

events

Providing Nationally Recognized Healthcare Close to Home ...

CELEBRATING RMC'S AFFILIATION with MUSC HEALTH

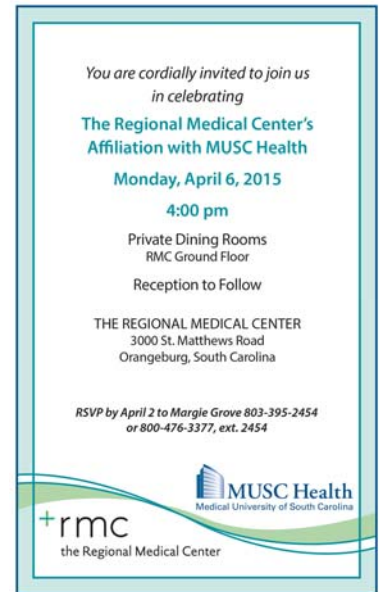
4:00 pm, Monday, April 6

RMC Private Dining Rooms (RMC Ground Floor)

FREE (RSVP by April 2: 803-395-2454)

Join us to celebrate the Regional Medical Center's clinical affiliation with MUSC Health. RMC's partnership with MUSC Health further strengthens RMC's comprehensive portfolio of primary, specialty and subspecialty healthcare services provided throughout the multi-county region. Sometimes that will mean care delivered locally at RMC or at and other times at MUSC Health. Remarks will be given by RMC President & CEO Tom Dandridge, MUSC Medical Center Executive Director/CEO Patrick Cawley, MD, SC House Representative Gilda Cobb-Hunter, and other RMC and MUSC Health leaders. The program will include an explanation and demonstration of Tele-Stroke technology benefits to the community. A reception will follow the program.

*To access or print additional copies of this calendar, go to www.trmchealth.org, select "[Community Calendar](#)" under "News & Publications."



FREE Vein Disease Screening

Tuesday, April 7 Beginning 4:30 pm Vein Clinic at RMC (Annex Building)

FREE **Appointments necessary**; call 803-395-4555 (toll free in SC: 800-476-3377, ext. 4555).

RMC's Vein Clinic is offering this free screening for individuals who exhibit symptoms of venous disease including varicose or spider veins, restless legs and venous ulcers; aching, fatigue or heaviness in legs; throbbing or burning leg pain; and/or cramping, swelling and numbness in leg. For more information on the Vein Clinic, see page 21.

March of Dimes "March for Babies"

9:00 am, Saturday, April 11 (Registration begins at 8:30 am)

Orangeburg County Fine Arts Center Parking Area near Edisto Memorial Gardens (649 Riverside Dr., Orangeburg)



Need a reason to walk in "March for Babies"? How about nearly half a million reasons: that's how many babies are born too soon every year in the United States – nearly 9,000 of them in South Carolina. As a major sponsor of Orangeburg's "March for Babies," RMC will join other organizations, families and friends to help improve the health of babies and support families if something does go wrong. For more information on "March for Babies," contact the Midlands

Division of the March of Dimes at 803-252-5200, email sc447@marchofdimes.com or visit www.marchforbabies.org.

events

FREE Seminar: Surgical Weight Loss

5:30 pm, Thursday, April 16 or Wednesday, April 29

RMC Education Center*

FREE (**Registration required**; call 803-395-2720 or toll free in SC: 800-476-3377, ext. 2720.)

RMC's Surgical Weight Loss Center offers surgical options to help obese individuals realize and maintain weight loss. Attend one of the FREE seminars to learn about the surgical weight loss process including information provided by a certified clinical psychologist and a nutrition specialist. Surgery costs and payment options will also be presented. For more information about RMC's Surgical Weight Loss Center, contact Leslie Player, RN, Surgical Weight Loss Center coordinator, at 803-395-2720 (toll free in SC: 800-476-3377, ext. 2720).



***Directions to the Education Center:** From St. Matthews Rd. (601), take Cook Rd. between OCtech and hospital; follow a quarter mile; turn right onto road between Medical Arts Center and Mabry Center for Cancer Care; Education Center located at rear of hospital on right.

Vascular Disease Screening

Friday, April 17 Beginning 8:00 am Vascular Center at RMC (Annex Building)

\$40 per test or \$99 for all 3

Appointments necessary; call 803-395-4545 (toll free in SC: 800-476-3377, ext. 4545).

RMC's Vascular Center is offering three painless, noninvasive screenings: Carotid Arteries Scan, which checks for plaque in the major arteries; Abdominal Aorta Scan, which checks for bulging (aneurysm) in main artery; and Ankle Brachial Index, which checks blood flow in the legs. Medicare does not cover reimbursement for most vascular screenings. Insurance claims will not be filed through this screening program. Cash, checks or credit cards are accepted. For more information on the Vascular Center, see page 21.

health + you

april 2015

events

Let's Talk About It on National Healthcare Decisions Day

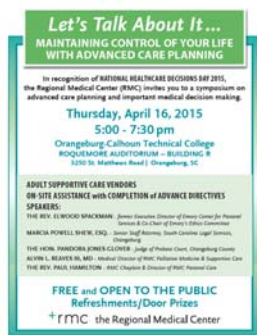
FREE COMMUNITY-WIDE SYMPOSIUM on ADVANCED CARE PLANNING

5:00 pm – 7:30 pm, Thursday, April 16

Roquemore Auditorium (Building R)
Orangeburg-Calhoun Technical College

(3250 St. Matthews Road, Orangeburg)

FREE (No registration required.)



In recognition of National Healthcare Decisions Day 2015, RMC is sponsoring this community-wide symposium on advanced care planning and important medical decision making. Featured speakers include: the Rev. Elwood Spackman, former Executive Director of Emory Center for Pastoral Services and Co-Chair of Emory's Ethics Committee; Marcia Powell Shew, Esq., Senior Staff Attorney of S.C. Legal Services, Orangeburg; the Honorable Pandora Jones-Glover, Esq., Orangeburg County Probate Judge; Alvin Reaves III, MD, Medical Director of RMC Palliative Medicine and Supportive Care; and the Rev. Paul Hamilton, RMC Chaplain and Director of RMC Pastoral Care. In addition, on-site adult supportive care vendors will be available to assist you in maintaining control of your life with advanced care planning by helping you complete an advanced directive. **Refreshments and door prizes.**

“Lunch & Learn”

Topic: Making Healthcare Decisions

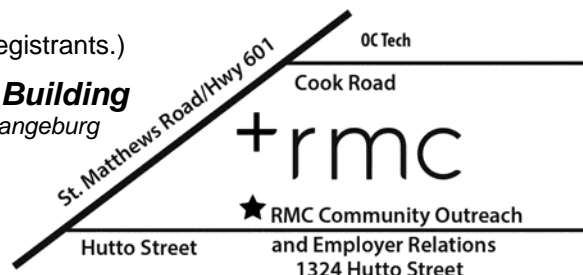
Speaker: Alvin Reaves III, MD, Medical Director of RMC Palliative Medicine & Supportive Care

12:00 noon, Friday, April 17

FREE (Registration required by April 9; seating limited to first 50 registrants.)

