

events

“Lunch & Learn” or “Dinner & Learn”

Topic: Exercise in Relation to Weight Control

Speaker: Pamela Connor, PT, WCC

6:00 pm, Thursday, January 20

Education Center

12:00 noon, Friday, January 21

Education Center

FREE (Registration required by January 14; seating limited to first 50 registrants.)

Learn about exercise that you can do to give yourself a healthy start for 2011. To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).

Look Good ... Feel Better®

2:30 pm – 4:30 pm, Monday, January 10

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.

Vascular Disease Screening (at the Regional Medical Center)

Friday, January 14, 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.)

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., C.G.R.N., community outreach manager, at 803-395-2698 (or e-mail: pdfunderburk@trmchealth.org).

events *(continued)*

Coming Next Month ...

“Winter Wonderland”: RMC Foundation’s 16th Annual Gala

7:00 pm – 12:00 midnight, Saturday, February 26 Orangeburg Country Club

(silent auction closes at 9:00 pm)

\$150 per person (Paid reservations should be received by Feb. 18.)

Presented by Zeus Industrial Products, Inc., in conjunction with RMC’s Foundation, proceeds from this black-tie event will benefit RMC Foundation Endowment. Gala features will include a cocktail buffet prepared by the Orangeburg Country Club and dancing to the music of the band, “Intensity,” as well a silent auction. For more information call 395-2321.

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)

programs *(continued)*

❖ **Blood Donation**

January is National Blood Donor Month ...

Observed throughout the month of January, National Blood Donor Month provides an opportunity for people to donate blood or pledge to give blood at a time of the year when it is typically in short supply. 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**

Information & Membership

HealthPlex's three fitness centers, located in Santee, Holly Hill and Branchville, are staffed by exercise physiologists who can assist you in achieving your lifestyle goals. All three facilities also provide an "Exercise Any Time" option for those who would like to access the facility after staff hours. For more information about services or fitness memberships at HealthPlex in Santee, Holly Hill 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., Jan. 66:30 pm

RMC Breast Health Center (Annex Building)

FREE (No registration required.)

Diabetes Support Group

For diabetics and their family/friends. Call 395-2819 for more info.

Thurs., Jan. 134:00 pm

RMC Annex Classroom

FREE (No registration required.)

Cancer Support Group

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

Thurs., Jan. 272:00 pm

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

FREE (No registration required.)

programs *(continued)*

❖ Support Groups

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.

Spinal Cord Injury Support Group

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

Thurs., Jan. 13 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., Jan. 12 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., C.G.R.N., community outreach manager, at 803-395-2698 (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., Jan. 4..... 10:00 am - 12:00 Noon
Victory Tabernacle Church
681 Broughton Street, Orangeburg

Wed., Jan. 26..... 11:00 am - 1:00 pm
Mt. Pisgah Baptist Church's Soup Kitchen
310 Green Street, Orangeburg

Sat., Jan. 15.....9:30 am - 1:30 pm
Celebration in Memory of Martin Luther King Jr.
CORE (Community Organization for Rights and Empowerment)
1250 Unity Road, Holly Hill

Blood Pressure

Sat., Jan. 1..... 11:00 am – 1:00 pm
Elder Hop: Orangeburg County Council on Aging New Year's Day Celebration
to benefit Meals on Wheels Program
Memorial Plaza (on the square), Downtown Orangeburg

AT COUNCIL ON AGING SITES:

- ❖ **Springfield**
Mon., Jan. 39:30 am - 11:30 am
- ❖ **Orangeburg**
Tues., Jan. 11 10:00 am - 12:00 Noon
Wed., Jan. 19..... 10:00 am - 12:00 Noon
- ❖ **Vance**
Wed., Jan. 12..... 10:30 am - 12:00 Noon
- ❖ **North**
Tues., Jan. 18 10:00 am - 12:00 Noon

AT COUNCIL ON AGING SITES:

- ❖ **Calhoun County, St. Matthews**
Thurs., Jan. 20 10:00 am - 12:00 Noon
- ❖ **Branchville**
Mon., Jan. 24 10:00 am - 12:00 Noon
- ❖ **Bowman**
Tues., Jan. 2510:30 am – 12:00 Noon

health + you

january

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 ...*

- ❖ **3,084 hours of service were volunteered** to the hospital.
- ❖ The Hospital **provided \$1,393,913 in charity care.**
- ❖ The Hospital Auxiliary's Verna Martin Compassionate Care Program **provided \$1,037 in charitable contributions.**
- ❖ The Foundation **received \$16,450 in donations.**

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