

Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **NOVEMBER**



2 THURSDAY

Diabetes Self-Management

YRMC's Diabetes Self-Management training classes meet once a week for five weeks. A new series of classes begins every five to six weeks. Anyone with diabetes is invited; a physician's referral is required.

COST: Please call for information about the cost of the classes and if your insurance may cover some or all of the cost.
WHEN: 1:00–3:00 p.m., YRMC Del E. Webb Outpatient Center, 1st floor conference room, 3262 N. Windsong Dr., Prescott Valley.
There will be no class on November 23rd in observation of Thanksgiving.
INFO: Please call (928) 759-5920 to register.

3 FRIDAY

Know the 10 Signs

FREE If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

WHEN: 2:30–3:30 p.m., Las Fuentes Social Room, 1035 Scott Dr., Prescott.
INFO: Please call (928) 445-9300 to register.

4 SATURDAY

SafeSitter Training

Designed to prepare students to be safe when they're home alone, watching younger siblings or babysitting. The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR!

COST: \$50
WHEN: 9:00 a.m.–3:30 p.m., Catholic Charities, 434 West Gurley St., Prescott.
INFO: Pre-registration is required by 4:00 p.m. on November 2, 2017. Please call (928) 708-7206 to register.

6 MONDAY

Effective Communication Strategies

FREE As people with Alzheimer's disease and other dementias progress in their journey, the ability to use words is lost and families need new ways to connect. This program explores how communication takes place when someone has Alzheimer's and identifies strategies to help connect and communicate at each stage of the disease. Presented by the Alzheimer's Association.

WHEN: 1:30–2:30 p.m., Alta Vista Senior Living, 916 Canterbury Lane, Prescott.
INFO: Please call (928) 772-6000 to register.

Family Birthing Class

A four-week series designed for first-time moms and their partners to help 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 four of the classes.

COST: \$35
WHEN: Mondays, November 6th through 27th, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.
INFO: Please call (928) 442-8800 to register.

Spring Clean Your Lungs: Quit Tobacco!

FREE Here is the help you need to kick that habit. Free nicotine replacement options available. See Cessation Facilitator for details.

WHEN: Introductory session – Monday, November 6th. Remaining sessions on November 7th, 13th, 16th, 20th and 21st. Participants are encouraged to attend all six classes. All sessions meet 7:00–8:30 p.m.
WHERE: YRMC West Cafeteria, 1003 Willow Creek Road, Prescott.
INFO: To register, please call (928) 771-5102.

7 TUESDAY

Alzheimer's 101: The Basics

FREE If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. Presented by the Alzheimer's Association.

WHEN: 11:00 a.m.–12:00 p.m., Adult Center of Prescott, 1280 E. Rosser, Prescott.
INFO: Space is limited. Please call (928) 778-3000 to reserve your seat.

Combination Hip & Knee Replacement Class

FREE YRMC's Physical Rehabilitation and Case Management departments offer one-hour informational classes for local residents who are scheduled for, or are contemplating total knee or total hip replacement surgery.

WHEN: 11:15 a.m.–12:15 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.
INFO: Please call (928) 771-5131 to register.

7 TUESDAY

Respiratory Wellness: Asthma Management

FREE YRMC's Respiratory Wellness program offers free classes on managing COPD (chronic obstructive pulmonary disease). Certified COPD educators lead the classes. Registration required.

WHEN: 10:00 – 11:30 a.m., YRMC West, Spruce Room, 1003 Willow Creek Rd., Prescott.
INFO: Please call (928) 771-5264 to register.

8 WEDNESDAY

Alzheimer's 101: The Basics

FREE If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. Presented by the Alzheimer's Association.

WHEN: 1:15–2:15 p.m., Granite Gate Senior Living, 3850 N. Hwy 89, Prescott.
INFO: Please call (928) 771-8200 to reserve your seat.

11 SATURDAY

Breastfeeding Works!

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

WHEN: 9:00 a.m.–12:00 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.
INFO: Please call (928) 442-8800 to register.

13 MONDAY

Combination Hip & Knee Replacement Class

FREE YRMC's Physical Rehabilitation and Case Management departments offer one-hour informational classes for local residents who are scheduled for, or are contemplating total knee or total hip replacement surgery.

WHEN: 9:00–10:00 a.m., YRMC Del E. Webb Outpatient Center, 1st floor conference room, 3262 N. Windsong Dr., Prescott Valley.
INFO: Reservations are required. Please call (928) 759-5920.

14 TUESDAY

Respiratory Wellness: Great exercises for anyone who gets easily winded.

FREE YRMC's Respiratory Wellness program offers free classes on managing respiratory ailments. Certified COPD educators lead the classes. Registration required.

WHEN: 3:00–4:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.
INFO: Please call (928) 771-5264 to register.

Turn over for more dates and Support Groups >>>

Monthly Parkinson's Disease Exercise Classes

YRMC's Physical Rehabilitation Department offers exercise classes for people with Parkinson's disease, as well as caregivers and partners. Classes are held in Prescott and Prescott Valley.

PRESCOTT CLASSES

COST: \$3 per class

WHEN: Mondays and Wednesdays,
10:00–11:00 a.m., YRMC Wellness Center,
Community Education Room,
930 Division St., Prescott.

INFO: Please call (928) 771-5131.

PRESCOTT VALLEY CLASSES

COST: \$3 per class

WHEN: Tuesdays and Thursdays, 2:00–3:00 p.m.,
YRMC Del E. Webb Outpatient Center,
2nd floor stretch room,
3262 N. Windsong Dr., Prescott Valley.

INFO: Please call (928) 759-5940.

Parkinson's Disease "BIG" Exercise Classes

Prior participation in YRMC's Physical or Occupational Therapy program required.

