

# health + you

march

## events

### Exploring Food Labels at the Supermarket

Thursday, March 26  
2:30 pm - 3:30 pm  
FREE (Registration required)

### "Lunch & Learn"

Nutrition and Your Health  
Presented by Haley Weise, Clinical Nutrition Manager  
Friday, March 20  
12:00 noon - 1:00 pm Education Center  
FREE (Registration required by March 13; seating limited to first 50 registrants.)

### Look Good ... Feel Better®

Monday, March 9  
2:30 pm - 4:30 pm  
Breast Health Center Conference Room  
FREE (Registration required.)

### Vascular Disease Screening

Friday, March 20, Beginning 7:00 am  
Vascular Center (Annex Building)  
\$40 per test or \$99 for all three  
Appointments necessary; call 395-4545.

### Prostate Screening

(For uninsured and underinsured men 50 years old and older)  
Friday, March 27  
9:00 am - 3:00 pm  
FREE (Appointments necessary.)

In observance of National Nutrition Month, an RMC nutritionist will take you on a tour of grocery aisles and help you make sense of all of the different information found on food labels. To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).

On the third Friday of each month, RMC offers a special "Lunch & Learn" program (lunch provided). To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).

For all women undergoing active treatment for cancer. Appearance enhancement using practical tips from a local cosmetologist on makeup, wig styling, nail care and more. Participants will receive a complimentary make-up kit. For more information or to register, call the Breast Health Center Boutique at 803-395-4705.

Screening ultrasounds identify the presence of disease, and early detection of vascular disease can reduce the risk of death and disability from vascular disease. RMC's Vascular Center is offering three painless, noninvasive screenings: Carotid Arteries Scan which checks for plaque in the major arteries that feed the brain; Abdominal Aorta Scan which checks for bulging (aneurysm) in main artery that runs from the heart through the body; and Ankle Brachial Index which checks blood flow (blood pressure) in the legs.

In cooperation with RMC Outreach Services, Hollings Cancer Center Outreach Services will conduct (from their mobile van at location to be determined) FREE PSA exams and blood tests for uninsured and underinsured men 50 years old and older. To schedule an appointment, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).

## programs

### Students

#### APPLY EARLY ... SUMMER ENRICHMENT PROGRAM FOR STUDENTS (Application Deadline: April 17)

Funded by the RMC's Auxiliary, this six-week program gives 25 students work experience in a hospital setting. Students work 20 hours per week and receive a \$900 stipend for participating. Students must meet application requirements; for application materials, call 803-395-2450 or stop by RMC Administration. ONLY STUDENT INQUIRIES ACCEPTED.

June 8 - July 17

20 hours per week

Application Requirements:

1. Either a high school graduate with a cumulative average of "B" or above and a letter of acceptance from a college or university, or a college student with a 2.75 GPA.
2. A resident of Orangeburg County, Calhoun County or Bamberg County.
3. All students must provide evidence of a healthcare or healthcare-related major.

### SPEAKERS' BUREAU

Healthcare professionals are available to speak at civic, school and professional meetings. All speaker requests must be made at least three weeks in advance. To schedule a speaker, call 803-395-2320 or 2698.  
FREE

### Blood Donation

The Blood Donor Center is open Monday through Saturday (except holidays). Appointments are appreciated, but walk-ins are welcome. After-hours appointments can be arranged by calling the Blood Donor Center at 803-395-2419.  
10:00 am - 6:00 pm, Monday - Friday  
10:00 am - 2:00 pm, Saturday

### HealthPlex

#### PHYSICIANS WEIGHT LOSS CENTERS® PROGRAM

Specially-designed weight loss and nutrition systems can help you start losing pounds and inches right away. Each diet is nutritionally designed by a licensed dietician. Nutritional protein supplements are also offered by PWLC that are designed to protect important lean muscle mass while you lose weight. For more information, call 803-395-4117.

