

# health + you

january

## events

### “Lunch & Learn” or “Dinner & Learn”

Topic: Wellness and Physical Health

6:00 pm, Thursday, January 19

12:00 noon, Friday, January 20

FREE (Registration required by Jan. 13;

seating limited to first 50 registrants.)

To register or for more information, 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](mailto:pdfunderburk@trmchealth.org).

#### RMC Outreach Building

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



## Vascular Disease Screening

Friday, January 20 Beginning 8:00 am  
\$40 per test or \$99 for all three

Vascular Center at RMC (Annex Building)

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. (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.)

## Look Good ... Feel Better<sup>®</sup>

2:30 pm – 4:30 pm, Monday, January 9

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).

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

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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](http://www.trmchealth.org)

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## events

Coming soon ...

**“Rat Pack Lounge Vintage Vegas”:**

### RMC Foundation’s 17<sup>th</sup> Annual Gala

7:00 pm – 12:00 midnight, Saturday, March 10

Orangeburg Country Club

(silent auction closes at 9:00 pm)

\$150 per person (Paid reservations should be received by Feb. 27.)

*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 Dick Goodwin Band, as well a silent auction. For more information call 395-2321 (or toll free in SC: 800-476-3377, ext. 2321).*

## 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](http://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

**January is National Blood Donor Month ...**

**WE NEED YOU! Start out the New Year by giving of yourself to help someone else. Let this be the New Year’s resolution that you will keep!** 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 when it is typically in short supply. With just 30 minutes of your time, you can help save the lives of several people, and you can do it every eight (8) weeks! Make this year **the year** you keep your resolution to give blood! The Blood Donor Center, located inside the Regional Medical Center, is open Monday through Saturday (except holidays). Appointments are appreciated, but walk-ins are always welcome. For appointments or to schedule a blood drive in your community, 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](http://www.trmchealth.org)).

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

## 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, 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](mailto: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)**

#### 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).

## programs

### ❖ 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: 800-4766-3377, 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 Debbie Smoak, RN, BSN, Employer Relations Manager, at 803-395-2527 (toll free in SC: 800-476-3377, ext. 2527) or e-mail: [dbsmoak@regmed.com](mailto:dbsmoak@regmed.com).*

### ❖ 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., Jan. 5 ..... 6:30 pm**      **RMC Breast Health Center** (Annex Building)

**FREE** (No registration required.)

#### Grief Support Group

*For adults (ages 17 and above) who have lost a loved one. For more information, call 803-395-2356 (or toll free in SC: 800-476-3377, ext. 2356).*

**Tues., Jan. 10 ..... 6:30 pm**      **RMC Annex Classroom**      **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., Jan. 12 ..... 6:30 pm**      **RMC Education Center**      **FREE** (No registration required.)

## programs

### ❖ Support Groups

#### **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., Jan. 26.....2:00 pm**

**FREE** (No registration required.)

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

#### **Lupus Support Group**

*For anyone who wants to learn more about this disease, e-mail [lupushope1@yahoo.com](mailto:lupushope1@yahoo.com) or call toll free: 877-895-8787.*

### ❖ 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., Jan. 11 .....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).*

#### **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](mailto: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.)

**Tues., Jan. 3** ..... 10:00 am - 12:00 Noon  
Victory Tabernacle P.A.W.  
681 Broughton St., Orangeburg

**Wed., Jan. 18** ..... 1:30 pm - 3:30 pm  
CORE (Community Organization for Rights & Empowerment)  
1250 Unity Rd., Holly Hill

**Wed., Jan. 25** ..... 11:00 am - 1:00 pm  
Mt. Pisgah Baptist Church Soup Kitchen  
310 Green St., Orangeburg

#### **Blood Pressure** (No registration required.)

##### **AT COUNCIL ON AGING SITES:**

- ❖ **Springfield**  
Mon., Jan. 9 ..... 10:00 am - 12:00 Noon
- ❖ **Orangeburg**  
Tues., Jan. 10 ..... 10:00 am - 12:00 Noon  
Wed., Jan. 18 ..... 10:00 am - 12:00 Noon
- ❖ **Vance**  
Wed., Jan. 11 ..... 10:30 am - 12:00 Noon

##### **AT COUNCIL ON AGING SITES:**

- ❖ **North**  
Tues., Jan. 17 ..... 10:00 am - 12:00 Noon
- ❖ **Calhoun County, St. Matthews**  
Thurs., Jan. 19 ..... 10:00 am - 12:00 Noon
- ❖ **Branchville**  
Mon., Jan. 23 ..... 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](http://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\* ...

- ❖ **3,817 hours of service were volunteered** to the hospital.
- ❖ The Hospital **provided \$1,562,764 in charity care.**
- ❖ The Hospital Auxiliary's Verna Martin Compassionate Care Program **provided \$1,367 in charitable contributions.**
- ❖ The Foundation **received \$91,579 in donations.**

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