To register or for more information, contact Patricia Funderburk, RN, CPST, Community Outreach manager/ Safe Kids director, at 803-395-2698 (toll free in SC: 800-476-3377, ext. 2698) or e-mail: pdfunderburk@regmed.com.

RMC Outreach Building
1324 Hutto Street, Orangeburg
See map →



events

HEALTHY COOKING DEMONSTRATIONS

5:15 pm - 7:15 pm, Mondays, April 20, May 18, June 15 and July 20

RMC Community Outreach Building (1324 Hutto St., Orangeburg)

FREE (Registration required; limited seating.)

Sponsored by RMC's Health Living Center, these **FREE** cooking demonstrations will assist you in preparing healthy, simple and delicious foods while cutting calories and increasing nutritious foods. Each session contains several cooking techniques along with weight management tips and recommendations. For more information or to register, all 803-395-3891 (toll free in SC: 800-476-3377, ext. 3891).



- Demonstration 1Mon., April 20..... Start Off Right with Breakfast
- Demonstration 2Mon., May 18..... That's a Bunch of Crock – Cooking the Easy Way
- Demonstration 3Mon., June 15 Let's Grill Out Tonight
- Demonstration 4Mon., July 20..... Exploring Ancient Grains – Whole Grain Goodness

Introducing the Tri-County Health Network ...

HEALTH SUMMIT for Orangeburg , Calhoun and Bamberg Counties

Keynote Speaker: Barry Bittman, MD, an international speaker and researcher on community health improvement strategies, and Chief Population Health Officer at Highmark Allegheny Health Network, Pittsburgh, Penn.

12:00 pm - 2:00 pm, Thursday, April 23

Edisto Fork Christian Life Center (Hwy. 301 South, 356 Lariat Road, Orangeburg)

FREE (Lunch will be served. Registration required by April 20; call 803-395-2700.)

Sponsored by the Tri-County Health Network* (TCHN), this initial health summit is being held for residents, community leaders and organizations in Orangeburg, Calhoun and Bamberg counties. Participants will receive an update about the most prevalent diseases and risk factors that burden the individuals and families living in our communities. The keynote speaker will be Barry Bittman, MD, a neurologist, an international speaker and researcher on community health improvement strategies, and chief population health officer for Highmark Allegheny Health Network in Pittsburgh, Penn. This first summit will conclude with a request of participants to respond by providing information about their organization's current or desired involvement in community health improvement efforts, which will be compiled by TCHN; these findings will be reported at the next planned summit in May. Lunch, compliments of the Tri-County Health Network partners, will be served. For more information or to register, call 803-395-2700 (toll free in SC 800-476-3377, ext. 2700).

***About Tri-County Health Network (TCHN):** The Tri-County Health Network's mission is to improve the health of the residents in Orangeburg, Calhoun and Bamberg counties in a streamlined, cost-effective and sustainable manner. Organizations represented on the TCHN Board include the Regional Medical Center; Family Health Centers, Inc.; Family Solutions of the Low Country; Singleton Health Center; Claflin University; SC State University's 1890 Research & Extension Program; SC Department of Health and Environmental Control; Orangeburg-Calhoun Technical College; and Orangeburg-Calhoun Ways to Wellness. For more information about TCHN, contact Network Director Melissa Sherman at 803-395-2166 (toll free in SC 800-476-3377, ext. 2166).

events

“Relay For Life” 2015

Cancer Awareness and Fund-raising Events in Orangeburg, Calhoun & Bamberg Counties



RMC supports the American Cancer Society's "Relay For Life" events in Orangeburg, Calhoun and Bamberg counties and will join other organizations, families and friends who are equally as passionate about finding an end to cancer in our lifetime. For more information or to register for the 2015 "Relay For Life" walks/events in Orangeburg, Calhoun or Bamberg counties, see below.

“Relay For Life” Cancer Survivor Reception

12:00 pm – 1:30 pm, Saturday, April 11 Trinity Presbyterian Church Picnic Shelter (975 Willington Dr., Orangeburg)
FREE (No registration required.)

Hosted by RMC and Trinity Presbyterian Church as a special prelude to "Relay For Life," this reception is held to honor all area cancer survivors. Cancer survivors who attend this reception will receive a free cancer survivor t-shirt. For more information, contact Olive Etheridge (RMC Cardiology) at 803-395-2325 or 803-531-2333 (or Cheryl Walling, 803-536-1978).

“Relay For Life” – Orangeburg County

6:00 pm, Friday, April 24 Orangeburg County Fairgrounds (350 Magnolia St., Orangeburg)
FREE (Registration required.)

To register for the Orangeburg County "Relay For Life" walk or for more information, visit www.relayforlife.org/orangeburgsc or contact Orangeburg Relay's committee chairwomen, [Laura Fogle](#) (RMC's Advanced Wound Healing & Hyperbaric Center) at 803-395-2471 or 800-476-3377, ext. 2471, [Delle Bolen](#) (RMC Obstetrics & Gynecology) at 803-531-2300, [Tillie Hunt](#) at 803-682-5949 or [Miller Barker](#) at 803-707-1026.

During the Relay For Life-Orangeburg County, a luminary service will be held to remember those who have died of cancer and to honor cancer survivors. For \$10, individuals will receive a luminary, which will be set out along the Relay track, and have their name featured on a screen with other survivors during the event. For \$25, individuals can receive a luminary, have their name featured on a screen with other survivors and also have their photo displayed during the event. For more information about luminaries, call Linda Baldwin at 803-682-2785.

“Relay For Life” – Calhoun County

6:00 pm, Friday, May 1 Calhoun County Courthouse (102 Courthouse Dr., St. Matthews)
FREE (Registration required.)

To register for the Calhoun County "Relay For Life" walk or for more information, go to www.relayforlife.org/calhounsc, or contact Calhoun County Relay's Chairperson Andy Hayes at 803-539-8256 or American Cancer Society Relay Specialist Marnie Walls toll free 1-877-227-9398.

“Relay For Life” – Bamberg County

6:00 pm, Friday, May 15 Bamberg-Ehrhardt High School (267 Red Raider Dr., Bamberg)
FREE (Registration required.)

