

YAVAPAI REGIONAL MEDICAL CENTER

Community Outreach

September 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>See detailed descriptions of classes, times and locations on the right.</p> <p>Download this month's calendar online at www.yrhc.org</p>			1 Family Birth Class, YRMC East Parkinson's Disease Exercise Class, Wellness Center	2 Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Hip Replacement Class, Wellness Center	3 Parkinson's Disease Exercise Class, Wellness Center	4
5	6 Parkinson's Disease Exercise Class, Wellness Center	7 Stroke Support Group, Wellness Center	8 Family Birth Class, YRMC East Parkinson's Disease Exercise Class, Wellness Center Respiratory Wellness Class, YRMC East YRMC Cancer Support Group, YRMC Del E. Webb Outpatient Center	9 Respiratory Wellness Class, YRMC West One More Time! Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Parkinson's Disease Interdisciplinary Evaluation Clinic, Wellness Center	10 Parkinson's Disease Exercise Class, Wellness Center Knee Replacement Class, Wellness Center	11 Breastfeeding Works!
12	13 Family Birth Class, YRMC East Nutrition Lecture, Wellness Center Parkinson's Disease Exercise Class, Wellness Center Hip Replacement Class, YRMC East	14 Diabetes Self-Management Class, YRMC Del E. Webb Outpatient Center Women's Lymphedema Support Group, Wellness Center Parkinson's Disease BIG/Advanced BIG Exercise Class, Wellness Center	15 Family Birth Class, YRMC East Nutrition Lecture, YRMC Del E. Webb Outpatient Center Parkinson's Disease Exercise Class, Wellness Center	16 One More Time! Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Hip Replacement Class, Wellness Center	17 Parkinson's Disease Exercise Class, Wellness Center	18 <p>September is Peripheral Artery Disease (P.A.D.) Awareness Month</p>
19	20 Family Birth Class, YRMC East Parkinson's Disease Exercise Class, Wellness Center Knee Replacement Class, YRMC East	21 Diabetes Self-Management Class, YRMC Del E. Webb Outpatient Center American Diabetes Association Support Group, Wellness Center	22 Family Birth Class, YRMC East Parkinson's Disease Exercise Class, Wellness Center YRMC Cancer Support Group, YRMC Del E. Webb Outpatient Center	23 Peripheral Artery Disease informational discussion and free screenings Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Respiratory Wellness Class, YRMC West	24 Parkinson's Disease Exercise Class, Wellness Center Knee Replacement Class, Wellness Center	25 Spanish Language Prenatal Education, YRMC West
26	27 Parkinson's Disease Exercise Class, Wellness Center Family Birth Class, YRMC East 	28 Diabetes Self-Management Class, YRMC Del E. Webb Outpatient Center Parkinson's Disease BIG/Advanced BIG Exercise Class, Wellness Center	29 Family Birth Class, YRMC East Parkinson's Disease Exercise Class, Wellness Center	30 Diabetes Self-Management Class, Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center	BY APPOINTMENT <ul style="list-style-type: none"> • Occupational Medicine • Fall Risk Assessment Clinic • Healthy Families • Speakers Bureau • File of Life 	

The YRMC Community Outreach Calendar runs in this newspaper once a month so that as many people as possible will be aware of YRMC's wide selection of community outreach programs and services. Look for future calendars on Sunday, September 26; Sunday, October 24; and Sunday, November 22.

For a complimentary copy of the current month's calendar, call YRMC's Community Outreach Department at (928) 771-5686, or download it at www.yrhc.org.

YAVAPAI REGIONAL MEDICAL CENTER

Two Great Hospitals ... One Caring Spirit

YRMC WEST • YRMC EAST

1003 WILLOW CREEK RD
PRESCOTT, AZ

7700 EAST FLORENTINE
PRESCOTT VALLEY, AZ

Main Switchboard: (928) 445-2700 • www.yrhc.org

Yavapai Regional Medical Center is a locally owned, locally operated, not-for-profit hospital that relies solely on patient revenues and community support for all of its funding. No taxes have ever been levied to fund YRMC programs or pay for capital improvements.

YRMC Community Outreach ... For a Healthier Life

PROGRAM DESCRIPTIONS

The Mission of Yavapai Regional Medical Center is to provide you and your family and friends with comprehensive, high-quality healthcare – and to provide that care in ways that meet the needs of as many people as possible. Among YRMC's many community outreach programs are:

American Diabetes

Association Support Group

Local residents with diabetes, their spouses and caregivers are invited—at no cost—to join YRMC's Diabetes Support Group. September's topic will be "AccuCheck Connect" Seeing is Believing: Discover What Your Numbers Mean.
When: Tuesday, September 21st.
Time: 5:30 to 6:30 p.m.
Where: Community Education Room in the Wellness Center YRMC West
Cost: Free

When: Wednesdays, 6:30–8:30 p.m.,

starting September 1st;

Mondays, 6:30 – 8:30 p.m., starting September 13th

Where: YRMC East, Pronghorn Room, in Prescott Valley

Cost: \$35

Information: Call (928) 771-5200 to request a brochure. Space is limited, so please register early.

