

health + you

april

events

Safe Kids Super Saturday

10:00 am – 2:00 pm, Saturday, April 2
Orangeburg County Fairgrounds

FREE

Led by the Regional Medical Center and RMC's Foundation, Safe Kids of Orangeburg, Bamberg and Calhoun Counties will hold this fun, informative and interactive annual "kid-friendly" event geared toward promoting good health and safety among children. For more information, contact Patricia Funderburk, RN, CGRN, Community Outreach manager/Safe Kids director, at 803-395-2698 (or e-mail: pdfunderburk@trmchealth.org).

To open a copy of this flyer, click on the flyer icon below.



“Relay For Life” Cancer Awareness and Fund-raising Event

7:00 pm, Friday, April 8

(Opening Ceremony begins at 6:30 pm)

Clark Middle School Track (Bennett Ave., Orangeburg)

Join RMC in the fight against cancer. To learn more about “Relay For Life,” contact Laura Fogle, RMC wound care nurse and a Relay Chair, at 395-4046 or e-mail at Wnurses@regmed.com. For more information, visit www.relayforlife.org/orangeburgsc.

March of Dimes “March for Babies”

9:00 am, Saturday, April 9

(Registration begins at 8:30 am)

Orangeburg County Fine Arts Center Parking Area near Edisto Memorial Gardens
(649 Riverside Dr., Orangeburg)

Premature birth costs American businesses \$26 billion each year. As a presenting sponsor, RMC will join many other organizations/teams to participate in this walk. For more info contact Amanda Dupre, Midlands Division of March of Dimes, at 803-252-5200 (or e-mail at adupre@marchofdimes.com).

Look Good ... Feel Better®

2:30 pm – 4:30 pm, Monday, April 11

RMC Breast Health Center Conference Room

FREE (Registration required.)

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 395-4705.

events *(continued)*

Vascular Disease Screening (at the Regional Medical Center) **Friday, April 15 Beginning 7:00 am** **Vascular Center at RMC (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. (At present, Medicare does not cover reimbursement for most vascular screenings. Insurance claims will not be filed through this screening program. Cash, checks or credit cards are accepted.)

“Lunch & Learn” or “Dinner & Learn

Topic: Colon Cancer **Speaker: RMC Healthcare Professional**
12:00 noon, Friday, April 15 **RMC Education Center**
6:00 pm, Thursday, April 21 **RMC Education Center**
FREE (Registration required by April 8; seating limited to first 50 registrants.)

Learn about colon cancer and the signs and symptoms, diagnostic tests and treatment options.
To register, contact Patricia Funderburk, RN, CGRN, Community Outreach manager/Safe Kids director, at 803-395-2698 (or e-mail: pdfunderburk@trmchealth.org).

Health Screenings, Safe Kids Diaper Derby and More Offerings at Festival of Roses

(See “Community Outreach” on page 6 for activities and scheduled times.)

April 29, 30 and May 1 **Orangeburg’s Edisto Memorial Gardens**



In support of our community, a variety of FREE screenings and activities will be offered during Orangeburg’s annual Festival of Roses. For more details, see “Community Outreach” below contact Patricia Funderburk, RN, CGRN, Community Outreach manager/Safe Kids director, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).

Coming Next Month ...

RMC Foundation Annual Golf Tournament

1:00 pm, Monday, May 2 **Country Club of Orangeburg \$125/person (\$500/team)**

This four-person captain’s choice golf tournament will benefit the hospital’s Diabetes Initiative which is working to improve a major health problem in our community. Call 395-2321 for more information.

programs *(continued)*

❖ Home Health

Home Health of the Regional Medical Center is a state-licensed, Medicare and Medicaid certified, Joint Commission accredited, hospital-based agency. Most costs for services are paid for by Medicare, Medicaid, Workers' Compensation, Veterans Administration insurance or private insurance. As a family-centered program, Home Health of RMC offers a wide range of in-home services to individuals and their families. For more information, call 395-2600 or 1-800-476-3377, ext. 2600.

❖ Support Groups

"Up Front"

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

Thurs., April 76:30 pm **RMC Breast Health Center** (Annex Building)
FREE (No registration required.)

Diabetes Support Group

For diabetics and their family/friends. Call 395-4045 for more info.

Topic: Maintaining a Healthy Body Weight **Speaker:** Melissa Summers, RN, BSN, CDE
Thurs., April 144:00 pm **RMC Education Center** **FREE** (No registration required.)

Spinal Cord Injury Support Group

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

Thurs., April 146:30 pm **RMC Education Center** **FREE** (No registration required.)