To register for the Bamberg County "Relay For Life" walk or for more information, visit www.relayforlife.org/bambergsc or contact Bamberg County Relay's Chairperson Jimmie Bishop at 803-824-9322 (email: jbishop929@yahoo.com) or American Cancer Society Relay Specialist Marnie Walls toll free 1-877-227-9398.

events

Blood Pressure, Blood Sugar, Cholesterol Screenings

(See "Community Outreach" on page 24 for full details.)

Mobile Mammography Coming Soon to Your Area ...



RMC's Mobile Mammography Services van will be at the following locations to provide digital mammograms. Mammograms can detect very small lumps in the breast, even before they can be felt. The keys to surviving breast cancer are early detection and early treatment. The American Cancer Society recommends that women age 40 and older have a screening mammogram once a year. For more information or to schedule an appointment for a digital mammogram, call Jennifer Nimmo, RT (R) (M), mobile mammography coordinator, at 803-395-4708 (toll free in SC: 800-476-3377, ext. 4708). For more details on RMC Mobile Mammography Services, see page 18.

APPOINTMENTS REQUIRED AND MUST BRING DOCTOR'S ORDER TO APPOINTMENT.

In HOLLY HILL (1st Mon. of each month)

Monday, April 6

Diagnostic Center – Holly Hill

(185 Bunch Ford Rd., Holly Hill)

In BAMBERG (2nd Mon. of each month)

Monday, April 13

Urgent Care – Bamberg

(185 McGee St., Bamberg)

In DENMARK (3rd Mon. of each month)

Monday, April 20

RMC Primary Care - Denmark

(5073 Carolina Hwy., Denmark)

In ST. GEORGE (4th Mon. of each month)

Monday, April 27

St. George United Methodist Church

(120 North Parler St., St. George)

In BRANCHVILLE



Wednesday, April 29

RMC HEALTHPLEX | Branchville

(7752 Freedom Rd., Branchville)

In ST. MATTHEWS (1st Tues. of each month)

Tuesday, April 7

(102 Courthouse Annex, St. Matthews)

In CAMERON (2nd Tues. of each month)

Tuesday, April 14

Cameron Community Center

(8054 Old State Rd., Cameron)

In SANDY RUN (3rd Tues. of each month)

Tuesday, April 21

Government Complex

(1722 Old State Rd., Gaston)

In SANTEE (4th Tues. of each month)

Tuesday, April 28

Urgent Care – Santee

(111 John Lawson Ave., Santee)

events

RMC Community Blood Drives

(look for RMC's Bloodmobile)

- ❖ **RMC Employee Donor Appreciation Day**
Wed., April 1 7:00 am - 7:00 pm
- ❖ **RMC Employee Donor Appreciation Day**
Thurs., April 2 10:00 am - 6:00 pm
- ❖ **RMC Employee Donor Appreciation Day**
Fri., April 3 10:00 am - 6:00 pm
- ❖ **Orangeburg County Administrative Building**
Tues., April 7 9:00 am - 11:00 am
- ❖ **Holcim (Holly Hill)**
Tues., April 7 12:30 pm - 3:30pm
- ❖ **O-C Technical College (Orangeburg)**
Wed., April 8 11:00 am - 4:00 pm
- ❖ **SI Group (Orangeburg)**
Thurs., April 9 7:30 am - 4:30pm
- ❖ **Orangeburg Preparatory School (Orangeburg)**
Tues., April 14 8:00 am - 2:00 pm
- ❖ **St. George Baptist Church (Orangeburg)**
Wed., April 15 4:00 pm - 8:00 pm
- ❖ **South State Bank (John C. Calhoun Dr., Orangeburg)**
Tues., April 21 8:00 am - 12:00 pm
- ❖ **South State Bank (St. Matthews Rd., Orangeburg)**
Tues., April 21 1:30 pm - 3:00 pm
- ❖ **High School for Health Professionals (Orangeburg)**
Wed., April 22 8:00 am - 2:00 pm
- ❖ **Cornerstone Church (Orangeburg)**
Sun., April 26 9:00 am - 1:00 pm
- ❖ **Two Mile Swamp Baptist Church (Cope)**
Wed., April 29 4:00 pm - 8:00 pm
- ❖ **Branchville High School (Branchville)**
Thurs., April 30 8:00 am - 2:00 pm

For more information on how to join the growing network of heroes saving lives through blood donation or to schedule a community blood drive, see "Blood Assurance Program" on page 9.



save the dates ...

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

May 1, 2 and 3 Orangeburg's Edisto Memorial Gardens

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 on RMC offerings at the festival, see next month's calendar or contact Patricia Funderburk, RN, CPST, Community Outreach manager/Safe Kids director, at 803-395-2698 (toll free in SC: 800-476-3377, ext. 2698) or e-mail: pdfunderburk@trmchealth.org.

Skin Cancer Screening and Information

1:00 pm - 4:00 pm, Tuesday, May 19

RMC's Mabry Center for Cancer Care

FREE (Appointment required; limited number of screenings. Call 803-395-4609 or toll free in SC: 800-476-3377, ext. 4609.)

In recognition of May as Melanoma / Skin Cancer Detection and Prevention Month, the Mabry Center for Cancer Care at RMC wants to help you save your skin this summer by offering a Free Skin Cancer Screening and Information Session. Skin cancers are more common than cancers of any other organ; in fact, more than 3.5 million skin cancers could be diagnosed this year. While skin cancer is a very serious and potentially deadly condition, a cure is likely, in many cases, if it is detected and treated early. For more information or to schedule an appointment, call 803-395-4609 (toll free in SC: 800-476-3377, ext. 4609).

programs

❖ Blood Assurance Program

*Blood is traditionally in short supply during the winter months due to inclement weather and illness, which puts RMC's and our nation's blood inventory at a critical low. **WE NEED YOU! Please take the opportunity to help patients – friends, neighbors and loved ones – by taking a few moments to donate. The need for blood NEVER STOPS.***

With just 30 minutes of your time, you can donate blood and potentially save the lives of three (3) people, and you can donate every eight (8) weeks! The Blood Donor Center, located inside the Regional Medical Center, is open Monday through Saturday (except holidays). To decrease wait times, appointments are encouraged and may be made two ways: (1) Online: Go to www.trmchealth.org and click on the "Blood Assurance Program – Click here to donate blood." box located in the upper left hand side of the web page (you will need to know your donor ID#) or (2) calling the Blood Donor Center. Walk-ins are welcome, too. To call to make an appointment, to schedule a blood drive in your community or for more information, contact the Blood Donor Center at 803-395-2419 (toll free in SC: 800-476-3377, ext. 2419). For a listing of upcoming Community Blood Drives, see page 7.

