

## events

### "Lunch & Learn"

**Colon Cancer**  
Presented by Theresa Chandler, MSN, APRN-BC,  
Director of Mabry Cancer Center  
Special Guest: Lisa Cecchini, RN, Colon Cancer Survivor  
Friday, April 17  
12:00 noon – 1:00 pm Education Center  
FREE (Registration required by April 10;  
seating limited to first 50 registrants.)

### 2009 "Relay for Life" Cancer Awareness and Fund-raising Event

7:00 pm, Friday, April 24  
(Opening Ceremony begins at 6:30 pm)  
Clark Middle School Track (Bennett Ave., Orangeburg)

### Yard Sale and Health Screenings in Support of "Relay for Life"

Saturday, April 4  
7:00 am – 11:00 am  
Annex Building

### Reception for Cancer Survivors

Saturday, April 4  
2:00 pm – 4:00 pm  
Private Dining Rooms (Ground Floor)  
FREE (Registration required)

### Vascular Disease Screening

Friday, April 17, Beginning 7:00 am  
Vascular Center (Annex Building)  
\$40 per test or \$99 for all three  
Appointments necessary; call 395-4545.

On the third Friday of each month, RMC offers a special "Lunch & Learn" program (lunch provided). To register, contact Patricia Funderburk, R.N., C.G.R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmhealth.org).

Joining in the fight against cancer, RMC and many other organizations/teams will participate in this annual American Cancer Society event. If interested in forming a team or becoming a member of a team, purchasing a luminary or business sign, giving a donation, or learning more about "Relay For Life," contact Laura Fogle, RMC wound care nurse and also one of the tri-chairs of ACS's Relay for Life, at 803-395-4046 or e-mail at Wnurses@regmed.com. For more information please visit [www.relayforlife.org/orangeburgsc](http://www.relayforlife.org/orangeburgsc)

Yard sale items as well as baked goods will be sold with proceeds benefitting "Relay for Life." Community Outreach will also conduct FREE blood pressure, cholesterol and blood sugar screenings; for best screening results, an 8-hour fasting is recommended. For more information, contact Patricia Funderburk, R.N., community outreach manager, at 395-2698 (or email: pdfunderburk@trmhealth.org).

The hospital's 2009 "Relay for Life" team will host a reception for cancer survivors. For more information or to register, contact Joyce Axson at 534-8606 or Nancy Bolin at 534-4012.

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.

## programs

### Students

**APPLY EARLY ...  
SUMMER ENRICHMENT  
PROGRAM FOR STUDENTS  
(Application Deadline:  
April 17)**

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 8 – July 17

20 hours per week

Application Requirements:

1. Either a high school graduate with a cumulative average of "B" or above and a letter of acceptance from a college or university, or a college student with a 2.75 GPA.
2. A resident of Orangeburg County, Calhoun County or Bamberg County.
3. All students must provide evidence of a healthcare or healthcare-related major.

### 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**

#### Look Good ... Feel Better®

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 for the next class, call 803-395-4705. **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**

### 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, April 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, April 9

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, April 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, April 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, April 15

1:30 pm

rehabcentre@ Dining Room

(4th Floor)

**FREE (No registration required)**

### Grief Support Groups

Separate support groups designed for parents who have experienced the loss of a child, adults who have lost a loved one (either family or friend) 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

Heart disease is the No. 1 killer and can often be prevented. 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@trmhealth.org).

### Blood Pressure Screening and Health Information

Saturday, April 11

9:00 am - 1:00 pm

Governor's Frog Jump

– Springfield, SC

**FREE (No registration required)**

### Screenings - Blood Pressure, Cholesterol, Blood Sugar and Health Information

For best results on cholesterol and/or blood sugar screenings, an 8-hour fasting is recommended.

Saturday, April 18

10:00 am - 2:00 pm

Springfest at the Depot

Main Street, Holly Hill, SC

**FREE (No registration required)**

## Coming Next Month

### RMC Foundation Annual Golf Tournament

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

Monday, May 4

1:00 pm

Country Club of

Orangeburg

**\$125/person (\$500/team)**

### Pre-Participation Sports Screening (for Jr. Varsity and Varsity

Fall Sports Athletes of Orangeburg County and Calhoun County High Schools)

HealthPlex representatives will meet with coaches soon to discuss this upcoming screening and to distribute health history forms. 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. Athletes are urged to return completed forms to their coach by May 7. For more information or for a health history form, contact the athlete's coach.

**Saturday, May 16 7:00 am - 12:00 noon**

**Same Day Surgery FREE**

### Safe Kids Super Saturday

A fun, informative and interactive event for promoting safety among children. For more information call 803-395-2822.

**Saturday, May 16 10:00 am - 2:00 pm**

**Orangeburg County Fairgrounds FREE**

### DID YOU KNOW?

- Year to date\* ...
- 9,338 hours of service were volunteered to the hospital.
  - The Hospital provided \$4,464,489 in charity care.
  - The Hospital Auxiliary's Verna Martin Compassionate Care Program provided \$2,913 in charitable contributions.
  - The Foundation received \$201,882 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.trmhealth.org](http://www.trmhealth.org)