### P.A.C.E.

#### (People with Arthritis Can Exercise)

An Arthritis Foundation beginner exercise class designed for the needs of those with arthritis. For more information or to register, call 803-395-2804.  
NO CHARGE for first month (includes registration and 12 sessions)  
\$25 monthly thereafter (12 sessions)

### Information & Membership

HealthPlex is a state-of-the-art wellness and rehabilitation center staffed by expert clinicians and exercise physiologists who can assist you in achieving your lifestyle goals. For more information about services or fitness memberships at HealthPlex in Orangeburg or Santee, call 803-395-2804.

### Support Groups

#### "Up Front"

A support group for women who have had breast cancer. Call 803-395-2841 for more information.  
Thursday, March 5  
6:30 pm  
Breast Health Center (Annex Building)  
FREE (No registration required)

#### Cancer Support Group

For cancer patients and their families. Call 803-395-4609 for more information.  
Thursday, March 26  
2:00 pm  
Mabry Cancer Center  
1161 Cook Road, Orangeburg  
FREE (No registration required)

### Diabetes Support Group

For diabetics and their family/friends. Call 803-395-2819 for more information.  
Thursday, March 12  
4:00 pm  
Patient Education Classroom (Near Wound Center at Emergency Dept. Entrance)  
FREE (No registration required)

### Stroke Support Group

For stroke survivors and their family/friends. Call 803-395-2777 for more information.  
Thursday, March 12  
2:00 pm  
rehabcentre® Dining Room (4th Floor)  
FREE (No registration required)

### Amputee Support Group

For those with amputations and their family/friends. Call 803-395-2777 for more information.  
Thursday, March 18  
1:30 pm  
rehabcentre® Dining Room (4th Floor)  
FREE (No registration required)

### Lupus Support Group

For anyone who wants to learn more about this disease, e-mail lupushope1@yahoo.com or call 803-516-9528 or toll-free, 1-877-895-8787.

### Grief Support Groups

Separate support groups designed for parents who have experienced the loss of a child, adults who have lost a loved one (either family or friend) or children/teens, ages 5-17, who have lost a loved one (either family friend). For more information, call 803-395-2356 or 803-395-2615.

### Community Outreach

#### Blood Pressure Screenings

(No registration required)  
Tuesday, March 10 and  
Wednesday, March 18  
10:00 am - 12:00 Noon  
Orangeburg County Council on Aging (2570 St. Matthews Road, Orangeburg)

### Women & Children

#### Car Safety Seat Checks

Be sure your child's care seat is installed correctly, and your child is safely buckled in. For more information on the next Car Seat Safety Check, call Safe Kids of Orangeburg, Bamberg and Calhoun counties, 803-395-2822.  
FREE

#### Sibling Class

Older siblings learn what to expect when baby arrives. Call 803-395-2819 for more information or to register for next class  
\$10 (Registration required)

#### Breastfeeding Support Telephone Line

For breastfeeding questions or concerns, call our lactation consultant at 803-395-2177 (or if out of town, call 1-800-476-3377, ext. 2177). Leave a message, and the lactation consultant will return your call between the hours of 8:00 am and 8:00 pm, seven days a week.

#### Prepared Childbirth

Comprehensive, five-session course incorporating lecture, discussion and breathing exercises. For more information or to register for the next course, call 803-395-2819.  
\$50 (Registration required)

### Education

#### Diabetes Individual Education

Individual sessions with a nurse and dietician who teach adults with type 2 diabetes the skills and knowledge required to effectively self-manage their disease (physician referral required). Call 803-395-2819 for more information.

### DID YOU KNOW?

- Year to date\* ...
- 6,841 hours of service were volunteered to the hospital.
  - The Hospital provided \$3,678,131 in charity care.
  - The Hospital Auxiliary's Verna Martin Compassionate Care Program provided \$2,174 in charitable contributions.
  - The Foundation received \$150,112 in donations.

\*RMC operates on a fiscal year, Oct. 1 - Sept. 30.

3000 St. Matthews Rd., Orangeburg, SC 29118  
803-395-2200 or 800-476-3377 TDD: 803-395-2350

+ rmc

the Regional Medical Center

www.trmchealth.org