

## events

### “Lunch & Learn”

Heart Health Awareness  
Presented by RMC Cardiac Rehab  
Coordinator Vicky Yandle  
Friday, February 20  
12:00 noon – 1:00 pm Education Center  
FREE (Registration required by Feb. 13;  
seating limited to first 50 registrants.)

### 14th Annual RMC Foundation Gala - “Mardi Gras Ball”

Saturday, February 28  
7:00 pm – Midnight (silent auction closes at 9:00 pm)  
The Cinema (Orangeburg)  
\$150 per person  
Reservations necessary; call 803-395-2321.

### Vascular Disease Screening

Friday, February 20, 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). For more information, contact Patricia Funderburk, R.N., community outreach manager, at 395-2698 (or email: pdfunderburk@trmchealth.org).

Presented by Zeus Industrial Products, Inc., proceeds from this black-tie event will benefit The Mabry Cancer Center. Gala features will include a cocktail buffet prepared by Buck Ridge Catering, live entertainment and dancing to the music of Flashback as well as live and silent auctions.

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 (blockage in these arteries can lead to stroke); 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. Medicare and many other insurance companies do not cover the costs of vascular disease screenings.

## programs

### Women & Children

#### Car Safety Seat Checks

Be sure your child’s care 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 and more. 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.

#### 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.

#### 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, February 5 6:30 pm**  
**Breast Health Center (Annex Building)**  
**FREE (No registration required)**

#### Cancer Support Group

For cancer patients and their families. Call 803-395-4609 for more information.  
**Thursday, February 26 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, February 12 4:00 pm**  
**Patient Education Classroom (Near Wound Center at Emergency Dept. Entrance)**  
**FREE (No registration required)**

#### Stroke Support Group

For stroke survivors and their family/friends. Call 803-395-2777 for more information.  
**Thursday, February 12 2:00 pm**  
**rehabcentre® Dining Room (4th Floor)**  
**FREE (No registration required)**

#### Amputee Support Group

For those with amputations and their family/friends. Call 803-395-2777 for more information.  
**Thursday, February 18 1:30 pm**  
**rehabcentre® Dining Room (4th Floor)**  
**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.

#### 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

#### National “Wear Red” Day – February 6

Heart disease is the No. 1 killer of women (and men). Join women around our community and country by wearing red and spreading the Go Red for Women message “Love Your Heart” to raise awareness of heart disease. Everyone can support the fight against heart disease in women by wearing red. Heart disease can often be prevented. All community members are encouraged to participate in this special observance and the many **FREE** “heart health” community outreach efforts offered this month.

#### Heart Health Screenings (No registration is required)

A variety of **FREE** screenings offered this month in surrounding communities. For more information on the following screenings, contact Patricia Funderburk, R.N., community outreach manager, at 395-2698 (or e-mail: pdfunderburk@trmchealth.org).

#### Blood Pressure Screenings

**Tuesday, February 10 and Wednesday, February 18**  
9:00 am - 11:00 am  
Orangeburg County Council on Aging (2570 St. Matthews Road, Orangeburg)

#### Wednesday, February 4

1:00 pm - 4:00 pm  
Bi-Lo – Edisto Village (Orangeburg)

#### Thursday, February 5

11:00 am - 1:00 pm  
Piggly Wiggly – St. Matthews

#### Friday, February 6

3:00 pm - 6:00 pm  
Piggly Wiggly – Holly Hill

#### Monday, February 9

9:00 am - 12:00 noon  
Daniel’s Pharmacy – Norway

#### Friday, February 27

3:00 pm - 7:00 pm  
Prince of Orange Mall – Orangeburg

#### Screenings - Blood Pressure, Cholesterol, Blood Sugar

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

#### Saturday, February 7

9:00 am - 2:00 pm  
North Orangeburg United Methodist Church – 950 Cook Rd., Orangeburg

#### Saturday, February 28

9:00 am - 12:00 noon  
Cornerstone Community Church – 1481 Chestnut, Orangeburg

#### Blood Pressure Screening and Health Information

**Saturday, February 14**  
2:00 pm  
“Think Pink” Breast Cancer Awareness Event  
SC State University - Women’s Basketball Game

#### DID YOU KNOW?

- Year to date\* ...
- 4,998 hours of service were volunteered to the hospital.
  - The Hospital provided \$2,626,806 in charity care.
  - The Hospital Auxiliary’s Verna Martin Compassionate Care Program provided \$1,506 in charitable contributions.
  - The Foundation received \$106,568 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