support groups available throughout the Pittsburgh area.**

Call for more information, locations and to pre-register: 412-622-1212.

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**AARP Driver Safety Courses for 2014**

The AARP Driver’s Safety Courses are for people aged 55 and older who would like to review safe driving practices. There are no tests and no driving involved. Classes are held in the JRA, OVH School of Nursing.

**NEW Cost:**

- $15 for AARP members
- $20 for non-members

**Two Day Course for Beginners—Tuesday April 14 & Wednesday April 15, 2015**

Please bring your AARP card. Make checks payable to AARP. Cash not accepted.

Refresher Courses: Intended for those who have taken the 2 day course in the past.

- **May 5, 2015**
- **July 7, 2015**
- **November 3, 2015**

A certificate will be provided upon completion of the course. The certificate can be submitted to your insurance company for a 5% discount. If both husband and wife drive, both must take the course to receive the discount.

Please **register in advance**: call Sarah at #412-777-6359
Helpful Information from the Community...

Clearview Federal Credit Union: Financial Advice Column

Protecting Yourself Against Identity Theft

With stories of mass credit card fraud and identity theft appearing in the news on a daily basis, it’s more important than ever to protect yourself the best that you can. Although you can’t always control when hackers access the computer systems of your favorite stores, you can protect yourself in other ways to minimize risks.

According to Microsoft, an estimated $23 billion was lost last year to online risks such as phishing, ID theft, viruses, data leaks and more. The Internal Revenue Service (IRS) offers the following tips for protecting your information online and all throughout your daily life:

- Protect your personal computers by using firewalls, anti-spam/virus software, updating security patches and changing passwords for Internet accounts.
- Don’t give personal information over the phone, through the mail or on the Internet unless you have initiated the contact or you are sure you know who you are dealing with.
- Don’t give a business your SSN just because they ask, and don’t carry your Social Security card in your wallet. Rather, keep it in a secure place and give your SSN only when absolutely necessary.
- Check your credit report regularly.
- Secure personal information in your home in a safe or hidden location.

The best way to limit continued fraud on your accounts is to remain alert for certain signs that could indicate someone has stolen your information. If you think your identity may be at risk, be watchful for the following clues from the Federal Trade Commission:

- You see withdrawals from your bank account that you can’t explain.
- You don’t get your bills or other mail.
- Debt collectors call you about debts that aren’t yours.
- You find unfamiliar accounts or charges on your credit report.
- Medical providers bill you for services you didn’t use.
- Your health plan rejects your legitimate medical claim because the records show that you’ve reached your benefits limit.

Contact your credit union or bank right away if you start noticing these signs, so they can help prevent further damage. No one can stop all attempts fraud, but remaining alert to the possibilities can help everyone stop criminals in their tracks. For more information about protecting yourself, visit the Identity Theft Center at clearviewfcu.org.

Updates from the Willows!

Meet Doreen!

Doreen Bufalini-Vallecorsa was recently hired as the Director of Operations and Sales for Willow Heights. Willow Heights is the Independent Living building of the Willows Community.

Doreen started her new position September 24, 2014. She oversee move-ins and move-outs, daily operations, activities and events. She also works with marketing and sales of the services provided by the Willow Heights Independent Living Community. In her spare time Doreen enjoys renovating and decorating homes.

If you see her at an event at the Willows, make sure to say “Hello!”
Ohio Valley Hospital Presents the...
2014 Seniority Holiday Party!

This year’s Seniority Holiday Party was a great success! It was held at The Banquet Room at Rockefellers Bar and Grille in Kennedy Township on December 3rd. The wonderful Seniority members and guests enjoyed a delicious menu of chicken parmigiana, baked scrod, penne with marinara, vegetable medley, and tossed salad. There was also a selection of holiday pies that no one could refuse!

After lunch the was a truly magical performance by comedy magician David Lawrence. He razzle-dazzled the audience with magic tricks all the while mixing everything up with jokes. He used Seniority members as volunteers and even made them part of his tricks!

After the comedy magic act the 50/50 raffle was called with three lucky winners and the four door prize raffles courtesy of Drs. Gosalia and DeChellis, Willow Brook Geropsychiatric Unit, and The Willows and The Residence at Willow Lane.

OVH & Seniority wishes everyone a happy and healthy New Year!
Welcome 2015!

Irish Toast
Always remember to forget the trouble that has passed away,
But never forget to remember the blessings that come each day!
As a Seniority member, you qualify for free installation on the Philips Lifeline Medical Alert System - a $90 value!

The Lifeline Personal Help Button connects you to a trained Personal Response Associate who can send help to your home quickly 24 hours a day, 7 days a week. There are no long-term contracts to sign, and installation is quick and easy. Also available is the Auto Alert feature, which detects falls instantly and alerts Lifeline even if you are unable to push your button!

