

events

Look Good ... Feel Better®
Monday, July 13
2:30 pm – 4:30 pm
Breast Health Center Conference Room
FREE (Registration required.)

“Lunch or Dinner & Learn”
Exercise for Arthritis Sufferers and Weight Control
6:00 p.m. Thursday, July 16
12:00 noon – 1:00 pm, Friday, July 17
Education Center
FREE (Registration required by July 10;
seating limited to first 50 registrants.)

FREE Health Screenings –
Blood Pressure, Cholesterol, Blood Sugar
(See “Community Outreach” below for full details)

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.

On the third Thursday evening of each month, RMC offers a “Dinner with Discussion for Healthy Living” program (dinner provided), and on the third Friday RMC offers a “Lunch & Learn” program (lunch provided). This month’s programs will raise awareness of kidney disease and how it can be prevented or treated. Learn the steps that you can take now to preserve your kidney health. To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).

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 395-2698 (or email: pdfunderburk@trmchealth.org).

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, call Safe Kids of Orangeburg, Bamberg and Calhoun Counties, 803-395-2822.
FREE

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.

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)

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 or Santee, 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.
Thursday, July 2
6:30 pm
Breast Health Center (Annex Building)
FREE (No registration required)

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.

Stroke Support Group
For stroke survivors and their family/friends. Call 803-395-2777 for more information.
Thursday, July 9
2:00 pm
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 information.
Thursday, July 23
2:00 pm
Mabry Cancer Center
1161 Cook Road, Orangeburg
FREE (No registration required)

Diabetes Support Group
For diabetics and their family/friends. Call 803-395-2819 for more information.
Thursday, July 9
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.
Wednesday, July 15
1:30 pm
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.

DID YOU KNOW?

Year to date* ...

- 15,425 hours of service were volunteered to the hospital.
- The Hospital provided \$7,471,877 in charity care.
- The Hospital Auxiliary’s Verna Martin Compassionate Care Program provided \$4,269 in charitable contributions.
- The Foundation received \$315,961 in donations.

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

Community Outreach

Heart disease is the No. 1 killer and can often be prevented. Only 50 percent of the people who arrive in the Emergency Department with a heart attack have had symptoms prior to the heart the attack. Community members are urged to know your numbers by taking advantage of the following FREE health 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
Monday, July 6
9:30 am - 11:30 am

Vance
Wednesday, July 8
10:30 am - 12:00 Noon

Orangeburg
Tuesday, July 14 and Wednesday, July 15
10:00 am - 12:00 Noon

North
Tuesday, July 21
10:30 am - 12:00 Noon

Branchville
Monday, July 27
10:00 am - 12:00 Noon

Bowman
Monday, July 28
10:30 am - 12:00 Noon

Calhoun County, St. Matthews
Thursday, July 16
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.)

Saturday, July 18
10:00 am - 2:00 pm
New Beginning United Methodist Church, Norway

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

