

events

RMC Booth at Orangeburg County Fair

Monday, October 3 – Sunday, October 9 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, see "Community Outreach", or contact Patricia Funderburk, RN, CGRN, Community Outreach manager/Safe Kids director, at 803-395-2698 (toll free in SC: 800-476-3377, ext. 2698) or e-mail: pdfunderburk@trmchealth.org.

RMC Foundation's 7th Annual Pink Ribbon Luncheon

Guest Speaker: Mrs. Joan Bradley Reedy, daughter of Vera Bradley
11:30 am – 2:00 pm, Tuesday, October 4 The Cinema (Orangeburg Mall)
\$55 per person (Paid reservations should be made by September 16.)

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 803-395-2321 or go to www.trmchealth.org.

Look Good ... Feel Better[®]

2:30 pm – 4:30 pm, Monday, October 10 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 803-395-4705 (or toll free in SC: 800-476-3377, ext. 4705).

Drop-In Honoring Holly Hill's Dr. Robert Rhame & Welcoming Dr. Adam Allie & Dr. Antionette Bennett

5:30 p.m. - 7:00 p.m., Tuesday, October 11
Family Practice Associates of Holly Hill (187 Bunch Ford Rd., Holly Hill – for directions)

Join staff of Family Practice Associates of Holly Hill, the RMC, and Edisto Regional Health Services in honoring Dr. Robert Rhame for his many years of service and introducing two new practice physicians, Dr. Adam Allie and Dr. Antionette Bennett. Refreshments will be served.

events

Vascular Disease Screening

Friday, October 21 Beginning 8:00 am Vascular Center at RMC (Annex Building)
\$40 per test or \$99 for all three Appointments necessary; call 803-395-4545
(or toll free in SC: 800-476-3377, ext. 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.)

Female Stress Incontinence Screening

Friday, October 21 2:00 pm – 5:00 pm 1747 Village Park Dr., Orangeburg
FREE Appointments necessary; call 803-534-5700.

It is estimated that 1 in 4 women over the age of 18 experiences episodes of leaking urine involuntarily. RMC Urology Specialists will conduct this screening including: patient questionnaire, urinalysis lab test, one-on-one discussion with a urologist.

“Lunch & Learn”

Topic: Breast Health – Know the Facts
12:00 noon, Friday, October 21
FREE (Registration required by October 14;
seating limited to first 50 registrants.)

To register, contact Patricia Funderburk, RN, CGRN, Community Outreach manager/Safe Kids director, at 803-395-2698 (toll free in SC: 800-476-3377, ext. 2698) or e-mail: pdfunderburk@trmchealth.org.

RMC Outreach Building
1324 Hutto Street, Orangeburg
Back campus of RMC. See map →



FREE Health Screenings

(See “Community Outreach” on pages 6 & 7 for details)

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programs

❖ Patient Requested Lab Tests

RMC offers a limited number of Patient Requested Lab Tests to help you monitor certain health conditions and assist you in communicating with your physician. All tests results will be reviewed by the hospital physician in charge of Patient Requested Lab Tests. If results are significantly abnormal, the physician will call the patient directly to discuss the results. All tests must be paid for up front with cash, check or credit card. Health insurance claims will not be filed. For more information, call 803-536-5004 or visit our Web site, www.trmchealth.org.

Two Locations for Patient Requested Lab Tests

Hours: 7:00 am - 5:00 pm, Mon. – Fri.

Outpatient Lab at RMC (enter inpatient/outpatient registration entrance), 3000 St. Matthews Road, Orangeburg
Brickle Street Lab of RMC, 1245 Brickle Street, Orangeburg

❖ Blood Donation

Every three seconds, someone needs blood ... Just one pint of blood can save the lives of several people. Approximately 5,600 pints per year are needed in the Orangeburg-Calhoun area alone. **Currently, our blood supply is low, so we especially need your 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 803-395-2419 (or toll free in SC: 800-476-3377, ext. 2419). Check out our YouTube videos by searching “Blood Assurance Program” on our Web site (www.trmchealth.org).

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

❖ 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, contact Patricia Funderburk, RN, CGRN, Community Outreach manager/Safe Kids director, at 803-395-2698 (toll free in SC: 800-476-3377, ext. 2698) or e-mail: pdfunderburk@trmchealth.org.

FREE

Prepared Childbirth

Comprehensive, five-session course incorporating lecture, discussion and breathing exercises. To register for the next course, call 803-395-2819 (or toll free in SC: 800-476-3377, ext. 2819).

\$50 (Registration required)

programs

❖ Women & Children

Breastfeeding Support Telephone Line

*For breastfeeding questions or concerns, call our lactation consultant at 803-395-2177 (or toll free in SC: 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 803-395-2819 (or toll free in SC: 800-476-3377, ext. 2819). **\$10 (Registration required.)***

❖ 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 803-395-2804 (or toll free in SC: 800-476-3377, ext. 2804).

❖ 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 803-395-2600 (or toll free in SC: 800-476-3377, ext. 2600).

❖ rehabcentre at RMC

RMC's rehabcentre treats patients with physical impairments caused by illness or injury. Led by our rehabilitation physician, the RMC rehab team includes rehabilitation nurses; physical, occupational and speech therapists; and a social worker. For more information, call 803-395-2751 (or toll free in SC: 800-476-3377, ext. 2751).

