

# Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **SEPTEMBER**



**1 FRIDAY**

## Prescription Medications, Reducing Risks

**FREE** Learn about potential risks to older adults when taking prescription medication, the effects of prescription medications on older bodies, mixing medications with alcohol and herbal supplements, taking prescribed medications from other people or sharing yours. Suggestions will be made on how to talk to your physician when a medication is prescribed and making sure all physicians you see have a complete list of your medications including OTC and herbal supplements. Presented by Connie Boston, Senior Peer Prevention Program.

**WHEN:** 2:30-3:30 p.m., Las Fuentes Social Room, 1035 Scott Dr., Prescott.

**INFO:** Please call (928) 445-9300 to register.

**5 TUESDAY**

## 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.

## Respiratory Wellness: What's for Breakfast? Nutrition and Cooking for the Respiratory Impaired

**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:** 9:30-11:00 a.m., YRMC West, Spruce Room, 1003 Willow Creek Rd., Prescott.

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

**9 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.

**11 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:** Please call (928) 759-5920 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, September 11th through October 2nd, 6:30-8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

**13 WEDNESDAY**

## What to Do When We Feel Down

**FREE** This presentation will cover the differences between sadness and clinical depression and the importance of seeking treatment for depression. A shortened mood scale self-test will be administered. You will also learn wellness tips for combating "the blues." Presented by Connie Boston, MSW, Senior Peer Prevention Program.

**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.

**16 SATURDAY**

## Car Seat Event

**FREE** The Family Resource Center will be providing and installing infant, convertible, and booster car seats. First come, first serve until supplies run out.

**WHEN:** 9:00 a.m. - 12:00 noon, Del E. Webb Outpatient Building (in the parking lot), 3262 N. Windsong Drive, Prescott Valley.

**INFO:** Please call (928) 442-8861.

**19 TUESDAY**

## 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.

## 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.

**INFO:** Please call (928) 759-5920 to register.

## Respiratory Wellness: Everything You Always Wanted to Know About COPD

**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.

## 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:** 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.

**20 WEDNESDAY**

## What to Do When We Feel Down

**FREE** This presentation will cover the differences between sadness and clinical depression and the importance of seeking treatment for depression. A shortened mood scale self-test will be administered. You will also learn wellness tips for combating "the blues." Presented by Connie Boston, MSW, Senior Peer Prevention Program.

**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.

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, September 5th, 12th, 19th and 26th, 9:30–10:30 a.m., YRMC Wellness Center, Stretch Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5131.

## 21 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:** 2:00–4:00 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5794 to register.

### Oh My Aching Back!

**FREE** Learn basic anatomy, function, common spine problems and how to best care for your back. Presented by Al Peraza, PT, DPT.

**WHEN:** 12:00 noon – 1:00 p.m., Prescott Valley Public Library, Crystal Room, 7401 E. Civic Circle, Prescott Valley.

**INFO:** Please call (928) 759-6188 to register.

## 22 FRIDAY

### Fall Prevention Awareness Day

**FREE** YRMC, NACOG Area Agency on Aging and Yavapai County Community Health Services including a host of other local agencies have come together to form the Northern Chapter of Arizona Falls Prevention Coalition. Our aim is to provide education, information and referral to the public. We want to keep you on your feet. You have the Power to Prevent a Fall.

**WHEN:** Anytime between 11:00 a.m.–1:00 p.m.

**WHERE:** YRMC Wellness Center, Community Ed. Room, 930 Division St., Prescott.

**INFO:** Please call (877) 521-3500.

## 23 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.



## 27 WEDNESDAY

### Pain, Pills and Personal Power

**FREE** The management of chronic pain is most often successful when the patient is an active participant in the formulation of their individualized multimodal treatment plan. Presented by Dr. Steven Galper, YRMC PhysicianCare Pain Management Clinic.

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

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

## 26 TUESDAY

### Eat Healthy, Live Healthy

**FREE** As you age, healthy eating can make a difference in your health. It helps to improve your sense of well-being, sharpen your mind, get stronger and live longer. It is never too late to change your diet and improve the way you feel. Presented by the YRMC Clinical Nutrition Department.

**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.

## 27 WEDNESDAY

### Pendleton Lecture Series: What Happens When You Dial 911?

**FREE** What will the 911 dispatcher ask when you call 911? Who will respond to your call? Learn the answers to these questions and much more! Presented by Jeff Knotek, RN, Paramedic, Retired Firefighter and Flight RN.

**WHEN:** 12:30–1:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Reservations are required. Please call (928) 771-5794.

### United Blood Services Blood Drive

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

**WHEN:** 8:00 a.m.–4:00 p.m., YRMC West, Thumb Butte, 1003 Willow Creek Rd., Prescott.

**INFO:** Register online at [www.bloodhero.com](http://www.bloodhero.com) (sponsor code YRMC) or call (928) 771-5295.

## YRMC's SUPPORT GROUPS—Free

### 11 MONDAY

#### Reversing Heart Disease Support Group

**FREE** 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.

#### 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.

### 12 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.

### 19 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 "Diabetes and the ER". Presented by Olivia Leon, BSN, RN from the YRMC East Campus Emergency Department.

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

**INFO:** Please call (928) 771-5794.

### 27 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.



YAVAPAI REGIONAL  
MEDICAL CENTER

*Proudly Caring for Western Yavapai County*

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](http://YRMCHealthConnect.org).

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