

health + you

september

events

“Lunch & Learn” or “Dinner & Learn

Topic: Vascular Health

6:00 pm, Thursday, September 15

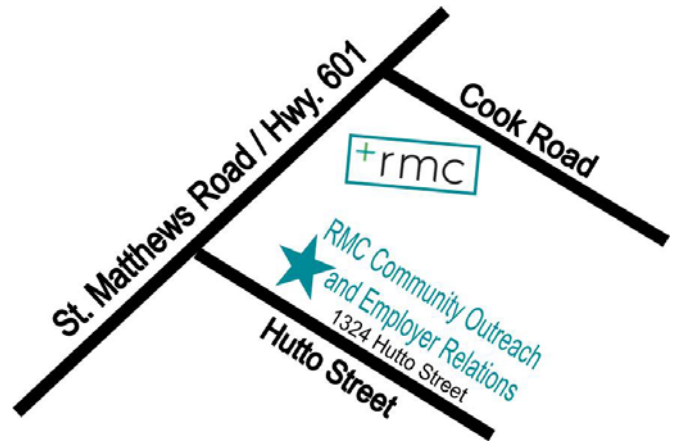
12:00 noon, Friday, September 16

RMC Community Outreach/Employer Relations

1324 Hutto Street, Orangeburg (back campus of RMC)

FREE (Registration required by September 8;

seating limited to first 50 registrants.)



For Driving Directions, click on the map.

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

Vascular Disease Screening

Friday, September 16 Beginning 7:00 am

\$40 per test or \$99 for all three

Vascular Center at RMC (Annex Building)

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

(See “Community Outreach” on page 6 for details)

Community members are urged to take advantage of the variety of FREE health screenings and information opportunities. For more details, see “Community Outreach”, or contact Patricia Funderburk, RN, CGRN, Community Outreach manager/Safe Kids director, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).



the Regional Medical Center

3000 St. Matthews Road, Orangeburg, SC 29118
803-395-2200 or 800-476-3377 (TDD: 803-395-2350)
www.trmchealth.org

events

Coming Next Month:

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 395-2698 (or e-mail: pdfunderburk@trmchealth.org).*

Coming Next Month:

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

Coming Next Month:

Drop-In Honoring Holly Hill's Dr. Robert Rhame & Introducing 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)

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.

programs

❖ 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 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

❖ 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 395-2698 (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 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

programs

❖ 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.

❖ 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.

❖ 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 (or e-mail: pcoleman@regmed.com).

❖ Support Groups

"Up Front"

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

Thurs., Sept. 16:30 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. Call 395-2698 for more information.

Thurs., Sept. 86:30 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., Sept. 22.....2:00 pm **Mabry Center for Cancer Care** (1161 Cook Road, Orangeburg)

FREE (No registration required.)

programs

❖ 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. For more information, call 395-2356.

❖ 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 531-0126 to register or for more info.

Wed., Sept. 14.....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.

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. Call 395-4478 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).

❖ 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., Sept. 3 10:00 am - 2:00 pm
Orangeburg Moms-to-Be Baby Shower
Prince of Orange Mall
1675 Chestnut St., NE, Orangeburg

Tues., Sept. 6 10:00 am - 1:00 pm
Victory Tabernacle P.A.W.
681 Broughton St., Orangeburg

Sat., Sept. 10 9:00 am - 11:00 am
Bowman Harvest Festival
Main Street, Bowman

Sat., Sept. 10 11:00 am - 4:00 pm
Free Family Fun Day
Orangeburg County Fairgrounds
350 Magnolia St., Orangeburg

Fri., Sept. 23 7:30 am - 3:00 pm
Faith-Based Community Health Conference
at Cornerstone Community Church
1481 Chestnut St., Orangeburg

❖ Health Information & Blood Pressure Screening

(No registration required.)

AT COUNCIL ON AGING SITES:

❖ Springfield

Mon., Sept. 12 10:00 am - 12:00 Noon

❖ Orangeburg

Tues., Sept. 13 10:00 am - 12:00 Noon

Wed., Sept. 21 10:00 am - 12:00 Noon

❖ Vance

Wed., Sept. 14 10:30 am - 12:00 Noon

AT COUNCIL ON AGING SITES:

❖ North

Tues., Sept. 20 10:00 am - 12:00 Noon

❖ Calhoun County, St. Matthews

Thurs., Sept. 22 10:00 am - 12:00 Noon

❖ Branchville

Mon., Sept. 26 10:30 am - 12:00 Noon

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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 ...*

- ❖ **17,873 hours of service were volunteered** to the hospital.
- ❖ The Hospital **provided \$6,833,822 in charity care.**
- ❖ The Hospital Auxiliary's Verna Martin Compassionate Care Program **provided \$5,760 in charitable contributions.**
- ❖ The Foundation **received \$251,795 in donations.**

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