

# Health **connect**

www.YRMCHHealthConnect.org

## Make A YRMC Health Connection in **OCTOBER**

### **2 MONDAY**

#### 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:** 1:30-2:30 p.m., Alta Vista Senior Living, 916 Canterbury Ln., Prescott.  
**INFO:** Please call (928) 772-6000 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, October 2nd. Remaining sessions on October 5th, 10th, 11th, 16th, and 19th. 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:** Please call (928) 771-5102.

### **3 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: Oxygen, Altitude and Travel

**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.

#### A Matter of Balance

**FREE** Many older adults experience concerns about falling and restrict their activities. This is an award-winning program designed to manage falls and increase activity levels. Sponsored by YRMC and NACOG Area Agency on Aging.  
**WHEN:** Tuesdays and Thursdays, October 3rd through October 26th, 3:00–5:00 p.m.  
**WHERE:** YRMC Wellness Center, Community Ed. Room, 930 Division St., Prescott.  
**INFO:** Please call (928) 771-5794 to register.



### **9 MONDAY**

#### Respiratory Wellness: Chair Exercises

**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.

### **10 TUESDAY**

#### 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:** 12:30–1:30 p.m., Chino Valley Senior Center, 1021 W. Butterfield Rd., Chino Valley.  
**INFO:** Class size is limited so register early! Please call (928) 636-9114.

### **14 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.

### **17 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.

### **3 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, October 3rd through October 24th, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.  
**INFO:** Please call (928) 442-8800 to register.

### **4 WEDNESDAY**

#### Self-Defense for Seniors: Don't Be a Victim!

**FREE** Please join us for instruction and demonstration. Led by Jill Potter, RN, ACSM-HFS, Sixth Degree Black Belt, and Kim Friend, RN, BS, CDE, First Degree Black Belt. Dress comfortably for activity.  
**WHEN:** 2:00–4:00 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.  
**INFO:** Space is limited. Please call (928) 771-5794 to reserve your seat.

### **9 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.

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, October 3rd, 10th, 17th and  
24th, 9:30–10:30 a.m., YRMC Wellness Center,  
Stretch Room, 930 Division St., Prescott.

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

## 17 TUESDAY

### Respiratory Wellness: Getting the Most Relief from Your Respiratory Medications

**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.

## 18 WEDNESDAY

### 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:** 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.

## 24 TUESDAY

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

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

## 25 WEDNESDAY

### Stress Management

**FREE** Stress is a normal part of life. But too much can be a problem. In this discussion, we will talk about types of stress, signs and symptoms, when stress becomes a problem and strategies to help manage stress. Presented by Jill Potter, RN, ACSM-HFS.

**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.

## 26 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](http://bloodhero.com) (sponsor code YRMC) or call (928) 771-5295.

## 28 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.

## 31 TUESDAY

### 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 21st in observation of Thanksgiving.*

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

## YRMC's SUPPORT GROUPS—Free

## 9 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.

## 10 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.

## 17 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 "The Ominous Eight – Core Issues Associated with Type 2 Diabetes." Presented by Andrea Klein, RN, CDE, Director of Preventive Medicine at YRMC.

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

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

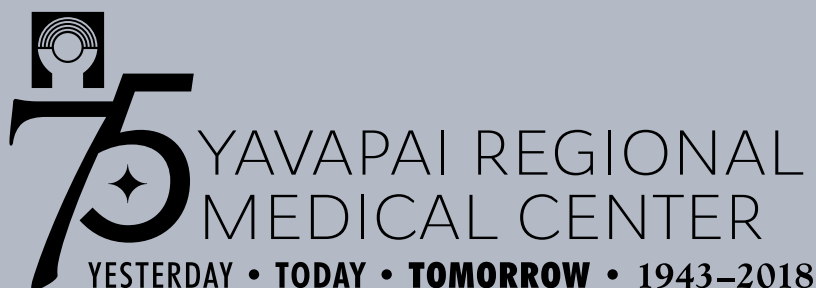
## 25 WEDNESDAY

### 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.



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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