

YRMC Community Outreach MAY 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BY APPOINTMENT <ul style="list-style-type: none"> • Occupational Medicine • Fall Risk Assessment Clinic • Healthy Families • Speakers Bureau • File of Life 		1 Parkinson's Disease "BIG" Exercise Class, Wellness Center	2 Parkinson's Disease Exercise Class, Wellness Center Smoking Cessation Intro Class, YRMC East "Take Your Back to School" Class, YRMC Del E. Webb Outpatient Center	3 Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Respiratory Wellness Class, YRMC West	4 	5 	
	6 Parkinson's Disease Exercise Class, Wellness Center Respiratory Wellness Class, YRMC East	7 	8 Parkinson's Disease Exercise Class, Wellness Center	9 Parkinson's Disease Exercise Class, Wellness Center	10 Relaxation Workshop, Wellness Center Diabetes Self-Management 5-week Class Series starts YRMC West Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center	11 	12 Breastfeeding Works! YRMC East
	13 Parkinson's Disease Exercise Class, Wellness Center Reversing Heart Disease Support Group, Wellness Center Hip Replacement Class, YRMC Del E. Webb Outpt. Ctr.	14 American Diabetes Assoc. Support Group, Wellness Center Diabetes Self-Management 5-week Class Series starts, YRMC East Family Birth Class Tuesday Night 6-Week Series Starts, YRMC East	15 Parkinson's Disease Exercise Class, Wellness Center	16 Parkinson's Disease Exercise Class, Wellness Center	17 Relaxation Workshop, Wellness Center One More Time! 2-session Birth Class, YRMC East Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Hip Replacement Class, Wellness Center	18 	
	20 Parkinson's Disease Exercise Class, Wellness Center Better Breathers Club, United Methodist Church Knee Replacement Class, YRMC Del E. Webb Outpt. Ctr.	21 Parkinson's Disease "BIG" Exercise Class, Wellness Center 22 Diabetes Self-Management 5-week Class Series starts	23 Parkinson's Disease Exercise Class, Wellness Center Family Birth Class Wednesday Night 6-Week Series Starts, YRMC East	24 Relaxation Workshop, Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center	25 Respiratory Wellness Class, YRMC West Knee Replacement Class, Wellness Center	26 	
	27 Parkinson's Disease Exercise Class, Wellness Center	28 	29 Parkinson's Disease Exercise Class, Wellness Center	30 Parkinson's Disease Exercise Class, Wellness Center	31 Relaxation Workshop, Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center	<p>Descriptions, Times, Locations & Phone Numbers on the back.</p>	

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, May 27; Sunday, June 24 and Sunday, July 22nd. 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.yrmc.org.



YAVAPAI REGIONAL MEDICAL CENTER

Two Great Hospitals ... One Caring Spirit

YRMC West: 1003 Willow Creek Road • Prescott

YRMC East: 7700 E. Florentine Road • Prescott Valley

YRMC Wellness Center: 930 Division Street • Prescott

Del E. Webb Outpatient Center: 3262 Windsong Rd. • Prescott Valley

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:

SPECIAL EVENTS

FREE! Tobacco Cessation Class

COST: FREE

WHEN: Introduction on Wednesday, May 2nd. Classes are May 8th, 9th, 10th and 16th

WHERE: YRMC East, Quail Room

INFORMATION: Call (928) 771-5264 to register. Class size is limited.

FREE! Relaxation Workshops

You can't avoid stress, but you can counteract its negative effects by learning the relaxation response.

Note: Please wear comfortable, non-binding clothing to allow you free movement.

Breathwork for Health and Healing

Thursday, May 10th, 3:00 p.m. to 4:00 p.m.
Class size is limited, please call to register.

Mindfulness Meditation

Thursday, May 17th, 3:00 p.m. to 4:00 p.m.
Class size is limited, please call to register.

Restorative Yoga • Thursday, May 24th, 3:00 p.m. to 4:00 p.m. Class size is limited, please call to register.

Guided Imagery • Thursday, May 31st, 3:00 p.m. to 4:00 p.m. Class size is limited, please call to register.

All Classes are held at the Wellness Center, YRMC West, 930 Division St, Prescott (across from the YMCA). To register, or for more information, please call (928) 771-5131, Option 2

FREE! American Diabetes Association Support Group

Local residents with diabetes, their spouses and caregivers are invited to join YRMC's Diabetes Support Group for a discussion on "What to do When You Travel" presented by Kim Friend, RN, CDE.