❖ Workforce Health

The Regional Medical Center's Employer Relations department provides a comprehensive health program targeted to business and industry which includes on-site health assessments, disease prevention education, disease detection screenings, treatment and follow up. For more information, contact Pam Coleman, RN, Employer Relations Manager, at 803-395-2527 (toll free in SC: 800-476-3377, ext. 2527) or e-mail: pcoleman@regmed.com.

programs

❖ Support Groups

“Up Front”

A support group for women who have had breast cancer. For more information, call 803-395-2841 (or toll free in SC: 800-476-3377, ext. 2841).

Thurs., Oct. 66:30 pm **RMC Breast Health Center** (Annex Building)
FREE (No registration required.)

Spinal Cord Injury Support Group

For those who have spinal cord injuries and their family/friends. For more information, call 803-395-2698 (or toll free in SC: 800-476-3377, ext. 2698).

Thurs., Oct. 136:30 pm **RMC Education Center** **FREE** (No registration required.)

Cancer Support Group

For cancer patients and their families/caregivers. For more information, call 803-395-4609 (or toll free in SC: 800-476-3377, ext. 4609).

Thurs., Oct. 27.....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 toll free: 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. For more information, call 803-395-2356 (or toll free in SC: 800-476-3377, ext. 2356).

❖ Education

Total Joint Replacement Education Class

Find out more about total knee and total hip replacement and what to expect before and after surgery. Call 803-531-0126 to register or for more information.

Wed., Oct. 12.....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. For more information, call 803-395-2819 (or toll free in SC: 800-476-3377, ext. 2819).

programs

❖ Education

Individual Nutrition Counseling

Tailored to individual needs by a registered dietitian, outpatient Nutrition Counseling provides nutrition therapy for a variety of health conditions and weight management. Physician referral required. Medicare, Medicaid and private insurance are accepted. For more information, call 803-395-4478 (or toll free in SC: 800-476-3377, ext. 4478).

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 803-395-2698 (or toll free in SC: 800-476-3377, ext. 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 (toll free in SC: 800-476-3377, ext. 2698) or e-mail: pdfunderburk@trmchealth.org.

❖ Health Information & Screenings

Blood Pressure, Blood Sugar, Cholesterol

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

Sat., Oct. 1 10:00 am - 4:00 pm
Sears National Safety Day
Prince of Orange Mall
1675 Chestnut St., NE, Orangeburg

Tues., Oct. 4 10:00 am - 12:00 pm
Victory Tabernacle P.A.W.
681 Broughton St., Orangeburg

Wed., Oct. 5 10:00 am - 2:00 pm
Senior Adult Day-Orangeburg County Fair
Main Exhibit Building, Orangeburg County Fairgrounds

Sat., Oct. 15 8:00 am - 11:00 am
Denmark First Baptist Church
Beech Street, Denmark

Wed., Oct. 19 1:30 pm – 3:30 pm
CORE (Community Organization for Rights & Empowerment)
1250 Unity Rd., Holly Hill

Sat., Oct. 22 9:00 am - 1:00 pm
Hickory Hill Baptist Church Women's Day Program
Hwy. 4, Neeses

Fri., Oct. 28 5:00 pm - 9:00 pm
Grand Opening – Cordova Senior Center
Mixon Mill Road, Cordova

Sat., Oct. 29 10:00 am - 2:00 pm
New Beginnings UMC
216 Willow Swamp Rd., Norway

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❖ Health Information & Blood Pressure Screening

(No registration required.)

AT ORANGEBURG COUNTY FAIR:

(Main Exhibit Building, Orangeburg County Fairgrounds)

Mon., Oct. 35:00 pm - 9:00 pm
Tues., Oct. 45:00 pm - 9:00 pm
Wed., Oct. 55:00 pm - 9:00 pm

(See previous page for offerings during Senior Adult Day at the Fair on Oct. 5 from 10:00 am – 2:00 pm.)

AT ORANGEBURG COUNTY FAIR:

(Main Exhibit Building, Orangeburg County Fairgrounds)

Thurs., Oct. 6 5:00 pm - 9:00 pm
Fri., Oct. 7 5:00 pm - 9:00 pm
Sat., Oct. 8 5:00 pm - 9:00 pm
Sun., Oct. 9 2:00 pm - 6:00 pm

AT COUNCIL ON AGING SITES:

❖ Springfield

Mon., Oct. 3 10:00 am - 12:00 Noon

❖ Orangeburg

Tues., Oct. 11 10:00 am - 12:00 Noon
Wed., Oct. 19 10:00 am - 12:00 Noon

❖ Vance

Wed., Oct. 12 10:30 am - 12:00 Noon

AT COUNCIL ON AGING SITES:

❖ North

Tues., Oct. 18 10:00 am - 12:00 Noon

❖ Calhoun County, St. Matthews

Thurs., Oct. 20 10:00 am - 12:00 Noon

❖ Branchville

Mon., Oct. 24 10:30 am - 12:00 Noon

health + you

october

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.



HEALTHaware™

Early detection with proven results

DID YOU KNOW?

Year to date* ...

- ❖ **21,221 hours of service were volunteered** to the hospital.
- ❖ The Hospital **provided \$7,612,259 in charity care.**
- ❖ The Hospital Auxiliary's Verna Martin Compassionate Care Program **provided \$7,051 in charitable contributions.**
- ❖ The Foundation **received \$280,183 in donations.**

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