10:00 am - 6:00 pm, Mon. - Fri. (except holidays) 10:00 am - 2:00 pm, Sat. (except holidays)

❖ Cardiopulmonary Rehabilitation

Accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation, RMC's Cardiopulmonary Rehab program is open to those who previously experienced heart attacks, cardiac surgery or lung cancer as well as heart or lung transplant candidates who need rehabilitation therapy in reaching pre-surgery and post surgery requirements. Those who currently suffer from the following conditions are also eligible: coronary artery disease; coronary high risk factors; pulmonary conditions such as emphysema, chronic bronchitis, asthma or sarcoidosis; or occupational/environmental lung disease. A physician referral is required. For more information, call 803-395-2887 or 2498 (toll free in SC: 800-476-3377, ext. 2887 or 2498).



programs

❖ Education

Total Joint Replacement Education Class (2nd Wed. of Each Month, except holidays)

Find out more about total knee and total hip replacement and what to expect before and after surgery. Call 803-395-3837 to register or for more information.

Wed., April 8 11:00 am FREE (Registration required.)

S.C. Orthopaedic Institute Library (Medical Arts Center, 1175 Cook Road, Suite 215, Orangeburg)

Diabetes Education

RMC's Diabetes Self-Management Education Program is recognized by the American Diabetes Association and offers individualized assessment and group classes with healthcare professionals. Classes teach adults with Type 2 Diabetes the skills needed to self-manage their condition. Medicare, Medicaid and most private insurance companies offer coverage. For more information, call 803-395-2514 (toll free in SC: 800-476-3377, ext. 2514).

Individual Nutrition Counseling

Tailored to individual needs by a registered dietitian, outpatient Nutrition Counseling provides nutrition therapy for a variety of health conditions and weight management. Physician referral required. Medicare, Medicaid and private insurance are accepted. For more information, call 803-395-4632 (toll free in SC: 800-476-3377, ext. 4632).

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 803-395-2698 (toll free in SC: 800-476-3377, ext. 2320 or 2698). **FREE***

Open Airways in Schools (asthma education)

*Designed for school-age children in grades 3, 4, and 5, Open Airways For Schools is taught in schools by an RMC respiratory therapist and respiratory therapy students of OCtech. Program instructors will discuss asthma medications, what they do and why it is important to use them. Students will also have the opportunity to talk about treatments they are taking. Schools interested in registering 3rd, 4th or 5th graders for this asthma education program should contact RMC's Respiratory Care Department at 803-395-2322 (toll free in SC: 800-476-3377, ext. 2322). **FREE***

programs

❖ Support Groups

Alzheimer's Support Group (4th Tues. of Each Month, except holidays)

For family members and caregivers of people with Alzheimer's disease. For more information, contact Tina McCollum at 803-516-1115 or Melinda Jackson at 803-682-4113.

Thurs., April 28.....5:00 pm RMC Outreach Classroom (1324 Hutto St., Orangeburg)

FREE (Registration recommended.)

Amputee Support Group (1st Thurs. of Each Month, except holidays)

For those with amputations and their family/caregivers. Special topics each month to provide support and to help amputees adjust to the changes in their life. Hanger[®] Clinic will provide door prizes and refreshments. For more information, contact Deneene Linder, RN, CCRN, interim program manager of RMC's inpatient rehabilitation unit, rehabcentre[®], at 803-378-4510 or email: dmlinder@regmed.com.

Thurs., April 2.....5:00 pm RMC Outreach Classroom (1324 Hutto St., Orangeburg)

FREE (No registration required.)

Breast Cancer Support Group (1st Thurs. of Each Month, except holidays)

A support group for women who have had breast cancer. For more information, call 803-395-2841 (or toll free in SC: 800-476-3377, ext. 2841).

Thurs., April 2.....6:00 pm RMC Breast Health Center (Annex Building)

FREE (No registration required.)

Breastfeeding Friends Support Group (1st Tues. of Each Month, except holidays)

For breastfeeding moms and their babies and pregnant women considering breastfeeding, this group will provide support, encouragement and a lactation consultant for questions. For more information, call Donna Rhame at 803-395-2177 (toll free in SC: 800-476-3377, ext. 2177) or email: dhrhame@regmed.com.

Tues., April 7.....1:00 pm - 2:00 pm

RMC Outreach Classroom (1324 Hutto St., Orangeburg) **FREE** (No registration required.)

Cancer Support Group (4th Thurs. of Each Month, except holidays)

For cancer patients and their families/caregivers. For more information on the next session, call 803-395-4609 (toll free in SC: 800-476-3377, ext. 4609).

Mabry Center for Cancer Care (1161 Cook Road, Orangeburg)

FREE (No registration required.)

Diabetes Support Group

For individuals with diabetes and their family/friends. For more information on the next session, call 803-395-2514 (toll free in SC: 800-476-3377, ext. 2514).

FREE

programs

❖ Support Groups

Lupus Support Group (2nd Fri. of Each Month, except holidays)

For anyone who wants to learn more about this disease. For more information, contact Crystal Evans at 803-290-6558 or email: lupushope1@yahoo.com.

Fri., April 10 6:00 pm RMC Outreach Classroom (1324 Hutto St., Orangeburg)

NEW **Surgical Weight Loss Support Group** (1st Tues. and 3rd Thurs. of Each Month, except holidays)
Special topics to provide support and encouragement to pre-op and post-op Surgical Weight Loss patients and their family members. To register or for more information, contact Leslie Player, RN, RMC Surgical Weight Loss Center program coordinator, at 803-747-2417 or email: surgicalweightloss@regmed.com.

Tues., April 7 5:30 pm RMC Cardiopulmonary Rehab Waiting Room (Ground Floor)

Thurs., April 16 11:30 am RMC Environmental Services Classroom (Ground Floor)

FREE (Registration preferred.)

Spinal Cord Injury Support Group (2nd Thurs. of Each Month, except holidays)

For those who have spinal cord injuries and their family/friends. For more information, call 803-395-2698 (or toll free in SC: 800-476-3377, ext. 2698).

Thurs., April 9 6:30 pm RMC Outreach Classroom (1324 Hutto St., Orangeburg)

FREE (No registration required.)

❖ Women & Children

Breastfeeding Support Telephone Line

For breastfeeding questions or concerns, call our lactation consultant at 803-395-2177 (toll free in SC: 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. **FREE**

Breastfeeding Friends Support Group (see "Support Groups" on page 11 for details)

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 Safety Seat Check, contact Patricia Funderburk, RN, CPST, Community Outreach manager/Safe Kids director, at 803-395-2822 (toll free in SC: 800-476-3377, ext. 2822) or e-mail: pdfunderburk@regmed.com. **FREE**

programs

❖ Women & Children

Circumcision Clinic (2nd Mon. of Each Month, except holidays)

This clinic is offered monthly for male infants less than 2 months old who either don't have medical insurance or whose medical insurance does not cover circumcision. For appointments, call 803-395-2739 (toll free in SC: 800-476-3377, ext. 2739) during normal business hours (Mon. – Fri., 8 am until 5 pm). For more information on the clinic, call 803-395-2216 (toll free in SC: 800-476-3377, ext. 2216).