COST: \$5 per class

WHEN: Tuesdays, November 7th, 14th, 21st
and 28th, 9:30–10:30 a.m., YRMC Wellness
Center, Stretch Room, 930 Division St., Prescott.

INFO: Please call (928) 771-5131.

15 WEDNESDAY

Understanding and Responding to Dementia-Related Behavior

FREE Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings. Learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Presented by the Alzheimer's Association.

WHEN: 11:00 a.m.–12:00 p.m., Samaritan Village Tower, 1075 Ruth St., Prescott.

INFO: Class size is limited so register early! Please call (928) 778-3302.

18 SATURDAY

All Day Family Birthing Class

Designed for first-time moms and their partners to help prepare for the arrival of a new baby. Participants are encouraged to start the series no later than the 27th week of pregnancy.

COST: \$35

WHEN: 9:00 a.m.–4:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

INFO: Please call (928) 442-8800 to register.

21 TUESDAY

Family Birthing Class

A four-week series designed for first-time moms and their partners to help 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 four of the classes.

COST: \$35

WHEN: Tuesdays, November 21st through
December 12th, 6:30–8:30 p.m.,
YRMC East, Pronghorn Room,
7700 E. Florentine Rd., Prescott Valley.

INFO: Please call (928) 442-8800 to register.

Combination Hip & Knee Replacement Class

FREE YRMC's Physical Rehabilitation and Case Management departments offer one-hour informational classes for local residents who are scheduled for, or are contemplating total knee or total hip replacement surgery.

WHEN: 11:15 a.m.–12:15 p.m., YRMC Wellness Center,
Community Education Room,
930 Division St., Prescott.

INFO: Reservations are required. Please call (928) 771-5131.

22 WEDNESDAY

Plant Based Diet...Gaining Momentum

FREE Learn about the benefits of a plant based diet. We'll debunk any myths you may have heard and learn some delicious ways to eat a plant based diet. Presented by Dr. Deanna Price, YRMC PhysicianCare.

WHEN: 1:00–2:00 p.m., Prescott Athletic Club,
1 Kingswood Dr., Prescott.

INFO: Please call (928) 227-3417 to reserve your seat.

28 TUESDAY

Respiratory Wellness: Confused about your respiratory medications? Come to THIS presentation!

FREE YRMC's Respiratory Wellness program offers free classes on managing COPD (chronic obstructive pulmonary disease). Certified COPD educators lead the classes. Registration required.

WHEN: 2:30–4:00 p.m., YRMC West, Spruce Room,
1003 Willow Creek Rd., Prescott.

INFO: Please call (928) 771-5264 to register.

Alzheimer's 101: The Basics

FREE If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. Presented by the Alzheimer's Association.

WHEN: 3:00–4:00 p.m., Highgate Senior Living,
1600 Petroglyph Pointe Dr., Prescott.

INFO: Please call (928) 541-1400 to reserve your seat.

29 THURSDAY

United Blood Services Blood Drive

FREE Find the Hero in you. Donate three times a year.

WHEN: 8:00 a.m.–5:00 p.m., YRMC West, Thumb Butte, 1003 Willow Creek Rd., Prescott.

INFO: Register online at bloodhero.com (sponsor code YRMC) or call (928) 771-5295.



YAVAPAI REGIONAL
MEDICAL CENTER

YESTERDAY • TODAY • TOMORROW • 1943–2018

The YRMC HealthConnect Calendar is published monthly so that as many people as possible will be aware of YRMC's wide selection of community outreach programs and services. For a complimentary copy of the current month's calendar, call YRMC's Community Outreach Department at (928) 771-5738, or visit YRMCHealthConnect.org.

YRMC's SUPPORT GROUPS—Free

13 MONDAY

Better Breathers Club

Information and support for people with chronic obstructive pulmonary disease (COPD) and their families, friends and caregivers. Offered in cooperation with the American Lung Association.

WHEN: 1:00–2:00 p.m., YRMC Wellness Center,
Community Education Room,
1003 Willow Creek Rd., Prescott.

INFO: Please call (928) 771-5264.

Reversing Heart Disease Support Group

Explore strategies and techniques to reverse and prevent heart disease. Example topics include: Dietary Changes, Stress Reduction, Exercise Techniques and Research Results. Lead by Rita Carey Rubin, RD, MS, CDE.

WHEN: 3:00–4:00 p.m. YRMC Wellness Center,
Community Education Room,
930 Division St., Prescott.

INFO: Please call (928) 771-5794.

14 TUESDAY

Women's Lymphedema Support Group

A supportive environment for women with lymphedema related to breast cancer. Information on lymphedema related topics and guest speakers.

WHEN: 4:30–5:30 p.m., YRMC Wellness Center,
Community Education Room,
930 Division St., Prescott.

INFO: Please call (928) 771-5131.

21 TUESDAY

Living Well With Diabetes Support Group

Local residents with diabetes, their spouses and caregivers are invited to join YRMC's Diabetes Support Group. This month's topic is "Healthy and Stress-Free Holidays!" Presented by Kim Friend, RN, CDE.

WHEN: 5:30–6:30 p.m., YRMC Wellness Center,
Community Education Room,
930 Division Street, Prescott.

INFO: Please call (928) 771-5794.

22 WEDNESDAY

Heart & Soul Breast Cancer Support Group

YRMC is proud to provide a comfortable and private setting for sharing and support for survivors or those who have been recently diagnosed with breast cancer.

WHEN: 4:00–5:30 p.m.,
The BreastCare Center at YRMC East,
7700 E. Florentine Rd., Prescott Valley.

INFO: Please call (928) 442-8841.