COST: FREE

WHEN: Tuesday, May 15th, 5:30 p.m.

WHERE: YRMC West Wellness Center, Community Ed. Room

INFORMATION: Call (928) 771-5794

FREE! Better Breathers Club

Community-based educational opportunities and support to persons with chronic lung disease (COPD) and their families, friends and support persons. Offered in cooperation with the American Lung Association.

COST: FREE

WHEN: May 21st, (3rd Monday of each month), 4:00–5:00 p.m.

WHERE: United Methodist Church, 505 West Gurley, Prescott

INFORMATION: Call 771-5264

FREE! Breastfeeding Works!

A YRMC lactation consultant teaches new moms how to have a successful, rewarding breastfeeding experience.

COST: FREE

WHEN: May 12th (second Saturday of every month), 9:00 a.m.–1:00 p.m.

WHERE: YRMC East, Prescott Valley, Pronghorn Room

INFORMATION: Call (928) 442-8800 to register and request a brochure.

FREE! Reversing Heart Disease Support Group

Join us to explore strategies and techniques to reverse and prevent heart disease. Example topics are: dietary changes, stress reduction, exercise techniques and research results. Lead by Rita Carey Rubin RD, MS, CDE.

COST: FREE

WHEN: May 14th (second Monday of the month), 3:00–4:00 p.m.

WHERE: YRMC West Wellness Center, Community Ed. Room.

INFORMATION: Call (928) 771-5794 to register or for information. Seating is limited.

Diabetes Self-Management

YRMC 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: A new five-week series begins Thursday, May 10th.

YRMC EAST: A new five-week series begins Tuesday, May 15th.

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

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

WHERE: All YRMC West classes are held from 2:00 to 4:00 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.

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, YRMC Physical Rehabilitation offer a Fall Risk Assessment Clinic. A physician's referral is required. Individuals referred to the clinic meet with a physical therapist to evaluate balance deficits, functional mobility and general stability, and how to improve his or her stability and safety.

COST: Most insurance plans will cover the cost of the evaluation.

WHEN: By appointment only

WHERE: YRMC West classes are held in the Wellness Center; YRMC East classes are held in the YRMC Del E. Webb Outpatient Center

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

Family Birth Class

This is a six-week series of classes designed for first-time moms and their partners to provide helpful information to prepare for the arrival of a new baby. Participants are encouraged to start the series no later than the 27th week of pregnancy and to attend all six of the two-hour classes.

COST: \$35

WHEN: Tuesdays, 7:00–9:00 p.m. starting May 15th; Wednesdays, 6:30–8:30 p.m. starting May 23rd.

WHERE: YRMC East, Pronghorn Rm.

INFORMATION: Call (928) 442-8800 to request a brochure. Space is limited, so register early.

FREE! 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.

INFORMATION: Call YRMC Volunteer Services at (928) 771-5678.

FREE! Healthy Families

Healthy Families is a free home-visiting program offered by YRMC's Family Resource Center that provides pregnant women and new moms with infants up to three months old with parenting education and emotional support, as well as personalized care and attention to specific needs.

COST: FREE

INFORMATION: Call Bonnie at (928) 442-8861 to schedule a FREE in-home visit. Call (928) 771-5651 for information.

Just the Basics Birth Class

Intensive class for those who cannot do the 6-week series because they are too close to their due date, or because they have work or school commitments preventing them from participating in the longer series.

COST: \$25

WHEN: There will be no classes in May. Please watch for future class dates in our June calendar.

WHERE: YRMC East, Pronghorn Rm.

INFORMATION: (928) 442-8800.

Massage Therapy

In support of our Vision of a Total Healing Environment, YRMC's Preventive Medicine and Physical Rehabilitation Departments have added a massage therapy program with 15, 30 and 60-minute massages by a licensed massage therapist.

COST: Please call for pricing

WHEN: Appointments are available Monday – Friday

WHERE: Wellness Center, YRMC West

INFORMATION: For pricing, information on gift certificates, or to schedule an appointment, call (928) 771-5131

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.

COST: Call for pricing information for employer-specific services

INFORMATION: Call (928) 759-5940

One More Time!

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

COST: \$10

WHEN: Thursdays, May 17th and 24th, 6:30–9:00 p.m.