Mon., April 13 Cost: \$300

(Appointments required. Payment must be collected before circumcision is performed.)

“The Magic Moments” Prenatal Class (1st Tues. of Each Month, except holidays)

This FREE prenatal class will cover the basics of breastfeeding, the importance of breastfeeding exclusively during baby's first six months, skin-to-skin contact during first hour after delivery, and many other baby-friendly topics. A tour of RMC's maternity care unit, Her Place, will be offered at the conclusion of the class. Geared for expectant Moms, this class is also open to the public. For more information or to register, call 803-395-2201 (toll free in SC: 800-476-3377, ext. 2201).

Tues., April 7.....6:00 pm - 7:00 pm RMC Outreach Classroom (1324 Hutto St., Orangeburg)

FREE (Registration required.)

Prepared Childbirth

Comprehensive, five-session course incorporating lecture, discussion and breathing exercises. To register for the next course, call 803-395-2819 (toll free in SC: 800-476-3377, ext. 2819).

\$50 (Registration required.)

Text4baby – Tips 4 Mom & Mom 2b



*Her Place, RMC's maternity care unit, is a partner with Text4baby, a FREE mobile information service designed to promote maternal and child health through text messaging to help women through pregnancy and baby's first year. Signing up is easy! Text BABY (BEBE in Spanish) to 511411 or sign up by visiting: www.text4baby.org. Women receive three FREE text messages a week timed to their due date or their baby's birth date. Messages address topics such as labor signs and symptoms, prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, safe sleep, safety, breastfeeding and more. Text STOP to discontinue messages or HELP for help at any time. **FREE***

programs

❖ Women & Children

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 803-395-4609 (toll free in SC: 800-476-3377, ext. 4609). FREE

services

❖ Workforce Health

RMC's Employer Relations department provides a comprehensive health program targeted to business and industry which includes on-site health assessments, disease prevention education, disease detection screenings, treatment and follow up. For more information, contact Debbie Smoak, RN, BSN, Employer Relations Manager, at 803-395-2527 (toll free in SC: 800-476-3377, ext. 2527) or e-mail: dbsmoak@regmed.com.

❖ Advanced Wound Healing & Hyperbaric Center

The Advanced Wound Healing & Hyperbaric Center at RMC treats more wound patients than any other facility in South Carolina. This outpatient center's multi-disciplinary healthcare team includes two board-certified physicians, a nurse practitioner certified in advanced wound management, and nurses and physical therapists skilled in chronic wound care treatment. The team also includes a certified diabetes educator, dietitians, hyperbaric oxygen therapy technicians and infusion therapy specialists. Patients must be referred by their physician. For more information, call 803-395-2471 (toll free in SC: 800-476-3377, ext. 2471).

❖ Behavioral Health Center

RMC's Behavioral Health, a 15-bed, inpatient care unit serving adults voluntarily seeking behavioral health services who require a short inpatient stay. Treatment is available for a variety of conditions including, but not limited to, depression, psychosis, bipolar disorder, and extreme anxiety. Comprehensive psychiatric and physical assessments and structured individual, group and family programming are provided by a multidisciplinary team of highly qualified professionals. For more information, call 803-395-2830 (toll free in SC: 800-476-3377, ext. 2830).


Behavioral Health Center
at the Regional Medical Center

services

❖ **Breast Health Center** (Annex Building)

Designed to provide a soothing, comfortable environment to care for patients, RMC's Breast Health Center offers comprehensive services including digital mammography, stereotactic breast biopsies, breast ultrasounds and bone density tests. The Breast Health Center is accredited by the American College of Radiology. For more information or to schedule an appointment, call 803-395-2841 (toll free in SC: 800-476-3377, ext. 2841).

Hours: Monday – Friday, 8:00 am – 4:00 pm

❖ **Breast Center Boutique** (Breast Health Center, Annex Building)

Operated by Grove Park Pharmacy and Medical Equipment, the Grove Park Breast Center Boutique at RMC offers convenient access to prostheses and accessories to help women who are diagnosed with breast cancer adjust to life during and after their treatment. The boutique carries a selection of mastectomy bras and has a certified mastectomy fitter to assist with proper fit and balance. For more information call 803-614-5563

Hours: Monday – Thursday, 9:00 am – 2:00 pm

❖ **Dialysis Access Institute** (Building next to Same Day Surgery and in front of the Annex Building)

Led by board-certified general surgeon and renowned dialysis access specialist John R. Ross, MD, the Dialysis Access Institute performs outpatient procedures which provide access to the bloodstream so that patients with kidney disease can continue to receive dialysis. For evaluations, imaging and surgical procedures or for more information, call 803-395-2145 (toll free in SC: 800-476-3377, ext. 2145).

❖ **Diagnostic Center – Holly Hill**

185 Bunch Ford Road, Holly Hill

Featuring digital X-Ray, the Diagnostic Center helps Holly Hill area residents receive imaging services close to home. Images are sent to the radiologists at RMC, and results are sent back to Holly Hill usually within an hour of the X-Ray being taken. The Diagnostic Center also offers laboratory services for blood work and other lab tests. For more information, call 803-496-1055.

Hours: Monday – Thursday, 8:00 am – 4:30 pm Friday, 9:00 am – 1:00 pm

services

❖ HEALTHPLEX (Annex Building)

Rehabilitation (Outpatient Physical, Occupational & Speech Therapies)

HEALTHPLEX at RMC in Orangeburg has expanded its Physical, Occupational and Speech Therapy programs to meet the growing demand for these services. For more information, call 803-395-2804 (toll free in SC: 800-476-3377, ext. 2804).

Pediatric Rehabilitation


Therapists at HEALTHPLEX at RMC in Orangeburg work with each pediatric patient's healthcare team to provide inpatient and outpatient pediatric rehabilitation for infants and children, ages 0-18, with a variety of diagnoses. A written physician's referral is required for evaluation and treatment. For more information, call 803-395-4372 (toll free in SC: 800-476-3377, ext. 4372).

❖ HEALTHPLEX (Satellite Locations)

Information & Membership

HEALTHPLEX's four fitness centers located in St. Matthews, Santee, Holly Hill and Branchville are staffed by exercise physiologists who can assist you in achieving your lifestyle goals. For more information about services or fitness memberships at HEALTHPLEX in St. Matthews, Santee, Holly Hill or Branchville, call 803-395-2804 (toll free in SC: 800-476-3377, ext. 2804).