Cancer Support Group

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

Thurs., April 282:00 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 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.

programs *(continued)*

❖ Education

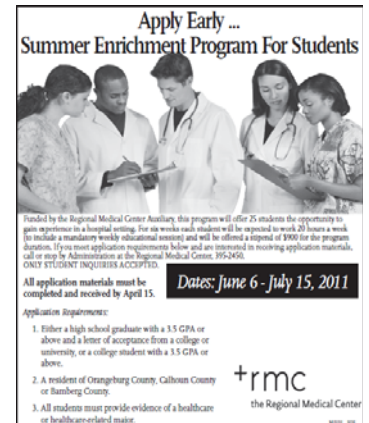
APPLY EARLY: Summer Enrichment Program for Students **(Application Deadline: April 15)**

Funded by the RMC's Auxiliary, this six-week program (June 6-July 15) 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.**

Application Requirements:

- 1) Either a high school graduate with a 3.5 GPA or above and a letter of acceptance from a college or university, or a college student with a 3.5 GPA or above.
- 2) A resident of Orangeburg County, Calhoun County or Bamberg County.
- 3) All students must provide evidence of a healthcare or healthcare-related major.

To open a copy of this flyer, click on the flyer icon below.



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., April 13 11:00 am RMC Annex Classroom FREE (Registration required.)

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**

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, RN, CGRN, Community Outreach manager/Safe Kids director, at 803-395-2698 (or e-mail: pdfunderburk@trmchealth.org).

❖ Safe Kids Activities & Diaper Derby at Orangeburg Festival of Roses

Edisto Memorial Gardens, Orangeburg

Fun Activities & Kid Safety Awareness

Sat., April 30.....10:00 am - 5:00 pm

Diaper Derby – Race 1

Sat., April 30 12:00 noon

Diaper Derby – Race 2

Sat., April 30 1:00 pm

❖ 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., April 5.....10:00 am - 1:00 pm

Victory Tabernacle Church
681 Broughton Street, Orangeburg

Sat., April 9.....9:00 am - 1:00 pm

North United Methodist Church
106 Kinard Street, Orangeburg

Sat., April 16.....9:00 am - 1:00 pm

Progressive Church of Our Lord
Progressive Family Center, 282 Progressive Way, Denmark

Wed., April 20.....1:30 pm - 3:30 pm

CORE (Community Organization for Rights and Empowerment)
1250 Unity Road, Holly Hill

Sat., April 30.....10:00 am - 2:00 pm

Orangeburg Festival of Roses
Edisto Memorial Gardens, Orangeburg

❖ Health Information & Blood Pressure Screening

(No registration required.)

Sat., April 23.....10:00 am - 1:00 pm

Springfield Frog Jump
Springfield

Fri., April 29.....11:00 am - 7:00 pm

Sat., April 30.....9:00 am - 7:00 pm

Sun., May 1.....1:00 pm - 6:00 pm

Orangeburg Festival of Roses
Edisto Memorial Gardens, Orangeburg

community outreach *(continued)*

❖ Health Information & Blood Pressure Screening

(No registration required.)

AT COUNCIL ON AGING SITES:

- ❖ **Springfield**
Mon., April 4.....10:00 am - 12:00 pm
- ❖ **Orangeburg**
Tues., April 12..... 10:00 am - 12:00 Noon
Wed., April 20 10:00 am - 12:00 Noon
- ❖ **Vance**
Wed., April 13 10:30 am - 12:00 Noon
- ❖ **North**
Tues., April 19..... 10:00 am - 12:00 Noon

AT COUNCIL ON AGING SITES:

- ❖ **Calhoun County, St. Matthews**
Thurs., April 21 10:00 am - 12:00 Noon
- ❖ **Bowman**
Tues., April 2610:00 am – 12:00 Noon
- ❖ **Branchville**
Mon., April 25 10:30 am - 12:00 Noon

Find out if your health is at risk ...

Take the BreastCancerAware, ColonCancerAware, ProstateCancerAware, DiabetesAware, HeartAware, JointAware, SleepAware, or SpineAware online risk assessment now.

Visit our web site at www.trmchealth.org, and click on the HEALTHAware™ icon on our home page. You will have the option to complete online, or print, complete and mail postage free.



DID YOU KNOW?

Year to date ...*

- ❖ **7,950 hours of service were volunteered** to the hospital.
- ❖ The Hospital **provided \$3,505,217 in charity care.**
- ❖ The Hospital Auxiliary's Verna Martin Compassionate Care Program **provided \$2,289 in charitable contributions.**
- ❖ The Foundation **received \$116,991 in donations.**

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