WHERE: YRMC East, Pronghorn Rm.

INFORMATION: Call (928) 442-8800

Parkinson's Disease Exercise Classes

YRMC Physical Rehabilitation Department offer Parkinson's disease exercise classes for people with Parkinson's disease, as well as caregivers and partners.

COST: \$3 per class

YRMC WEST DATES: Mondays and Wednesdays, 10:00 to 11:00 a.m. in the Wellness Center

YRMC EAST DATES: Thursdays, 1:00 to 2:00 p.m. in the YRMC Del E. Webb Outpatient Center

INFORMATION: Call (928) 771-5131 for YRMC West classes; Call (928) 759-5940 for YRMC East classes

Parkinson's Disease "BIG" Exercise Classes

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

COST: \$9 per class

WHEN: Big/Advanced Big combined class:

First and third Tuesday, May 1st and 15th, 9:30–10:30 a.m.

WHERE: The Wellness Center at YRMC West

INFORMATION: Call (928) 771-5131

Parkinson's Disease Interdisciplinary Evaluation Clinic

The Parkinson's disease Interdisciplinary Evaluation Clinic provides comprehensive evaluations, patient education, caregiver training and rehabilitation treatments.

A physician's referral is required.

COST: Most insurance plans will cover all or part of the cost.

WHEN: Please call for dates, 8:15 a.m. to 1:30 p.m. Lunch is provided

WHERE: The Wellness Center at YRMC West

INFORMATION: Call (928) 771-5131

FREE! Pre-Operative Joint Replacement Classes

One-hour educational classes are offered in Prescott and Prescott Valley for local residents who are scheduled to have total knee or total hip replacement surgery, or are considering one of these procedures. YRMC's physical rehabilitation staff discusses aspects of the surgeries, answers questions, offers tips on preparing for surgery, and provides information on the exercises that will be initiated after surgery.

COST: FREE

HIP REPLACEMENT CLASSES:

- Prescott – third Thursday, May 17th at 12:00 noon in the Wellness Center at YRMC West
- Prescott Valley – second Monday, May 14th at 9:00 a.m. in the conference room, 2nd floor, YRMC Del E. Webb Outpatient Center

KNEE REPLACEMENT CLASSES:

- Prescott – Fourth Friday, May 25th at 1:00 p.m. in the Wellness Center at YRMC West
- Prescott Valley – Third Monday, May 21st, 9:00 a.m. in the conference room, 2nd floor, YRMC Del E. Webb Outpatient Center

INFORMATION: Call (928) 771-5131

FREE! Respiratory Wellness Classes

YRMC's Respiratory Wellness Program offers free classes on managing COPD (chronic obstructive pulmonary disease). Certified COPD educators lead each class. Registration is required.

COST: FREE

YRMC WEST DATES

- May 3, "Nutrition for COPD Patients," 10:00–11:30 a.m., Spruce Room
- May 17, "Oxygen and Traveling," 10:00–11:30 a.m. in the Thumb Butte Rm.

YRMC EAST DATES

- May 7, "Exercise, Activity and COPD," 1:00–2:30 p.m., Pronghorn Room

INFORMATION: Call (928) 771-5264 to register.

FREE! Speakers Bureau

The YRMC Speakers Bureau can help you bring health-related information directly to your community group. For a complete list of available topics, go to www.yrmc.org and click on "Speakers Bureau."

INFORMATION: To schedule a presentation, call (928) 771-5738 or e-mail speakersbureau@yrmc.org

FREE! Take Your Back to School

Learn about the causes, care and prevention of back pain in YRMC's Back Care Certification Course. This one hour course is taught by a licensed YRMC Physical Therapist.

COST: FREE

WHEN: Wednesday, May 2nd, 6:00–7:00 p.m.

WHERE: The Wellness Center at YRMC West

INFORMATION: To enroll call (928) 771-5131.

FREE! Women's Lymphedema Support Group

A Support Group is offered to women with lymphedema related to breast cancer. We invite you to attend for support, education on lymphedema-related topics and guest speakers.

COST: FREE

WHEN: There will not be a meeting in May.

We'll see you on June 12th.

WHERE: The Wellness Center at YRMC West

INFORMATION: Call (928) 771-5131

YAVAPAI REGIONAL
MEDICAL CENTER

2011/2012

CONSUMER CHOICE #1

NATIONAL RESEARCH
Corporation