File of Life

The Volunteer Services Department at YRMC offers free community presentations on File of Life – an efficient and potentially life-saving way to ensure that important medical information is quickly available to emergency personnel. For more information, please call YRMC Volunteer Services at (928) 771-5678.

Healthy Families

Healthy Families is a free home-visiting program of the YRMC Family Resource Center that provides pregnant women and families of newborns with parenting education and emotional support, as well as personalized care and attention to specific needs.

Who: All pregnant women and new moms with infants up to three months old.

When: Call to schedule a home visit

Cost: Free

Information: Please call Bonnie at (928) 771-5651

Nutrition Lecture

"The Skinny on Low-Fat vs. Low-Carb Diets. Which is Better for Your Health and Your Heart?" Presented by Rita Carey, RD
Prescott: Monday, September 13th, 3:00 p.m. Community Ed. Room, Wellness Center, YRMC West
Prescott Valley: Wednesday, September 15th, 9:00 a.m., Pendleton Center in the YRMC Del E. Webb Outpatient Center

If you would like more information, please call (928) 759-5920.

Occupational Medicine

Pre-employment physicals, including DOT physicals, and vision testing, KEY lifting assessments, ergonomic work site assessments, post-injury rehabilitation, functional capacity assessments and on-site wellness promotion services are offered to area employers by the YRMC Physical Rehabilitation and Preventive Medicine departments.

Contact: Please call (928) 759-5940 for more information

Cost: Fees apply for employer-specific services

One More Time!

This is a two-session refresher course for expectant couples who have previously given birth.

When: Thursdays, September 9th and 16th, 6:30–9:00 p.m.

Contact: For more information or to register, call (928) 771-5200.

Cost: \$10

Parkinson's Disease Exercise Classes

YRMC HealthQuest and the YRMC Physical Rehabilitation Services Department offer Parkinson's Disease Exercise Classes.

Prescott: The Wellness Center at YRMC West: Mondays, Wednesdays, Fridays, 10:00 to 11:00 a.m.

Prescott Valley: YRMC Del E. Webb Outpatient Center: Thursdays, 1:00 p.m. to 2:00 p.m.

Who: Anyone with Parkinson's disease, as well as caregivers and partners

Cost: \$3 per class

Information: Call The Wellness Center at 771-5131 or YRMC Del E. Webb Outpatient Center at 759-5940.

Parkinson's Disease "BIG" Exercise Classes

Prior participation in the "BIG" Physical Therapy Program is required.

When: BIG/ADVANCED BIG combined class: second and fourth Tuesday,

September 14th and 28th

Time: 9:30–10:30 a.m.

Where: The Wellness Center at YRMC West in Prescott

Cost: \$9 per class

Information: For more information, please contact the YRMC Physical Rehabilitation Services Department at (928) 771-5131.

Parkinson's Disease Interdisciplinary Evaluation Clinic

A Parkinson's Disease Inter-disciplinary Evaluation Clinic is offered at YRMC West in Prescott to provide comprehensive evaluations, patient education, caregiver training and rehab treatments.

When: Second Thursday of the month, September 9th, 8:15 a.m. to 1:30 p.m.

Lunch is provided.

Where: The Wellness Center at YRMC West in Prescott

Who: Anyone with Parkinson's disease; a physician's referral is required

Cost: There is a charge, but most insurance plans will cover all or part of the cost.

Information: Please call (928) 771-5131

Pre-Operative Joint Replacement Classes

One-hour educational classes are offered in Prescott and Prescott Valley for local residents who are scheduled to have a total knee or a total hip replacement surgery, or are considering one of these surgeries. YRMC's physical rehab staff discuss aspects of the surgeries, answer questions, offer tips on preparing for surgery, and provide information on the exercises that will be initiated after surgery. The classes are free.

Hip Replacement Classes:

- Prescott – first Thursday, September 2nd, 8:30 a.m., at the Wellness Center, YRMC West
- Prescott – third Thursday, September 16th, 1:00 p.m., at the Wellness Center, YRMC West
- Prescott Valley – second Monday, September 13th, 9:00 a.m., in the Quail Room at YRMC East

Knee Replacement Classes:

- Prescott –second and fourth Friday, September 10th and 24th, 8:30 a.m. at the Wellness Center, YRMC West
- Prescott Valley – third Monday, September 20th, 9:00 a.m., in the Quail Room at YRMC East

For more information or to register, please call (928) 771-5131.

Respiratory Wellness

YRMC's Respiratory Wellness Program offers free classes on managing COPD (chronic obstructive pulmonary disease). Certified COPD educators lead each class. The schedule is as follows:

YRMC West

- September 9, COPD: *What Is It?*, 10:00 to 11:30 a.m., Granite Room.
- September 23, COPD: *Diagnosis and Testing*, 10:00 to 11:30 a.m., Granite Room.

