

events

"Lunch & Learn" or "Dinner & Learn"

Topic: Sugar Substitutes – Good or Bad?

6:00 pm, Thursday, June 17

Education Center

12:00 noon-1:00 pm, Friday, June 18

Education Center

FREE (Registration required by June 10; seating limited to first 50 registrants.)

Vascular Disease Screening

Friday, June 25, Beginning 7:00 am

Vascular Center (Annex Building)

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

Appointments necessary; call 395-4545.

FREE Health Screenings – Blood Pressure, Cholesterol, Blood Sugar

(See "Community Outreach" below for full details)

What exactly are sugar substitutes, and are they good or bad for you?

Join Jon Lox, dietetic intern, to learn more about this topic. To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmhealth.org).

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.

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., community outreach manager, at 395-2698.

programs

■ Blood 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.
10:00 am - 6:00 pm, Monday - Friday
10:00 am - 2:00 pm, Saturday

■ HealthPlex

Arthritis Foundation Exercise Program
 A beginner exercise class designed for the needs of those with arthritis. For more information or to register, call 395-2804.
NO CHARGE for first month (includes registration and 12 sessions)
\$25 monthly thereafter (12 sessions)

Information & Membership
 HealthPlex is a state-of-the-art wellness and rehabilitation center staffed by expert clinicians and exercise physiologists who can assist you in achieving your lifestyle goals. For more information about services or fitness memberships at HealthPlex in Orangeburg, Holly Hill, Santee 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., June 3
6:30 pm
RMC Breast Health Center (Annex Building)
FREE (No registration required)

Stroke Support Group
 For stroke survivors and their family/friends. Call 395-2777 for more info.
Thurs., June 10
2:00 pm
RMC rehabcentre® Dining Room (4th Floor)
FREE (No registration required)

Amputee Support Group
 For those with amputations and their family/friends. Call 395-2777 for more info.
Wed., June 16
1:30 pm
RMC rehabcentre® Dining Room (4th Floor)
FREE (No registration required)

■ Lupus Support Group

For anyone who wants to learn more about this disease, e-mail lupushope1@yahoo.com or call 516-9528 or toll-free, 1-877-895-8787.

■ Diabetes Support Group

For diabetics and their family/friends. Call 395-2819 for more info on the next session.
Thurs., June 10
4:00 pm
Patient Education Classroom
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., June 10
6:30 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., June 24
2:00 pm
Mabry Center for Cancer Care
1161 Cook Road, Orangeburg
FREE (No registration required)

■ 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 or 2615.

■ 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

■ 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., community outreach manager, at 395-2698 or e-mail: pdfunderburk@trmhealth.org.

HEALTH INFORMATION and SCREENINGS - CHOLESTEROL, BLOOD SUGAR, BLOOD PRESSURE
 (No registration required).
 For best results on cholesterol and/or blood sugar screenings, 8-hour fasting recommended.)

Tues., June 1
10:00 am - 1:00 pm
Victory Tabernacle Church
681 Broughton Street, Orangeburg

Sat., June 5
9:00 am - 2:00 pm
Community Conference
Clafin University
Gymnasium, Orangeburg

Sat., June 5
10:00 am - 2:00 pm
Progressive Church of Our Lord Jesus Christ
282 Progressive Way, Denmark

Wed., June 16
1:30 pm - 3:30 pm
CORE
1250 Unity Road, Holly Hill

Sat., June 19
9:00 am - 1:00 pm
Community Health Fair
Mt. Olive AME Church
Hwy. 179, Holly Hill

Sat., June 19
10:00 am - 2:00 pm
Youth Carnival
Church of God in Christ
184 Fax Drive, St. Matthews

Sat., June 26
10:00 am - 1:00 pm
Dorchester County Park
Health Fair
St. George

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

HEALTH INFORMATION and BLOOD PRESSURE SCREENING
 (No registration required.)

AT COUNCIL ON AGING SITES:
Springfield
Mon., June 7
9:30 am - 11:30 am

Orangeburg
Tues., June 8
10:00 am - 12:00 Noon

Wed., June 16
9:00 am - 11:00 am

Vance
Wed., June 9
10:30 am - 12:00 Noon

North
Tues., June 15
10:30 am - 12:00 Noon

Calhoun County, St. Matthews
Thurs., June 17
10:00 am - 12:00 Noon

Bowman
Tues., June 22
10:30 am - 12:00 Noon

Branchville
Mon., June 28
10:00 am - 12:00 Noon

DID YOU KNOW?

- Year to date* ...
- 13,869 hours of service were volunteered to the hospital.
 - The Hospital provided \$6,203,431 in charity care.
 - The Hospital Auxiliary's Verna Martin Compassionate Care Program provided \$7,082 in charitable contributions.
 - The Foundation received \$292,676 in donations.

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