St. Matthews – Fitness

Location: John Ford Community Center 
304 Agnes Street, St. Matthews

Santee – Rehab & Fitness

Location: 111 John Lawson Avenue, Santee

Branchville – Fitness

Location: 7752 Freedom Road, Branchville

Holly Hill – Fitness

Location: 181 Bunch Ford Road, Holly Hill

❖ Healthy Living Center (Annex Building, lower level)

Developed to provide a comprehensive interdisciplinary approach to evaluating and treating individuals with diabetes or Metabolic Syndrome, RMC's Healthy Living Center helps individuals enhance skills to effectively manage chronic health conditions and reach personal wellness goals. Using knowledge of medical conditions, nutrition, physical activity and self-management skills, the center's team of health professionals work with individuals to (1) evaluate current physical status through an exam and laboratory studies; (2) develop a personalized exercise plan; (3) evaluate eating habits and provide nutritional counseling; and (4) conduct an initial behavioral health evaluation and plan for therapy as indicated. Ongoing follow up will continue throughout the first year. Patients/Individuals must be referred by their physician. For more information, call 803-395-3891 (toll free in SC: 800-476-3377, ext. 3891).



services

❖ **Her Place** *(also see Women & Children)*

Second Floor

Her Place at RMC offers many of the comforts of home while maintaining a superior level of medical care. All maternity rooms are well equipped for labor, delivery, recovery and post-partum care while maintaining a private, cozy atmosphere. Mothers have the option of the baby rooming in or spending their first hours in our fully-equipped newborn nursery. For more information or to schedule a personal tour, call 803-395-2201 (toll free in SC: 800-476-3377, ext. 2201).

❖ **Institute of Public Health, Research and Outreach**

A partnership between the Regional Medical Center and SC State University's 1890 Research & Extension Program, the Institute of Public Health, Research and Outreach (IPHRO) identifies solutions to complex and varied public health issues that impact South Carolina communities. The institute's initial focus will be to target the epidemic of obesity and overweight related conditions, which adversely affect every segment of the population. IPHRO is an important catalyst, not only in the region but the state of South Carolina, with the intent to reduce the economic and health burdens that disease and illness produce. For more information, visit www.iphro.org.

❖ **Joint Center**

The Joint Center at RMC provides conservative care and total joint replacement surgery for patients who suffer from chronic joint pain. RMC's multidisciplinary team of orthopaedic surgeons and healthcare providers work together to treat and rehabilitate patients suffering from joint disorders or requiring surgery. For more information, contact Cathy Soles at 803-395-3837 or e-mail: cjsoles@regmed.com.

❖ **Home Care**

1895 St. Matthews Road, Orangeburg

Home Care of the RMC is a state-licensed, Medicare and Medicaid certified, Joint Commission accredited, hospital-based agency. Most costs for services are paid for by Medicare, Medicaid, Workers' Compensation, Veterans Administration insurance or private insurance. As a family-centered program, Home Care of RMC offers a wide range of in-home services to individuals and their families. For more information, call 803-395-2600 (toll free in SC: 800-4766-3377, ext. 2600).

services

❖ Mabry Center for Cancer Care

1161 Cook Road, Orangeburg

An outpatient cancer treatment facility, the Mabry Center for Cancer Care at RMC provides outpatient cancer treatment including chemotherapy, radiation therapy, pharmacy and laboratory services.

The cancer program was granted the Commission on Cancer of the American College of Surgeons' Three-Year Accreditation with Commendation. For more information on cancer treatment services, call 803-395-4600 (toll free in SC: 800-476-3377, ext. 4600).

❖ Mobile Services

The Regional Medical Center's Mobile Services van allows staff to provide Digital Mammography at remote sites throughout the region. For more information, to schedule Mobile Mammography at a business, industry, school or organization or to schedule an appointment, call 803-395-4708 (toll free in SC: 800-476-3377, ext. 4708). To find out when the Mobile Services Van will be in your area, see page 6.

❖ RMC Occupational Medicine (Annex Building)

RMC Occupational Medicine focuses on the prevention, evaluation, treatment and resolution of health conditions caused by the workplace environment. Led by a full-time, board-certified occupational medicine physician, the staff treats conditions with an emphasis on speedy diagnosis and treatment so that employees can get back to their jobs as soon as possible. Services include drug screenings, pre-employment physicals, DOT Physicals workers compensation evaluations and back to work testing. For more information or to schedule an appointment, call 803-395-2576 (toll free in SC: 800-476-3377, ext. 2576).

Hours: Monday – Friday, 8:00 am – 1:00 pm and 2:00 pm – 5:00 pm

❖ Palliative Care Program

RMC's Palliative Care Program specializes in medical care that provides relief from the symptoms, pain and stress of a serious illness, including, but not limited to, cancer, cardiac disease, respiratory disease, kidney failure, Alzheimer's, AIDS, amyotrophic lateral sclerosis (ALS) and multiple sclerosis (MS). The goals of palliative care are to prevent and relieve suffering to ensure the best possible quality of life for patients and their families. Led by a palliative medicine and supportive care specialist, palliative care is appropriate at any stage of an illness and can be provided at the same time as curative treatment. Physician referral required. Most insurance plans cover palliative care treatment, prescriptions, medical supplies and/or equipment. For more information, call 803-395-2200 (toll free in SC: 800-476-3377).

services

❖ Patient Requested Lab Tests

RMC offers a limited number of Patient Requested Lab Tests to help you monitor certain health conditions and assist you in communicating with your physician. All tests results will be reviewed by the hospital physician in charge of Patient Requested Lab Tests. If results are significantly abnormal, the physician will call the patient directly to discuss the results. All tests must be paid for up front with cash, check or credit card. Health insurance claims will not be filed. For more information, call 803-536-5004 or visit our website, www.trmchealth.org, and search for "Laboratory."

