



## WOMEN & CHILDREN

### CAR SAFETY SEAT CHECKS

Make sure your children are safely buckled in child safety seats! Safety checks are held periodically to ensure car safety seats for children are installed correctly. For more information on the next Car Safety Seat Check, call Safe Kids of Orangeburg, Bamberg and Calhoun Counties 395-2822.

Fee: FREE

### 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, etc. thereby creating a "feel better" attitude. For more information or to register, call 395-4705.

Date: Monday, January 12  
Time: 2:30 pm - 4:30 pm  
Place: Breast Health Center Conference Room (Annex Building)  
Fee: FREE (Registration required.)

### SIBLING CLASS

Expectant siblings learn what to expect when baby arrives. Call 395-2819 for more information or to register for next class.

Fee: \$10 (Registration required.)

### BREASTFEEDING SUPPORT TELEPHONE LINE

For breastfeeding questions or concerns, call our lactation consultant at 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 next course, call 395-2819.

Fee: \$50 (Registration required.)

## SUPPORT GROUPS

### "UP FRONT"

A support group for women who have had breast cancer. Call 395-2841 for more information.

Date: Thursday, January 8  
Time: 6:30 pm - 7:30 pm  
Place: Breast Health Center (Annex Building)  
Fee: FREE (No registration required.)

### LUPUS SUPPORT GROUP

A support group for those with Lupus and/or family members, healthcare professionals or general public who want to learn more about this disease. For more information, e-mail at lupushope1@yahoo.com or call 516-9528 or the Lupus Foundation-S.C. Chapter 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 or friend). For more information call 395-2356 or 395-2615.

## SUPPORT GROUPS

### CANCER SUPPORT GROUP

A support group for cancer patients and their families. Call 395-4609 for more information.

Date: Thursday, January 22  
Time: 2:00 pm - 3:00 pm  
Place: Mabry Cancer Center (1161 Cook Road, Orangeburg)  
Fee: FREE (No registration required.)

### DIABETES SUPPORT GROUP

For diabetics and their family/friends. Call 395-2819 for more information.

Date: Thursday, January 8  
Time: 4:00 pm  
Place: Patient Education Classroom (Near Wound Center at Emergency Dept. Entrance)  
Fee: FREE (No registration required.)

### STROKE SUPPORT GROUP

A support group for stroke survivors and their family/friends. Call 395-2777 for more information.

Date: Thursday, January 8  
Time: 2:00 pm - 3:00 pm  
Place: rehabcentre@Dining Room (4th Floor)  
Fee: FREE (No registration required.)

### AMPUTEE SUPPORT GROUP

A support group for those with amputations and their family/friends. Call 395-2777 for more information.

Date: Wednesday, January 21  
Time: 1:30 pm - 2:30 pm  
Place: rehabcentre@Dining Room (4th Floor)  
Fee: FREE (No registration required.)

## YOUR COMMUNITY BLOOD ASSURANCE PROGRAM

### ONGOING BLOOD NEEDS

To prepare for the holiday travel season, the community is encouraged to stop by RMC's Blood Donor Center to donate blood. A special thanks to all who immediately respond when RMC's blood supplies are low. All blood types are needed. The Blood Donor Center is open Monday through Saturday (except holidays). Walk-ins and appointments are welcome; after-hours appointments can be arranged by calling the Blood Donor Center at 395-2419.

Time: 10:00 am - 6:00 pm (Monday - Friday)  
and 10:00 am - 2:00 pm (Saturday)

## DID YOU KNOW?

Year to date\* ...

- 3,583 hours of service were volunteered to the hospital.
- The Hospital provided \$2,019,907 in charity care.
- The Hospital Auxiliary's Verna Martin Compassionate Care Program provided \$1,460 in charitable contributions.
- The Foundation received \$62,525 in donations.

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

## 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 395-2819 for more info.

## COMMUNITY OUTREACH

### HEALTH TOPIC OF THE MONTH PROGRAM: "Lunch & Learn"

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).

January  
Topic: Take Care of Your Body  
Speaker: DHEC Health Educator  
Date: Friday, January 16  
(Registration required by January 9; seating limited to first 50 registrants.)  
Time: 12:00 noon - 1:00 pm  
Place: Education Center  
Fee: FREE

### SPEAKERS' BUREAU

Healthcare professionals are available to speak at various meetings of civic, school, professional and other groups on topics relative to their expertise. All speaker requests must be made at least three weeks in advance. For more information about this FREE community service or to schedule a speaker, call Public Relations at 395-2320 or Community Outreach at 395-2698.

### VASCULAR DISEASE SCREENING

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. Appointments necessary; call 395-4545.

Date: Friday, January 16  
Time: Beginning 7:00 am  
Place: Vascular Center (Annex Building)  
Fee: \$40 per test or \$99 for all three (Appointments necessary.)

### FREE PROSTATE SCREENING

In cooperation with the Regional Medical Center Outreach Services, Hollings Cancer Center Outreach Services will conduct this FREE examination and blood test (PSA) for uninsured and underinsured men 50 years old and older. MUSC's Hollings Cancer Center Mobile Van will be parked at the Calhoun County Courthouse Annex for prostate cancer screenings. Appointments are necessary. For more information or to schedule an appointment, contact Patricia Funderburk, R.N., community outreach manager at the Regional Medical Center, at 395-2698 (or email: pdfunderburk@trmchealth.org).

Date: Tuesday, January 20  
Time: 9:00 am - 3:00 pm  
Place: Mobile Van Parked at Calhoun County Courthouse Annex, St. Matthews  
Fee: FREE (Appointments necessary.)

## APPLY EARLY ... SUMMER ENRICHMENT PROGRAM FOR STUDENTS

Funded by the Regional Medical Center Auxiliary, this program will offer 25 students the opportunity to gain experience in a hospital setting. For six weeks each student will be expected to work 20 hours a week (to include a mandatory weekly educational session) and will be offered a stipend of \$900 for the program duration. If you meet application requirements below and are interested in receiving application materials, call or stop by Administration at the Regional Medical Center, 395-2450. ONLY STUDENT INQUIRIES ACCEPTED.

\*\*\*\* All application materials must be completed and received by April 17, 2009. \*\*\*\*

Program Duration: June 8 - July 17, 2009

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.

## HEALTHPLEX OFFERINGS

### PHYSICIANS WEIGHT LOSS CENTERS® PROGRAM

A wide range of weight loss programs tailored to fit any lifestyle. There are six specially-designed weight loss and nutrition systems that have been specifically created to 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 with food menus designed to help maximize weight loss and nutrition. For more information call 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. Group setting adds motivation. For more information or to register, call 395-2804.

Fee: NO CHARGE for first month (includes registration and 12 sessions) \$25 monthly thereafter (12 sessions)

### HEALTHPLEX 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. Services include: cardiovascular fitness, weight training, exercise classes, martial arts, wellness education, occupational therapy, physical therapy, speech therapy, aquatic therapy, spine rehabilitation, sports medicine, industrial medicine and pediatric therapy as well as fitness assessments and personal training sessions. Most therapies require a physician's order and are covered by most insurances. For more information about services or fitness memberships at HealthPlex in Orangeburg or Santee, call 395-2804.

## COMING NEXT MONTH ...

### 14th ANNUAL RMC FOUNDATION GALA - "Mardi Gras Ball"

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. For more information call 395-2321.

Date: Saturday, February 28  
Time: 7:00 pm - 12:00 Midnight (silent auction closes at 9:00 pm)  
Place: The Cinema (Orangeburg)  
Fee: \$150 per person (Reservations necessary.)