

events

"Lunch & Learn"

Hypertension and Stroke

Friday, May 15
12:00 noon - 1:00 pm Education Center
FREE (Registration required by May 8;
seating limited to first 50 registrants.)

Vascular Disease Screening

Friday, May 15, Beginning 7:00 am
Vascular Center (Annex Building)
\$40 per test or \$99 for all three
Appointments necessary; call 395-4545.

Pre-Participation Sports Screening

For Jr. Varsity and Varsity Fall Sports Athletes of
Orangeburg County and Calhoun County High Schools
Saturday, May 16 (Must return completed health history form to athlete's
coach by May 7.)
7:00 am - 12:00 noon
Same Day Surgery
FREE

RMC Foundation Annual Golf Tournament

Monday, May 4
1:00 pm
Country Club of Orangeburg
\$125/person (\$500/team)

Health Screenings, Safe Kids Diaper Derby and More Offerings at S.C. Festival of Roses

May 1, 2 and 3
Orangeburg's Edisto Memorial Gardens
(See "Community Outreach" below for full details)

Look Good ... Feel Better®

Monday, May 11
2:30 pm - 4:30 pm
Breast Health Center Conference Room
FREE (Registration required.)

Safe Kids Super Saturday

Saturday, May 16
10:00 am - 2:00 pm
Orangeburg County Fairgrounds
FREE

On the third Friday of each month, RMC offers a special "Lunch & Learn" program (lunch provided). This month, come hear a health professional discuss what a stroke is, how strokes occur, warning signs of stroke, current treatment options available today and how high blood pressure plays a role in increasing your chance of having a stroke. To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).

Screening ultrasounds identify the presence of disease, and early detection of vascular disease can reduce the risk of death and disability from vascular disease. 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.

To participate in the screening, the athlete's completed health history form must be signed by the parent/legal guardian and turned in to the athlete's coach by May 7. No walk-ins will be accepted on screening day. For more information or for a health history form, contact the athlete's coach.

This four-person captain's choice golf tournament will benefit the hospital's Diabetes Initiative. Call 803-395-2321 for more information.

In support of our community, a variety of FREE screenings and activities will be offered during Orangeburg's annual Festival of Roses. For more details, see "Community Outreach" below or contact Patricia Funderburk, R.N., community outreach manager, at 395-2698 (or email: pdfunderburk@trmchealth.org).

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.

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, see "Community Outreach" below or contact Safe Kids Executive Director Kathy Funderburk, BSN, at 803-395-2822.

programs

Women & Children

Car Safety Seat Checks
(No registration required)
Be sure your child's car seat is installed correctly, and your child is safely buckled in. For more information, call Safe Kids of Orangeburg, Bamberg and Calhoun Counties, 803-395-2822.
Saturday, May 16
10:00 am - 2:00 pm
Orangeburg County Fairgrounds
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 required 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, May 14
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, May 14
2:00 pm
rehabcentre@ Dining Room (4th Floor)
FREE (No registration required)

Cancer Support Group

For cancer patients and their families. Call 803-395-4609 for more information.
Thursday, May 28
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, May 14
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, May 20
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.

Community Outreach

In taking charge of your health, community members are urged to take advantage of the following FREE activities and 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).

S.C. FESTIVAL OF ROSES

Blood Pressure Screenings

(No registration required.)
Friday, May 1 and Sunday, May 3
11:00 am - 7:00 pm
AND Saturday, May 2
12:00 Noon - 7:00 pm
Edisto Memorial Gardens, Orangeburg

Screenings - Cholesterol, Blood Sugar, Blood Pressure

(No registration required. For best results on cholesterol and/or blood sugar screenings, 8-hour fasting recommended.)
Saturday, May 2
9:00 am - 12:00 Noon
Edisto Memorial Gardens, Orangeburg

Safe Kids Fun Activities

Saturday, May 2
Kid Safety Awareness
10:00 am - 5:00 pm
Diaper Derby Race 1
12:00 Noon
Diaper Derby Race 2
1:00 pm
Edisto Memorial Gardens, Orangeburg

BLOOD PRESSURE SCREENINGS

(No registration required.)
Wednesday, May 6
3:00 pm - 5:00 pm
IGA Grocery Store, Bowman

Thursday, May 7
4:00 pm - 7:00 pm
Stillinger's Supermarket, North

Friday, May 8
4:00 pm - 6:00 pm
IGA Grocery Store, Elloree

Thursday, May 14
4:00 pm - 6:00 pm
Piggly Wiggly, Columbia Road, Orangeburg

SCREENINGS - CHOLESTEROL, BLOOD SUGAR, BLOOD PRESSURE

(No registration required. For best results on cholesterol and/or blood sugar screenings, 8-hour fasting recommended.)

AT COUNCIL ON AGING SITES:

Springfield Site
Monday, May 4
9:30 am - 11:30 am

Vance Site
Wednesday, May 13
10:00 am - 12:00 Noon

North Site
Monday, May 19
9:00 am - 11:00 am

Branchville Site
Monday, May 25
10:00 am - 12:00 Noon

Bowman Site
Tuesday, May 26
10:00 am - 12:00 Noon

Orangeburg Site
Monday, May 27
9:00 am - 11:00 am

AT SAFE KIDS SUPER SATURDAY EVENT:

Saturday, May 16
10:00 am - 2:00 pm
Orangeburg County Fairgrounds

AT NEESES COMMUNITY HEALTH FAIR:

Saturday, May 23
8:00 am - 12:00 Noon
Town Hall, Neeses

DID YOU KNOW?

- Year to date* ...
- 11,264 hours of service were volunteered to the hospital.
 - The Hospital provided \$5,196,753 in charity care.
 - The Hospital Auxiliary's Verna Martin Compassionate Care Program provided \$2,913 in charitable contributions.
 - The Foundation received \$253,972 in donations.

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

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



the Regional Medical Center
www.trmchealth.org