Four Convenient Locations for Patient Requested Lab Tests

Outpatient Lab at RMC

(Patient Registration Entrance)

Hours: Mon.-Fri., 7:00 am-3:30 pm
3000 St. Matthews Rd., Orangeburg
Telephone: 803-395-2874

Outpatient Lab – Medical Arts Building

Hours: Mon.-Thurs., 8:30 am-5:00 pm and Fri., 8:30 am-1:00 pm
1175 Cook Rd., Suite 140, Orangeburg
Telephone: 803-395-2802

Brickle Street Lab of RMC

Across from the Village

Hours: Mon.-Fri., 7:00 am-5:00 pm
1245 Brickle St., Orangeburg
Telephone: 803-536-5004

Urgent Care – Santee (Lab)

111 John Lawson Ave., Santee

Hours: Mon., Tues., Thurs. & Fri., 12:00 pm-8:00 pm
Wed., 8:00 am-8:00 pm and Sat., 11:00 am-10:00 pm
Telephone: 803-395-2070

❖ rehabcentre®

Fourth Floor

RMC's rehabcentre® admits and treats patients with physical impairments caused by illness or injury. Led by rehabilitation physician Lamar Dawkins, MD, RMC's rehab team includes rehabilitation nurses; physical, occupational and speech therapists; and a social worker. For more information, call 803-395-2751 (toll free in SC: 800-476-3377, ext. 2751).

❖ RMC Pharmacy

Emergency Department Entrance

The RMC Pharmacy has been established to serve patients at discharge, RMC employees and the general public with a convenient option for filling prescriptions at competitive prices. For more information, call 803-395-2507 (toll free in SC: 800-476-3377, ext. 2507).

Hours: Monday – Saturday, 11:00 am – 10:00 pm Sunday, 3:00 pm – 10:00 pm

services

❖ Safe Kids

Led by the Regional Medical Center and RMC's Foundation, Safe Kids of Orangeburg, Bamberg and Calhoun Counties is affiliated with the international Safe Kids Program. A national award winning program,



Safe Kids' mission is to decrease unintentional injury to children in the tri-county area.

Outreach includes all safety issues related to children with emphasis on child safety seats and bicycle, gun, poison and water education. For more information, contact Patricia Funderburk, RN, CPST, Safe Kids director, at 803-395-2822 (toll free in SC: 800-476-3377, ext. 2822) or e-mail: pdfunderburk@regmed.com.

❖ Same Day Surgery

Designed to get patients back to their families, workplace and lifestyle as quickly as possible, RMC's Same Day Surgery department provides the latest surgical procedures in an environment that is comfortable, convenient and accessible so that patients can experience less risk, less pain and get better sooner. For more information, contact 803-395-2395 (toll free in SC: 800-476-3377, ext. 2395).

❖ Sleep Lab

Fourth Floor

Many people suffer from sleep deprivation, and often the cause is a sleep disorder like sleep apnea, restless legs syndrome or narcolepsy. RMC's Sleep Lab conducts sleep studies to help physicians diagnose sleep disorders. For more information, call toll free, 1-866-726-5031.

❖ RMC Primary Stroke Center

A stroke occurs when the flow of blood to the brain is disrupted. To minimize damage to the brain, treatment must begin shortly after the onset of symptoms. RMC's Primary Stroke Center received advanced certification from The Joint Commission, in conjunction with the American Heart Association/American Stroke Association. Led by a neurologist, the RMC Primary Stroke Center is a multidisciplinary program that incorporates state-of-the-art treatment for patients affected by stroke. For more information, contact RMC's Stroke Program Coordinator Sherry Davis, RN, BSN, at 803-395-4014 (toll free in SC: 800-476-3377, ext. 4014) or e-mail sjdavis@trmchealth.org.

❖ Surgical Weight Loss Center

The Regional Medical Center's Surgical Weight Loss Center offers surgical options to help obese individuals realize and maintain weight loss. If you are interested in learning more about the surgical weight loss options at RMC, you may attend one of the FREE, regularly scheduled seminars. During the seminar you will learn about the surgical weight loss process from a board-certified surgeon, including information provided by a certified clinical psychologist and a diet and nutrition specialist. Information about surgery costs and payment options will also be presented. For more information, call 803-395-2720 (toll free in SC: 800-476-3377, ext. 2720).



Surgical Weight Loss Center
at the Regional Medical Center

services

❖ Urgent Care | Bamberg 185 McGee St., Bamberg



a Department of the Regional Medical Center

An after-hours clinic located in Bamberg, Urgent Care | Bamberg is a department of the Regional Medical Center. Urgent Care | Bamberg provides expert medical care when you cannot get a doctor's appointment. Featuring physician, lab and X-Ray (including CT) services, Urgent Care | Bamberg is the perfect solution for minor injuries, routine illnesses as well as many medical situations that are typically seen in an Emergency Room. For more details, visit www.trmchealth.org.

Urgent Care | Bamberg HOURS: 10:00 am - 9:00 pm, seven days a week

❖ Urgent Care | Santee 111 John Lawson Ave., Santee

a Department of the Regional Medical Center

A department of the Regional Medical Center, Urgent Care | Santee is an after-hours clinic located designed to provide expert medical care when you cannot get a doctor's appointment. Featuring physician, lab and X-Ray services, Urgent Care | Santee is the perfect solution for minor injuries and routine illnesses. For more information, call 803-395-2070 (toll free in SC: 800-476-3377, ext. 2070).

Urgent Care | Santee & X-Ray HOURS:

Monday – Friday, 12:00 pm - 8:00 pm

Saturday, 11:00 am - 10:00 pm

Lab HOURS at Urgent Care | Santee:

Monday, Tuesday, Thursday & Friday, 12:00 pm - 8:00 pm

Wednesday, 8:00 am - 8:00 pm

Saturday, 11:00 am - 10:00 pm

❖ Vascular Center

Annex Building

An outpatient facility designed to identify circulation problems, RMC's Vascular Center is accredited by the Intersocietal Commission for the Accreditation of Vascular Laboratories and led by board-certified vascular surgeon Julius Babb, MD. Registered vascular sonographers perform a wide range of vascular studies including evaluations of the carotid arteries, circulation of the arteries and veins of the legs and arms, and renal artery studies to detect and treat vascular disease. For more information, call 803-395-4545 (toll free in SC: 800-476-3377, ext. 4545).

❖ Vein Clinic

Annex Building

RMC's Vein Clinic combines the newest technology and equipment with highly-trained specialists to offer the most advanced diagnostic procedures and treatment of venous disease. Some symptoms of venous disease include varicose veins, restless legs and venous ulcers; aching, fatigue or heaviness in legs; throbbing or burning leg pain; and/or cramping, swelling and numbness in leg. For more information, call 803-395-4555 (toll free in SC: 800-476-3377, ext. 4555).

services

❖ RMC Practices

The Regional Medical Center operates nine Primary Care practices, three Cardiology practices, an Orthopaedics practice, two Surgery practices, an Internal Medicine practice, an Internal Medicine/Gastroenterology practice, an Obstetrics/Gynecology practice and an Occupational Medicine practice. All practices are accepting new patients. Medicare, Medicaid, Blue Cross Blue Shield and most private insurance plans are accepted.

