

YAVAPAI REGIONAL MEDICAL CENTER Community Outreach August 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Mommy and Me Fitness Class, Wellness Center Parkinson's Disease Exercise Class, Wellness Center	3 Stroke Support Group, Wellness Center Diabetes Self-Management Class, YRMC Del E. Webb Outpatient Center Parkinson's Disease BIG/Advanced BIG Exercise Class, Wellness Center	4 Mommy and Me Fitness Class, Wellness Center Parkinson's Disease Exercise Class, Wellness Center	5 Hip Replacement Class, Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center	6 Parkinson's Disease Exercise Class, Wellness Center	7
8	9 Mommy and Me Fitness Class, Wellness Center Nutrition Lecture, Wellness Center Hip Replacement Class, YRMC East Parkinson's Disease Exercise Class, Wellness Center	10 Women's Lymphedema Support Group, Wellness Center Diabetes Self-Management Class, YRMC Del E. Webb Outpatient Center Family Birth Class, YRMC East	11 YRMC Cancer Support Group, YRMC Del E. Webb Outpatient Center Nutrition Lecture, YRMC East Mommy and Me Fitness Class, Wellness Center Respiratory Wellness Class, YRMC West Parkinson's Disease Exercise Class, Wellness Center	12 Respiratory Wellness Class, YRMC East Parkinson's Disease Interdisciplinary Evaluation Clinic, Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center	13 Knee Replacement Class, Wellness Center Parkinson's Disease Exercise Class, Wellness Center	14 Breastfeeding Works!
15	16 Mommy and Me Fitness Class, Wellness Center Knee Replacement Class, YRMC East Parkinson's Disease Exercise Class, Wellness Center	17 Diabetes Self-Management Class, YRMC Del E. Webb Outpatient Center Family Birth Class, YRMC East Parkinson's Disease BIG/Advanced BIG Exercise Class, Wellness Center	18 Mommy and Me Fitness Class, Wellness Center Parkinson's Disease Exercise Class, Wellness Center	19 Hip Replacement Class, Wellness Center Diabetes Self-Management Class, Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center	20 Parkinson's Disease Exercise Class, Wellness Center	21
22	23 Mommy and Me Fitness Class, Wellness Center Parkinson's Disease Exercise Class, Wellness Center	24 Diabetes Self-Management Class, YRMC Del E. Webb Outpatient Center Family Birth Class, YRMC East Pregnancy, Posture, & Pain Class, Wellness Center	25 YRMC Cancer Support Group, YRMC Del E. Webb Outpatient Center Respiratory Wellness Class, YRMC West & East Parkinson's Disease Exercise Class, Wellness Center Mommy and Me Fitness Class, Wellness Center	26 Diabetes Self-Management Class, Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center	27 Knee Replacement Class, Wellness Center Parkinson's Disease Exercise Class, Wellness Center	28 Spanish Language Prenatal Education, YRMC West
29	30 Mommy and Me Fitness Class, Wellness Center Parkinson's Disease Exercise Class, Wellness Center	31 Diabetes Self-Management Class, YRMC Del E. Webb Outpatient Center Family Birth Class, YRMC East	BY APPOINTMENT <ul style="list-style-type: none"> Occupational Medicine Fall Risk Assessment Clinic Healthy Families Speakers Bureau File of Life 			



See detailed descriptions of classes, times and locations on the right.

Download this month's calendar online at www.yrmc.org

The YRMC Community Outreach Calendar runs in the *Daily Courier* 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, August 23; Sunday, September 26; and Sunday, October 24.

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

There will be no meetings held in August. Please watch for our September calendar for upcoming classes!

Breastfeeding Works!

Breastfeeding Works! teaches new moms how

to have a successful and rewarding breastfeeding experience. Led by a YRMC lactation consultant.

When: August 14th (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, August 19th.

YRMC East dates:

A new five-week series will begin on Tuesday, August 3rd.

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.

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.

When: Tuesdays, 6:30 – 8:30 p.m., starting August 10th

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

Mommy and Me Fitness Classes

A fitness program for moms-to-be, new moms, and their babies! This group exercise class is designed for the special fitness needs of new moms and moms-to-be. Whether you are 12 weeks pregnant or 12 weeks postpartum, you will find the guidance and motivation you need. The class will include cardiovascular, resistance, and flexibility training.

Who: Moms-to-be and new moms

When: Mondays and Wednesdays, 11:30 a.m.-12:30 p.m., beginning Monday, August 2nd through Monday, August 30th

Where: The Wellness Center at YRMC West (across from YMCA)

Cost: \$5 per class

Information: Call (928) 771-5131 to register!

Nutrition Lecture

"Healthy Grilling" Learn the pros and cons of grilling. Presented by Rita Carey, RD

Prescott: Monday, August 9th, 3:00 p.m. Community Ed. Room, Wellness Center, YRMC West

Prescott Valley: Wednesday, August 11th, 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: There will be no classes offered in August. Please watch for future dates in our September calendar.

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: first and third Tuesday, August 3rd and 17th;

Time: 10:45 a.m. to noon

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, August 12th, 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, August 5th, 8:30 a.m., at the Wellness Center, YRMC West
- Prescott – third Thursday, August 19th, 1:00 p.m., at the Wellness Center, YRMC West
- Prescott Valley – second Monday, August 9th, 9:00 a.m., in the Quail Room at YRMC East

Knee Replacement Classes:

- Prescott –second and fourth Friday, August 13th and 27th, 8:30 a.m. at the Wellness Center, YRMC West
- Prescott Valley – third Monday, August 16th, 9:00 a.m., in the Quail Room at YRMC East

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

Pregnancy, Posture, and Pain: Community Lunch and Learn

Pain during and after pregnancy is not normal. However, almost 80% of women experience back or pelvic pain. Jennifer Patterson, PT, DPT, and mother of two, will present an informative and interactive lecture on the effects of pregnancy on posture. Postural exercises will also be performed.

Who: Moms-to-be and new moms

When: Tuesday, August 24th

Time: 12 noon–1:00 p.m.

Where: The Wellness Center at YRMC West in Prescott

Cost: Free

Children and families are welcome to attend. Lunch is provided

Call (928) 771-5131 to register

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

- August 11, COPD: *Nutrition and Weight Matters*, 1:30 to 3:00 p.m., Granite Room.
- August 25, *Sleep Apnea Basics*, 1:30 to 3:00 p.m., Granite Room.

YRMC East

- August 12, COPD: *Nutrition and Weight Matters*, 2:30 to 4:00 p.m., Pronghorn Rm.
- August 25th, *Oxygen, Altitude and Travel*, 2:30 to 4:00 p.m., Pronghorn Room

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

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, August 28th
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. August's meeting will be hosted by Dr. Bundy, O.D. who will discuss vision. Light refreshments.

When: Tuesday, August 3rd

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, August 10th
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, (August 11th and 25th), 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!

ATTENTION EXPECTING MOMS!

ATTENTION EXPECTING PARENTS!

ATTENTION EXPECTING PARENTS!

ATTENTION EXPECTING MOMS!