

health + you

december

events

Annual Christmas Tree Lighting Ceremony
 Thursday, December 3 6:00 pm RMC Admitting Lobby
 Purchase light in honor of loved ones: \$3.00 per light

*Remembering and Honoring
 Organ Donors and Recipients ...*
Celebration of Life Holiday Tree Trimming
 Tuesday, December 8 3:30 pm RMC Emergency Department Waiting Room
 FREE (No registration required.)

"Lunch & Learn" or "Dinner with Directions for Healthy Living"
 Topic: Depression & Holidays
 6:00 pm, Thursday, December 17 12:00 noon – 1:00 pm, Friday, December 18
 Education Center
 FREE (Registration required by December 10; seating limited to first 50 registrants.)

Sponsored by RMC's Auxiliary, this annual Christmas Tree Lighting Ceremony is held to honor loved ones of those who purchased lights to benefit the Auxiliary's Verna Martin Compassionate Care Program. In addition to the tree light, the name of the person remembered will be placed on the scroll board for viewing in the Main Lobby of the hospital throughout the holiday season. Acknowledgements are sent to the individual or family being remembered. Call 395-2254 for more information on how to purchase a light (\$3.00 each) to honor a loved one.

To remember and honor organ donors and recipients, join in the Celebration of Life holiday tree trimming at the Regional Medical Center's Emergency Department. This annual holiday remembrance event is held in cooperation with LifePoint, South Carolina's organ procurement organization that provides organ, tissue and ocular donor services to many hospitals. For more information, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 803-395-2698 (or e-mail: pdfunderburk@trmhealth.org).

Come hear a healthcare professional discuss depression during the holidays. To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 803-395-2698 (or e-mail: pdfunderburk@trmhealth.org).

programs

Women & Children

Look Good ... Feel Better®
 For all women undergoing active treatment for cancer. Appearance enhancement using practical tips from a local cosmetologist on make-up, 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 803-395-4705.
 FREE

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 Community Outreach at 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

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

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.

P.A.C.E. (People with Arthritis Can Exercise)
 An Arthritis Foundation 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.

Stroke Support Group
 For stroke survivors and their family/friends. Call 803-395-2777 for more information.
 Thurs., Dec. 10
 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., Dec. 17
 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 information on the next session.
 Thurs., Dec. 10
 4:00 pm
 Patient Education Classroom (Near Wound Center at Emergency Dept. Entrance)
 FREE (No registration required)

Amputee Support Group
 For those with amputations and their family/friends. Call 803-395-2777 for more information.
 Wed., Dec. 16
 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., Dec. 10
 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@trmhealth.org.

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

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

Orangeburg
 Tues., Dec. 8 and
 Wed., Dec. 16
 10:00 am - 12:00 Noon

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

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

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

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

Branchville
 Mon., Dec. 28
 10:00 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., Dec. 1
 10:00 am - 12:00 Noon
 Victory Tabernacle Church
 681 Broughton Street,
 Orangeburg

Wed., Dec. 2
 10:30 am - 12:30pm
 Mt. Pisgah Baptist Church
 310 Green Street,
 Orangeburg

Sat., Dec. 5
 10:00 a.m. - 2:00 p.m.
 Lovely Hill Baptist St. George

Sat., Dec. 12
 11:00 a.m. - 3:00 p.m.
 Health & Social Expo
 Lake Marion High School Santee



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.trmhealth.org, and click on the HEARTaware™ icon on our home page.

DID YOU KNOW?

- Year to date* ...
- 1,947 hours of service were volunteered to the hospital.
 - The Hospital provided \$1,273,556 in charity care.
 - The Hospital Auxiliary's Verna Martin Compassionate Care Program provided \$1,890 in charitable contributions.
 - The Foundation received \$32,295 in donations.

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

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



the Regional Medical Center
 www.trmhealth.org