

events

“Lunch & Learn” or “Dinner & Learn”

Topic: Joint Replacement Surgery

6:00 pm, Thursday, August 19 Education Center

12:00 noon-1:00 pm, Friday, August 20 Education Center

FREE (Registration required by August 13; seating limited to first 50 registrants.)

Considering joint replacement or exploring options? Join Dr. Charles Hughes of S.C. Orthopaedic Institute to learn more about this topic. To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).

Vascular Disease Screening

Friday, August 13, Beginning 7:00 am Vascular Center (Annex Building)

\$40 per test or \$99 for all three Appointments necessary; call 395-4545.

RMC's Vascular Center is offering three painless, noninvasive screenings: Carotid Arteries Scan which checks for plaque in the major arteries; Abdominal Aorta Scan which checks for bulging (aneurysm) in main artery; and Ankle Brachial Index which checks blood flow in the legs.

FREE Health Screenings – Blood Pressure, Blood Sugar, Cholesterol

(See “Community Outreach” below for full details)

Community members are urged to take advantage of the variety of FREE health screenings and information opportunities. For more details see “Community Outreach” below or contact Patricia Funderburk, R.N., community outreach manager, at 395-2698.

programs

❖ Women & Children

Car Safety Seat Checks

Be sure your child's car seat is installed correctly, and your child is safely buckled in. For more information on the next Car Seat Safety Check, call 395-2698.

FREE

Prepared Childbirth

Comprehensive, five-session course incorporating lecture, discussion and breathing exercises. To register for the next course, call 395-2819.

\$50 (Registration required)

Breastfeeding Support Telephone Line

For breastfeeding questions or concerns, call our lactation consultant at 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.

FREE

Sibling Class

Older siblings learn what to expect when baby arrives. To register for the next class call 395-2819.

\$10 (Registration required)

Look Good ... Feel Better®

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 for the next class, call 395-4705.

FREE

❖ Blood Donation

The Blood Donor Center is open Monday through Saturday (except holidays). Appointments are appreciated, but walk-ins are welcome. For after-hours appointments call the Blood Donor Center at 395-2419. [Check out our YouTube videos by searching "Blood Assurance Program" on our website \(www.trmchealth.org\).](http://www.trmchealth.org)

10:00 am - 6:00 pm, Monday – Friday 10:00 am - 2:00 pm, Saturday

❖ HealthPlex

Arthritis Foundation Exercise Program

A beginner exercise class designed for the needs of those with arthritis. For more information or to register, call 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, Holly Hill, Santee or Branchville, call 395-2804.

❖ Support Groups

“Up Front”

A support group for women who have had breast cancer. Call 395-2841 for more info.

Thurs., Aug. 56:30 pm

RMC Breast Health Center (Annex Building)

FREE (No registration required.)

Stroke Support Group

For stroke survivors and their family/friends. Call 395-2777 for more info.

Thurs., Aug. 122:00 pm

RMC rehabcentre® Dining Room (4th Floor)

FREE (No registration required.)

Diabetes Support Group

For diabetics and their family/friends. Call 395-2819 for more info on the next session.

Thurs., Aug. 124:00 pm

Patient Education Classroom

FREE (No registration required.)

Amputee Support Group

For those with amputations and their family/friends. Call 395-2777 for more info.

Wed., Aug. 18.....1:30 pm

RMC rehabcentre® Dining Room (4th Floor)

FREE (No registration required.)

❖ **Support Groups** *continued ...*

Cancer Support Group

For cancer patients and their families/caregivers. Call 395-4609 for more info.

Thurs., Aug. 262:00 pm

Mabry Center for Cancer Care (1161 Cook Road, Orangeburg)

FREE (No registration required.)

Lupus Support Group

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

Grief Support Groups

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

Spinal Cord Injury Support Group

For those who have spinal cord injuries and their family / friends. Call 395-2698 for more information.

Next meeting: Thurs., Sept. 9 ...6:30 pm

RMC Annex Classroom

FREE (No registration required.)

❖ **Education**

Diabetes Individual Education

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

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 395-2320 or 2698.

FREE

Total Joint Replacement Education Class

Find out more about total knee and total hip replacement and what to expect before and after surgery.

Call 531-0126 to register or for more info.

Wed., Aug. 11..... 11:00 am

RMC Annex Classroom

FREE (Registration required.)

community outreach

Community members are urged to “know your health numbers” by taking advantage of the following FREE health information and/or screening opportunities. For more information on the following community outreach efforts, contact Patricia Funderburk, R.N., community outreach manager, at 395-2698 or e-mail: pdfunderburk@trmchealth.org.

❖ Health Information & Screenings

(No registration required. For best results on blood sugar and/or cholesterol screenings, 8-hour fasting recommended.)

Blood Pressure, Blood Sugar, Cholesterol

Tues., Aug. 3
10:00 am - 1:00 pm
Victory Tabernacle Church
681 Broughton Street, Orangeburg

Fri. Aug. 6
10:00 am - 3:00 pm
Santee Conference Center
1737 Bass Drive, Santee

Sat., Aug. 7
8:30 am - 1:00 pm
Back-to-School Bash
Bamberg-Ehrhardt Middle School
400 North Street, Bamberg

Thurs., Aug. 12
5:00 pm - 7:30 pm
Face2Face Business Expo
The Cinema
Orangeburg

Wed., Aug. 18
1:30 pm - 3:30 pm
CORE
1250 Unity Road, Holly Hill

Sat., Aug. 21
9:00 am - 1:00 pm
Health Fair
Saluda Baptist Church
Elloree

Sat., Aug. 28
10:00 am - 2:00 pm
Health Fair
Orangeburg Wellness Celebration
Prince of Orange Mall, Orangeburg

Blood Pressure

AT COUNCIL ON AGING SITES:

- ❖ **Springfield**
Mon., Aug. 29:30 am - 11:30 am
- ❖ **Orangeburg**
Tues., Aug. 10 10:00 am - 12:00 Noon
Wed., Aug. 18.....9:00 am - 11:00 am
- ❖ **North**
Tues., Aug. 17 10:30 am - 12:00 Noon
- ❖ **Calhoun County, St. Matthews**
Thurs., Aug. 19 10:00 am - 12:00 Noon

AT COUNCIL ON AGING SITES:

- ❖ **Branchville**
Mon., Aug. 2310:00 am - 12:00 Noon
- ❖ **Bowman**
Tues., Aug. 2410:30 am - 12:00 Noon
- ❖ **Vance**
Wed., Sept. 810:30 am - 12:00 Noon

DID YOU KNOW?

Year to date ...*

- ❖ **17,687 hours of service were volunteered** to the hospital.
- ❖ The Hospital **provided \$7,393,200 in charity care.**
- ❖ The Hospital Auxiliary's Verna Martin Compassionate Care Program **provided \$8,015 in charitable contributions.**
- ❖ The Foundation **received \$334,338 in donations.**

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