

events

Look Good ... Feel Better®

2:30 pm – 4:30 pm, Monday, September 13 Breast Health Center Conference Room
FREE (Registration required.)

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

“Lunch & Learn” or “Dinner & Learn”

Topic: Kidney Disease

6:00 pm, Thursday, September 16 Education Center

12:00 noon-1:00 pm, Friday, September 17 Education Center

FREE (Registration required by September 10; seating limited to first 50 registrants.)

Learn how kidney disease is being treated and new information to help keep your kidneys working at their best. 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, September 17, 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.

Hospital's Booth at Orangeburg County Fair

Monday, September 27 – Sunday, October 3

Main Exhibit Building, Orangeburg County Fairgrounds

Mon., Tues., Wed., Thurs., Fri. & Sat.: 5:00 pm – 9:00 pm

Wed. (Senior Adult Day lab screenings): 10:00 am – 2:00 pm

Sun.: 2:00 pm – 6:00 pm

*Community members are urged to take advantage of the variety of **FREE** health screenings and information at the hospital's booth at the annual county fair. For more details on this or other community outreach efforts, see “Community Outreach” below, or contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).*

events *(continued)*

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.

Coming Next Month:

RMC Foundation’s 6th Annual Pink Ribbon Luncheon

Guest Speaker: Mrs. Dabo (Kathleen) Swinney, First Lady of Clemson Football

11:15 am – 2:00 pm, Tuesday, October 5 The Cinema (Orangeburg Mall)

\$55 per person **(Paid reservations should be made by September 21.)**

Presented by Junior Service League of Orangeburg in conjunction with RMC’s Foundation, this is a day of entertainment targeted to the women of the community. A gourmet lunch is included. Proceeds to benefit breast cancer programs at the Regional Medical Center. For more information call 395-2321 or go to www.trmchealth.org.

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)

programs

❖ **Women & Children** *(continued)*

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)

❖ **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).***

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.

programs

❖ Support Groups

“Up Front”

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

Thurs., Sept. 26:30 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., Sept. 92:00 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.

Topic: Neuropathy – Prevention and Symptom Management

Thurs., Sept. 9..... 4:00 pm

RMC Annex Classroom

FREE (No registration required.)

Amputee Support Group

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

Wed., Sept. 15.....1:30 pm

RMC rehabcentre® Dining Room (4th Floor)

FREE (No registration required.)

Cancer Support Group

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

Thurs., Sept. 23....2:00 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.

programs

❖ **Support Groups** *(continued)*

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.

Spinal Cord Injury Support Group

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

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., Sept. 8..... 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., Sept. 7

10:00 am - 1:00 pm
Victory Tabernacle Church
681 Broughton Street, Orangeburg

Sat., Sept. 11

9:00 am - 12:00 pm
Community Health Day
Union Chapel Baptist Church
Waterspring Road, Jamison

Wed., Sept. 15

1:30 pm - 3:30 pm
CORE
1250 Unity Road, Holly Hill

Sat., Sept. 18

9:00 am - 1:00 pm
Community Health Fair
New Mt. Zion Missionary
Baptist Church
150 Park St., Bowman

Sat., Sept. 25

10:00 am - 1:00 pm
Mt. Carmel Community
Health and Wellness Day
Bamberg Civic Center,
Bamberg

Wed., Sept 29*

10:00 am - 2:00 pm
Senior Adult Day
Orangeburg County Fair
Orangeburg

*See other County Fair offerings on next page.

Blood Pressure

AT COUNCIL ON AGING SITES:

- ❖ **Springfield**
Thurs., Sept. 2.....9:30 am - 11:30 am
- ❖ **Vance**
Wed., Sept. 8..... 10:30 am - 12:00 Noon
- ❖ **Orangeburg**
Tues., Sept. 14 10:00 am - 12:00 Noon
Wed., Sept. 15..... 10:00 am - 12:00 Noon
- ❖ **Calhoun County, St. Matthews**
Thurs., Sept. 16... 10:00 am - 12:00 Noon

AT COUNCIL ON AGING SITES:

- ❖ **North**
Tues., Sept. 21..... 10:00 am - 12:00 Noon
- ❖ **Branchville**
Mon., Sept. 27 10:00 am - 12:00 Noon
- ❖ **Bowman**
Tues., Sept. 28 10:30 am - 12:00 Noon

community outreach *(continued)*

Blood Pressure

AT ORANGEBURG COUNTY FAIR: *(Main Exhibit Building)*

- ❖ Mon., Sept. 275:00 pm - 9:00 pm
- ❖ Tues., Sept. 285:00 pm - 9:00 pm
- ❖ Wed., Sept. 29.....5:00 pm - 9:00 pm
Senior Adult Day lab screenings (see previous page for special times and screening offerings on Sept. 29)

AT ORANGEBURG COUNTY FAIR: *(Main Exhibit Building)*

- ❖ Thurs., Sept. 30 5:00 pm - 9:00 pm
- ❖ Fri., Oct. 1 5:00 pm - 9:00 pm
- ❖ Sat., Oct. 2..... 5:00 pm - 9:00 pm
- ❖ Sun., Oct. 3..... 2:00 pm - 6:00 pm



ONLINE HEART RISK ASSESSMENT

Are you at risk for a heart attack? Take our free, seven-minute online test to see if you're at risk. Answer a few simple questions, and see if you need further screening. Visit our web site at www.trmchealth.org, and click on the HEARTaware™ icon on our home page.

DID YOU KNOW?

Year to date ...*

- ❖ **19,658 hours of service were volunteered** to the hospital.
- ❖ The Hospital **provided \$7,789,968 in charity care.**
- ❖ The Hospital Auxiliary's Verna Martin Compassionate Care Program **provided \$8,725 in charitable contributions.**
- ❖ The Foundation **received \$344,457 in donations.**

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