RMC PRIMARY CARE

ORANGEBURG

Yongxin (John) Li, MD, PhD

Erin S. Castellano, APRN

1750 Village Park Drive, Orangeburg

803-395-4160

Kam W. Chan, MD

Melanie T. Sheppard, PA

The Regional Medical Center-Annex Building

3000 St. Matthews Road, Orangeburg

803-395-2576

John H. Hayden Jr., MD

Stacy W. Weaver, PA

1619 Carolina Avenue, Orangeburg

803-531-7474

BAMBERG

Kelenne V. Tuitt, DO, MS

Richard D. Hacker, PA

Brenda K. Wilhite, APRN

498 North Street, Bamberg

803-245-5144

BRANCHVILLE

William E. O'Quinn, MD

K. Christy Terry, PA

215 Dorange Road, Branchville

803-274-8400

DENMARK

William E. O'Quinn, MD

C. Penny Langford, APRN

5073 Carolina Highway, Denmark

803-793-3034

RMC PRIMARY CARE

HOLLY HILL

Antionette A. Bennett, MD

Sarah M. Crickman, MD

Constance B. Simons, APRN

187 Bunch Ford Road, Holly Hill

803-496-3312

NORTH

William N. Braswell, MD

Brenda K. Wilhite, APRN

4631 Savannah Highway, North

803-247-2428

ST. MATTHEWS

William N. Braswell, MD

Sarah K. McLauchlin, PA

725 Harry C. Raysor Drive, St. Matthews

803-874-3902

RMC OCCUPATIONAL MEDICINE

ORANGEBURG

Daunis A. L. Aboaba, MD, MPH, FACOEM

The Regional Medical Center-Annex Building

3000 St. Matthews Road, Orangeburg

803-395-2576

Workman's Comp HOTLINE: 803-395-3834

continued on next page ...

services

❖ RMC Practices *continued ...*

RMC CARDIOLOGY

ORANGEBURG

George E. Castro, MD, FACC
Christopher C. Smith, PA
1137 Cook Road, Orangeburg
803-531-0970

John O. Hutto, MD, FACP, FACC
Samuel V. King, MD
Gregory T. Dressel, MS, APRN, AACC
2664 St. Matthews Road, Orangeburg
803-395-3844

Mark J. Krzyston, MD, FACC
Christopher C. Smith, PA
1175 Cook Road, Suite 225, Orangeburg
803-534-8723

RMC INTERNAL MEDICINE

ORANGEBURG

Lamar W. Dawkins Jr., MD
Carla R. Escobar, APRN
1097-A Cook Road, Orangeburg
803-534-5110

INTERNAL MEDICINE AND GASTROENTEROLOGY

ORANGEBURG

Muhammad Yunis, MD
2850 Pelham Court, Orangeburg
803-395-2403

RMC OBSTETRICS & GYNECOLOGY

ORANGEBURG

David W. Gillespie, MD
Whitney W. Thoma, MD
Patricia M. Smith, CNM
1175 Cook Road, Suite 145, Orangeburg
803-531-2300

ORANGEBURG SURGICAL ASSOCIATES

ORANGEBURG

Julius W. Babb III, MD, FACS
Michael A. Hill, MD, FACS
Kimberly E. Miller-Hammond, MD
1175 Cook Road, Suite 320, Orangeburg
803-395-3960

PALMETTO SURGICAL GROUP

ORANGEBURG

Dion L. Franga, MD, FACS, RPVI
Thomas T. Chow, MD
Sandra M. Chaplin, ACNP
1175 Cook Road, Suite 230, Orangeburg
803-395-3900

S.C. ORTHOPAEDIC INSTITUTE

ORANGEBURG

James P. Marro, MD, FAAOS
David A. Ajibade, MD
Jerrold M. Buckaloo, MD, FAAOS
Brandi L. Jones, PA
C. Linda Hawkins, PA
1175 Cook Road, Suite 215, Orangeburg
803-395-3837

community outreach

Community members are urged to “know your health numbers” by taking advantage of the following **FREE** health information and/or screening opportunities. For more information on the following community outreach efforts, contact Patricia Funderburk, RN, CPST, Community Outreach manager/Safe Kids director, at 803-395-2698 (toll free in SC: 800-476-3377, ext. 2698) or e-mail: pdfunderburk@regmed.com.

❖ Health Information & Screenings

Blood Pressure, Blood Sugar, Cholesterol

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

Sat., April 4 11:00 am - 2:00 pm
Dogwood Festival
Main St., Denmark

Tues., April 7 10:00 am - 12:00 pm
CORE (Community Organization for Rights and Empowerment)
1250 Unity Rd., Holly Hill

Thurs., April 9 8:30 am - 10:30 am
Ehrhardt Food and Clothes Bank
13442 Broxton Bridge Rd., Ehrhardt

Sat., April 11 11:00 am - 2:00 pm
Purple Martin Unity Fair
VFW Post
279 Moore Rd., St. Matthews

Sat., April 18 10:00 am – 12:00 pm
Springfield Masonic Lodge Health Fair
Hwy. 39, Springfield

❖ Health Information & Screenings

Blood Pressure (No registration required.)

AT COUNCIL ON AGING SITES:

- ❖ **Bamberg**
Thurs., April 2 10:00 am - 11:30 am
- ❖ **Springfield**
Mon., April 6 10:00 am - 12:00 pm
- ❖ **Vance**
Wed., April 8 10:30 am - 12:00 pm
- ❖ **Orangeburg**
Tues., April 14 10:00 am - 12:00 pm
Wed., April 15 10:00 am - 12:00 pm

AT COUNCIL ON AGING SITES:

- ❖ **Calhoun County, St. Matthews**
Thurs., April 16 10:00 am - 12:00 pm
- ❖ **North**
Tues., April 21 10:00 am - 12:00 pm
- ❖ **Branchville**
Mon, April 27 10:30 am - 12:00 pm

health + you

april 2015

Find out if your health is at risk ...

Knowing your risk profile will enable you to take control of your health and provide you with the best defense against disease.



*Put your health first! Take the BreastCancerAware, ColonCancerAware, ProstateCancerAware, DiabetesAware, HeartAware, JointAware, SleepAware, SpineAware, StrokeAware or VascularAware **FREE**, online risk assessment now.*

*Visit our website at www.trmchealth.org, click on "Services" and select "HealthAware" to take any of the **FREE** health risk assessments.*

DID YOU KNOW?

Year to date ...*

- ❖ **9,056 hours of service were volunteered** to the hospital.
- ❖ The Hospital **provided \$1,998,058 in charity care.**
- ❖ The Hospital Auxiliary's Verna Martin Compassionate Care Program **provided \$4,804 in charitable contributions.**
- ❖ The RMC Foundation **received \$527,046 in donations.**

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