Please call Sarah in the Seniority office for more information: #412-777-6359.

PHILIPS Lifeline

Ohio Valley Hospital Cafeteria & Gift Shop  
10% discount on menu items and gifts

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<tr>
<th>Business &amp; Physician Discounts</th>
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<tr>
<td><strong>Discounts</strong></td>
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<tr>
<td>Arcadia Land Services, Inc.</td>
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<td>Western PA 10% off land clear/brush cutting services (restrictions apply) 985 E Arcadia Drive Allison Park PA 15101 412-367-2069 <a href="http://www.arcadiaservices.com">www.arcadiaservices.com</a></td>
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<td>Bella Frutteto Restaurant</td>
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<td>Wexford 15% off check (excludes alcohol and cannot be combined) 2602 Brandt School Road Wexford, PA 15090 724-940-7777 <a href="http://www.bellafrutteto.com">www.bellafrutteto.com</a></td>
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<td>Boni's Floral Shoppe</td>
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<td>McKees Rocks 10% discount 531 Chartiers Ave. McKees Rocks PA 15136 412-331-3164</td>
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<td>John L. Butya, Attorney</td>
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<td>Robinson Twp. 15% discount 5580 Steubenville Pike McKees Rocks PA 15136 412-787-2866</td>
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<td>Face. Skin &amp; Body</td>
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<td>Ross Twp. 10% discount 997 Perry Highway Pittsburgh PA 15237 412-364-2422</td>
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<td>Jo's Gentlemen</td>
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<td>Robinson Twp. 20% off first haircut 5992-B Steubenville Pike Chioda's Plaza Robinson Twp PA 412-787-8779</td>
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<td>Robinson Township 10% discount Sun- Thurs, not to be used with other coupons or discounts 5476 Steubenville Pike McKees Rocks, PA 15136 412-787-2959</td>
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<td>Kenmawr True Value</td>
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<td>Kennedy Twp. 10% discount 540 Pine Hollow Rd. McKees Rocks, PA 15136</td>
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<td>Krassenstein &amp; Associates Professional Corp.</td>
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<td>Wexford 10% off legal fees (call 4 details) 7500 Brooktree Rd Wexford PA 15090 724-335-6227 <a href="http://www.krasslaw.com">www.krasslaw.com</a></td>
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<td>LeGault Chiropractic</td>
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<td>North Hills Free consultation &amp; 25% off custom orthotic arch supports (Medicare restrictions may apply) 3380 Babcock Blvd Pittsburgh PA 15237 412-364-4100 <a href="http://www.chiropractorpgh.com">www.chiropractorpgh.com</a></td>
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<td>Pretzel Crazy</td>
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<td>20% off any order from website USE DISCOUNT CODE: SENIORITY 412-526-1300 <a href="http://www.pretzelcrazy.com">www.pretzelcrazy.com</a> <a href="mailto:sherri@pretzelcrazy.com">sherri@pretzelcrazy.com</a></td>
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<td>Kennedy Twp. 10% discount 877 Pine Hollow Rd. McKees Rocks, PA 15136 412-771-3600</td>
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<td>Revolution Physical Therapy</td>
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<td>Cranberry Twp 50% off massage services &amp; specialized fitness membership 8001 Rowan Rd Suite 104 Cranberry Twp, PA 16066 724-591-8005 <a href="http://www.revolutiontherapy.com">www.revolutiontherapy.com</a></td>
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<td>Dani's Hair Loft</td>
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<tr>
<td>Kennedy Township 10% discount on select hairdress &amp; perms/colors 500 Pine Hollow Rd. Kennedy Twp PA 15136 412-771-5700</td>
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<td>Eisner Law, P.C.</td>
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<td>Fox Chapel 15% discount on estate planning services 1370 Old Freeport Road #2A Pittsburgh PA 15238 412-406-8077 <a href="http://www.eisnerlawfirm.com">www.eisnerlawfirm.com</a></td>
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<td>EZ Storage</td>
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<td>Allegheny County 10% senior citizen discount 1003 Ross Park Mall Drive Pittsburgh PA 15237 412-366-6080 <a href="http://www.ezmini.com">www.ezmini.com</a></td>
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<td>Heartland Homes, Inc.</td>
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<td>1.5% discount on purchase price of new home For information, please call: 412-279-6416 or visit website at: <a href="http://www.loveheartland.com">www.loveheartland.com</a></td>
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<td>LoBello's Spaghetti House</td>
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<td>Coraopolis 25% discount on take out 809 5th Ave. Coraopolis PA 15108 412-264-9721</td>
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<td>Re/Max Select Realty</td>
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<td>North Hills/Sewickley 1% off listing/selling/buying a home 10 N Meadows Dr Wexford PA 15090 724-779-1394 <a href="http://www.selecthomefinder.com/paulcutey">www.selecthomefinder.com/paulcutey</a></td>
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Ohio Valley Hospital Physician Discounts

