

## events

### Safe Kids Super Saturday

Saturday, March 27  
10:00 am - 2:00 pm  
FREE

Orangeburg County Fairgrounds

### "Lunch & Learn" or "Dinner & Learn"

Topic: Nutrition and Weight Control presented by RMC Dietitian  
6:00 pm, Thursday, March 18 Education Center  
12:00 noon-1:00 pm, Friday, March 19 Private Dining Rooms (Ground Floor)  
FREE (Registration required by March 12; seating limited to first 50 registrants.)

### Vascular Disease Screening

Friday, March 19, Beginning 7:00 am  
\$40 per test or \$99 for all three

Vascular Center (Annex Building)  
Appointments necessary; call 803-395-4545.

### Look Good ... Feel Better®

Monday, March 22 2:30 pm - 4:30 pm  
RMC Breast Health Center Conference Room (Annex Building)  
FREE (Registration required.)

### FREE Health Screenings – Blood Pressure, Cholesterol, Blood Sugar

(See "Community Outreach" below for full details)

Led by the Regional Medical Center and RMC's Foundation, Safe Kids of Orangeburg, Bamberg and Calhoun Counties will hold this fun, informative and interactive annual "kid-friendly" event geared toward promoting good health and safety among children. For more information, contact Community Outreach/Safe Kids at 803-395-4568 or 2698 (or e-mail: pdfunderburk@trmchealth.org).

Come hear a healthcare professional discuss nutrition and weight management. To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 803-395-2698 (or e-mail: pdfunderburk@trmchealth.org).

RMC's Vascular Center is offering three painless, noninvasive screenings: Carotid Arteries Scan which checks for plaque in the major arteries that feed the brain; Abdominal Aorta Scan which checks for bulging (aneurysm) in main artery that runs from the heart through the body; and Ankle Brachial Index which checks blood flow (blood pressure) in the legs.

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.

Community members are urged to take advantage of the variety of FREE health screenings and information opportunities. For more details on these screenings or other community outreach efforts, see "Community Outreach" below or contact Patricia Funderburk, R.N., community outreach manager, at 803-395-2698 (or email: pdfunderburk@trmchealth.org).

## programs

### Blood Donation

The Blood Donor Center is open Monday through Saturday (except holidays). Appointments are appreciated, but walk-ins are welcome. After-hours appointments can be arranged by calling the Blood Donor Center at 803-395-2419.

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, call 395-4568 or 2698.  
FREE

#### Prepared Childbirth

Comprehensive, five-session course incorporating lecture, discussion and breathing exercises. For more information or to register for the next course, call 803-395-2819.  
\$50 (Registration required)

#### Sibling Class

Older siblings learn what to expect when baby arrives. Call 803-395-2819 for more information or to register for next class.  
\$10 (Registration required)

#### Breastfeeding Support Telephone Line

For breastfeeding questions or concerns, call our lactation consultant at 803-395-2177 (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.

## 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 803-395-2819 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 803-395-2320 or 2698.  
FREE

### APPLY EARLY ...

### SUMMER ENRICHMENT PROGRAM FOR STUDENTS (Application Deadline: April 16)

Funded by the RMC's Auxiliary, this six-week program gives 25 students work experience in a hospital setting. Students work 20 hours per week and receive a \$900 stipend for participating. Students must meet application requirements; for application materials, call 803-395-2450 or stop by RMC Administration.

### ONLY STUDENT INQUIRIES ACCEPTED. June 7 - July 16

#### 20 hours per week

#### Application Requirements:

1. Either a high school graduate with a 3.0 GPA or above and a letter of acceptance from a college or university, or a college student with a 3.0 GPA or above.
2. A resident of Orangeburg County, Calhoun County or Bamberg County.
3. All students must provide evidence of a healthcare or healthcare-related major.

## HealthPlex

### Physicians WEIGHT LOSS Centers® Program

Specially-designed weight loss and nutrition systems can help you start losing pounds and inches right away. Each diet is nutritionally designed by a licensed dietitian. Nutritional protein supplements are also offered by PWLC that are designed to protect important lean muscle mass while you lose weight. For more information, call 803-395-4117.