YRMC East

- September 8, *Life with Asthma*, 6:00 to 7:30 p.m., Quail Room.

All YRMC respiratory wellness classes are free; registration is requested. Please call (928) 771-5264.

September is Peripheral Artery Disease (P.A.D.) Awareness Month

Do you have leg pain? Free informational discussion and free screenings

Speaker: Keith C. Morse FNP-C

YRMC Advanced Wound Care Center
When: Thursday, September 23

Time: 1:00–3:00 pm

Where: The Wellness Center at YRMC West in Prescott

Cost: Free

Registration: 928-771-5794 for more information or to register. (*Seating is limited to 50 –so register early!*)

Spanish Language Prenatal Education

YRMC offers a monthly Spanish Language Prenatal Education class to expectant mothers in any stage of pregnancy, taught by an instructor fluent in Spanish.

When: Saturday, September 25th

Where: YRMC East in Prescott Valley, Pronghorn Room

Time: 10:00 a.m. to 1:00 p.m.

Who: All expectant mothers are invited to attend

Cost: \$10 donation

Information: Call (928) 771-5200

Speakers Bureau

YRMC Speakers Bureau brings health-related information directly to community groups. To arrange for a Speakers Bureau presentation at your group's meeting, please call (928) 771-5738, or e-mail speakersbureau@yrmc.org. For a complete list of available topics, go to www.yrmc.org and click on "Speakers Bureau."

Stroke Support Group

A Stroke Support Group meets monthly, hosted by YRMC HealthQuest and the Physical Rehabilitation Services Department. September's meeting will be an Open Discussion. Light refreshments.

When: Tuesday, September 7th

Time: 2:00 p.m. to 3:00 p.m.

Where: The Wellness Center at YRMC West in Prescott

Who: Stroke survivors, their partners and caregivers are welcome

Cost: Free

Information: Call (928) 771-5131

Women's Lymphedema Support Group

A Women's Lymphedema Support Group is offered to women with lymphedema related to breast cancer. Attend for support, education on lymphedema-related topics and guest speakers.

When: Second Tuesday, September 14th

Time: 4:30 p.m. to 5:30 p.m.

Where: The Wellness Center, YRMC West in Prescott

Cost: Free

Please call YRMC's Physical Rehab Department at (928) 771-5131

YRMC Cancer Support Group

YRMC will host a Cancer Support Group on the second and fourth Wednesday, (September 8th and 22nd), in the conference room of the YRMC Del E. Webb Outpatient Center in Prescott Valley, 3:30 to 5:00 p.m. If you would like more information, please call (928) 759-5902.

ATTENTION EXPECTING MOMS!

Breastfeeding Works!

Breastfeeding Works!

teaches new moms how to have a successful and rewarding breastfeeding experience. Led by a YRMC lactation consultant.

When: September 11th (second Saturday of every month)

Time: 9:00 a.m. to 1:00 p.m.

Where: YRMC East in Prescott Valley, Pronghorn Room

Cost: Free

Information: Call (928) 771-5200 to register and request a brochure.

Diabetes Self-Management

YRMC HealthQuest and the Pendleton Centers offer Diabetes Self-Management training classes that meet once a week for five weeks. A new series of classes begins every 5-6 weeks.

YRMC West dates:

A new five-week series will begin on Thursday, September 30th.

YRMC East dates:

A new five-week series will begin on Tuesday, September 14th.

Who: Everyone with diabetes is invited; a physician's referral is required.

Where: All YRMC West classes are held from 2:30 p.m. to 4:30 p.m. at the Wellness Center. All YRMC East classes are held from 1:00 p.m. to 3:00 p.m. at the YRMC Del E. Webb Outpatient Center.

Cost: Please call for information about the cost of the classes and whether your insurance may cover some or all of the cost.

Information: YRMC West classes, please call (928) 771-5794; YRMC East classes, please call (928) 759-5920

Fall Risk Assessment Clinic

To reduce the number of falls and fall-related injuries for local residents, YRMC HealthQuest and the Physical Rehabilitation Services Department offer a Fall Risk Assessment Clinic in both Prescott and Prescott Valley. Individuals referred to the clinic will meet with a physical therapist to evaluate balance deficits, functional mobility and general stability, and how each individual can improve his or her stability and safety.

When: By appointment

Where: The Wellness Center at YRMC West in Prescott, or the YRMC Del E. Webb Outpatient Center in Prescott Valley

Who: Anyone with stability problems; a physician's referral is required

Cost: There is a charge, but most insurance plans will cover the cost of the evaluation.

Information: Call (928) 771-5131 for more information or to schedule an appointment.

ATTENTION EXPECTING PARENTS!

Family Birth Class

YRMC's Family Birth

Class is a six-week series

of classes designed for first-

time moms and their partners to

provide helpful information in preparation

for the arrival of a new baby. Participants

are encouraged to start the series no later

than the 27th week of pregnancy, and then

be sure to attend all six of the two-hour

classes.



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CONSUMER CHOICE #1

NATIONAL RESEARCH
Corporation