Advanced Liposuction
Free consult for facelift, liposuction, lip implant
937 Beaver Grade Rd.
Coraopolis PA 15108
724-987-3221

Advance Vein Center
Coraopolis
Free consult for varicose and spider veins (Ultrasound not included)
937 Beaver Grade Rd.
Coraopolis PA 15108
724-987-3220

Beaver Valley Foot Clinic
Moon/Coraopolis
50% off arch supports, one per family
937 Beaver Grade Rd.
Coraopolis PA 15108
724-375-1577

Body Beautiful Laser MediSpa
Coraopolis
25% off new patient for laser procedures
937 Beaver Grade Rd.
Coraopolis PA 15108
724-987-3221

Bella Veuillez
Cranberry Twp.
10% discount on any service
1115 State Route 68
Cranberry Twp PA 16066
724-742-1818

Bliss
Sewickley
10% discount on any service
260 Third Ave.
Sewickley PA 15143
412-770-4177

Bon Chocolat
Sewickley
10% discount on any service
260 Third Ave.
Sewickley PA 15143
412-770-4177

Broward’s
Cranberry Twp.
10% discount on any service
1115 State Route 68
Cranberry Twp PA 16066
724-742-1818

Seniority Office: Ohio Valley Hospital
25 Heckel Road
McKees Rocks PA 15136

Therapy Systems
Robinson Twp.
Discounts on cruises & trips (call for more information)
5996 A Steubenville Pike
McKees Rocks PA 15136
412-787-7080

Turo Family Chiropractic
Ross Twp
10% off chiropractic services, x-rays & nutritional supplements
625 Lowries Run Road Ste 100
Pittsburgh PA 15237
412-369-0400
www.turofamilychiropractic.com

Tourney Dental
Cranberry Twp
30% off for seniors (up to $250)
1115 State Route 68
Cranberry Twp PA 16066
724-742-1818

Travel Systems
Robinson Twp/Route 60
Discounts on cruises & trips (call for more information)
5996 A Steubenville Pike
McKees Rocks PA 15136
412-787-7080

Van Salon Inc.
Sewickley
10% off any service
438 Beaver St.
Sewickley PA 15143
412-741-4109

Whitefish Grille & Spirits
Canfield, OH
10% discount + 1st time visitors with Seniority card get free dessert (not to be combined with any other discount)
6580 Ironwood Blvd
Canfield OH 44406
330-702-9866

Z Heating, Cooling & Plumbing
Butler & Beaver County
10% discount on regularly priced items or services
PO Box 218
Portersville PA 16051
724-368-8000
www.zheatcool.com

All businesses and physicians reserve the right to deny discount if preexisting discount exists and is more than or equal to Seniority offer (for example: senior citizen discount.) Please call the Seniority office (412.777.6359) if you have any questions regarding the discounts listed and offered herein.

Become a Member

How did you hear about Seniority? __________________________

Today’s Date: __________________________

Name: __________________________

Address: __________________________

City: __________________________ State: _______ Zip: _____________

Date of Birth: __________________________ I am:   Female ☐   Male ☐

Telephone: __________________________

Payment Options
☐ I am enclosing a check or money order for $25.00.
☐ Please charge my Seniority membership to: (Visa or Mastercard)
   Card #: __________________________ Exp Date: ____________

Signature: __________________________

Mail this application form & your payment to:
Seniority Office: Ohio Valley Hospital
25 Heckel Road
McKees Rocks PA 15136
Seniority Edition is published three times a year for members and friends of Ohio Valley Hospital’s SENIORITY Program.

For more information, please call the SENIORITY Office in the Community Services Department at 412-777-6359.

David W. Scott, FACHE  
President & CEO

Vicki Mell  
Vice President, H.R. & Support Services/CHRO

Megan Eaton  
Director, Marketing & Communications

Sarah J. Stewart  
Coordinator, Community Services & Medical Staff

Help us update our records!
If your last name is missing on the address label of this newsletter, you have personal information changes, or you know a SENIORITY member who has passed away, please contact us:

412-777-6359

NEW MEMBERS

Ada Mae Blair

Christine L. Macejka

Patricia Temple

Refer a friend to join Seniority and receive a FREE GIFT!

Have your friend note on their Seniority application that you referred them. You may also want to consider buying a membership for a friend you referred that you referred

Only $25.00 for a Lifetime Membership.  
Non-Profit Org.  
U.S. Postage  
PAID  
Pittsburgh PA  
Permit No. 1163

25 Heckel Road, Kennedy Township  
McKees Rocks, PA  15136-1694  
www.ohiovalleyhospital.org