### Arthritis Foundation Exercise Program

A beginner exercise class designed for the needs of those with arthritis. For more information or to register, call 803-395-2804.

**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, Santee or Branchville, call 803-395-2804.

## Support Groups

### "Up Front"

A support group for women who have had breast cancer. Call 803-395-2841 for more information.

**Thurs., March 4 6:30 pm**  
**RMC Breast Health Center (Annex Building)**  
**FREE (No registration required)**

### Stroke Support Group

For stroke survivors and their family/friends. Call 803-395-2777 for more info.

**Thurs., March 11 2:00 pm**  
**RMC rehabcentre® Dining Room (4th Floor)**  
**FREE (No registration required)**

### Cancer Support Group

For cancer patients and their families/caregivers. Call 803-395-4609 for more info.

**Thurs., March 25 2:00 pm**  
**Mabry Center for Cancer Care 1161 Cook Road, Orangeburg**  
**FREE (No registration required)**

### Diabetes Support Group

For diabetics and their family/friends. Call 803-395-2819 for more info on the next session.

**Thurs., March 11 4:00 pm**  
**Patient Education Classroom**  
**FREE (No registration required)**

### Amputee Support Group

For those with amputations and their family/friends. Call 803-395-2777 for more info.

**Wed., March 17 1:30 pm**  
**RMC rehabcentre® Dining Room (4th Floor)**  
**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 803-395-2356 or 803-395-2615.

### Lupus Support Group

For anyone who wants to learn more about this disease, e-mail lupushope1@yahoo.com or call 803-516-9528 or toll-free, 1-877-895-8787.

### Spinal Cord Injury Support Group

For those who have spinal cord injuries and their family / friends. Call 803-395-2698 or 4568 for more information.

**Thurs., March 11 6:30 pm**  
**RMC Education Center**  
**FREE (No 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., community outreach manager, at 395-2698 or e-mail: pdfunderburk@trmchealth.org.

### HEALTH INFORMATION and BLOOD PRESSURE SCREENING

(No registration required.)

### AT COUNCIL ON AGING SITES:

**Springfield**  
**Mon., March 1 9:30 am - 11:30 am**

**Orangeburg**  
**Tues., March 9 and Wed., March 17 10:00 am - 12:00 Noon**

**Vance**  
**Wed., March 10 10:30 am - 12:00 Noon**

**North**  
**Tues., March 16 10:30 am - 12:00 Noon**

**Calhoun County, St. Matthews**  
**Thurs., March 18 10:00 am - 12:00 Noon**

**Branchville**  
**Mon., March 22 10:00 am - 12:00 Noon**

**Bowman**  
**Tues., March 23 10:30 am - 12:00 Noon**

### 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., March 2 10:00 am - 1:00 pm**  
**Victory Tabernacle Church 681 Broughton Street, Orangeburg**

**Wed., March 3 10:30 am - 12:30 pm**  
**Mt. Pisgah Baptist Church 310 Green Street, Orangeburg**

**Sat., March 6 9:00 am - 4:00 pm**  
**North Orangeburg UMC 106 Kinard Street (off Cook Rd.), Orangeburg**

**Wed., March 17 1:30 pm - 3:30 pm**  
**CORE 1250 Unity Road, Holly Hill**

**Sat., March 27 10:00 am - 2:00 pm**  
**Safe Kids Super Saturday Orangeburg County Fairgrounds**

### HEALTH INFORMATION (Skin Cancer Awareness and Importance of Sunscreen)

**Sat., March 20 10:00 am - 2:00 pm**  
**Elloree Trials Elloree Training Center 1 Racetrack Road, Elloree**



### ONLINE HEART RISK ASSESSMENT

Take our free, seven-minute online test to see if you're at risk for a heart attack! Answer a few simple questions, and see if you need further screening. Visit our web site at [www.trmchealth.org](http://www.trmchealth.org), and click on the HEARTaware™ icon on our home page.

## DID YOU KNOW?

Year to date\* ...

- 6,081 hours of service were volunteered to the hospital.
- The Hospital provided \$3,719,054 in charity care.
- The Hospital Auxiliary's Verna Martin Compassionate Care Program provided \$4,746 in charitable contributions.
- The Foundation received \$144,281 in donations.

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