


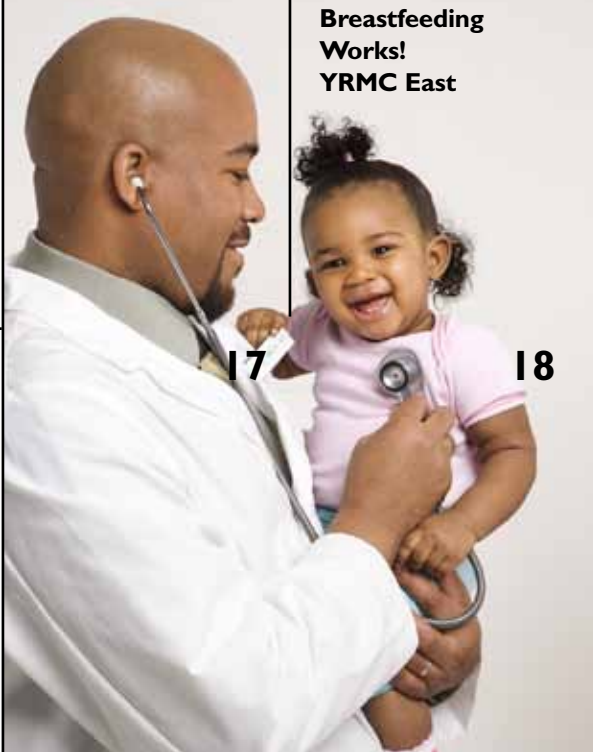


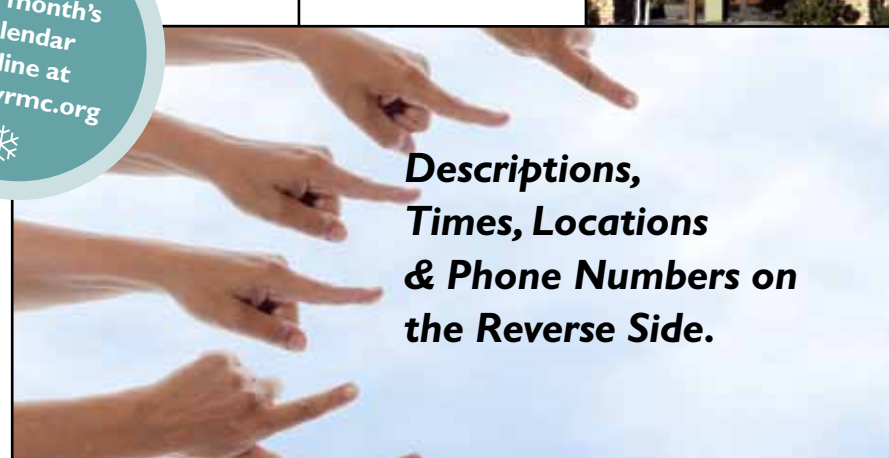


FEBRUARY IS AMERICAN HEART MONTH

YRMC Community Outreach FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BY APPOINTMENT <ul style="list-style-type: none"> • Occupational Medicine • Fall Risk Assessment Clinic <ul style="list-style-type: none"> • Healthy Families • Speakers Bureau • File of Life 			1 Parkinson's Disease Exercise Class, Wellness Center	2 Just the Basics Birth Class, YRMC East Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center	3 	4 
5 	6 Parkinson's Disease Exercise Class, Wellness Center	7 Parkinson's Disease "BIG" Exercise Class, Wellness Center	8 Parkinson's Disease Exercise Class, Wellness Center	9 Osteoporosis Seminar, Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Respiratory Wellness Class, YRMC West	10 	
12 Respiratory Wellness Class, YRMC East Reversing Heart Disease Support Group, Wellness Ctr. Parkinson's Disease Exercise Class, Wellness Center Hip Replacement Class, YRMC Del E. Webb Outpt. Ctr.	13 Women's Lymphedema Support Group, Wellness Center	14 National Heart Health Month Screenings, Dewey Parkinson's Disease Exercise Class, Wellness Center "Take Your Back to School," Wellness Center	15 Diabetes Self Management, Wellness Center Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Hip Replacement Class, Wellness Center	16 Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Hip Replacement Class, Wellness Center	17 Breastfeeding Works! YRMC East	18 Breastfeeding Works! YRMC East
19 Better Breathers Club, United Methodist Church Parkinson's Disease Exercise Class, Wellness Center Knee Replacement Class, YRMC Del E. Webb Outpt. Ctr.	20 Parkinson's Disease "BIG" Exercise Class, Wellness Center American Diabetes Assoc. Support Group, Wellness Center Diabetes Self Management, YRMC Del E. Webb Outpatient Center	21 Parkinson's Disease Exercise Class, Wellness Center	22 Parkinson's Disease Exercise Class, Wellness Center	23 Parkinson's Disease Exercise Class, YRMC Del E. Webb Outpatient Center Respiratory Wellness Class, YRMC West	24 Knee Replacement Class, Wellness Center	25 National Heart Health Month Screenings, The Pizano Center 
26 Parkinson's Disease Exercise Class, Wellness Center Respiratory Wellness Class, YRMC East	27 	28 Parkinson's Disease Exercise Class, Wellness Center				

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

Descriptions, Times, Locations & Phone Numbers on the Reverse Side.

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 February 26; Sunday, March 25th; and Sunday, April 22. For more information about YRMC's Community Calendar, call YRMC's Community Outreach Department at (928) 771-5686. *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! National Heart Health Month Screenings

YRMC invites you to join them for their informational and health screening fairs. There will be dietitians, physical therapists, respiratory therapists and other specialists available to answer questions and do simple screenings. Guest speakers are also planned.

COST: FREE

WHEN/WHERE:

Wednesday, February 15th
10:00 a.m. to 2:00 p.m.,
Prescott Country Club Clubhouse, Dewey

Saturday, February 25th
9:00 a.m. to 1:00 p.m.
The Pizano Center
1959 Commerce Center Circle, Prescott

INFORMATION: Call (928) 771-5738.

Osteoporosis Seminar

Come and hear the latest information available about this disease from Dr. Joseph Griffin, MD; Karen Kellerman, RN, ACSM-CES; and dietitian Rita Carey Rubin, RD, MS, CDE. Topics include osteoporosis overview, treatments, fall prevention and nutrition. Bone-healthy refreshments provided.

COST: \$10.00

WHEN: Thursday, February 9th,
2:00 – 4:30 p.m.

WHERE: YRMC Wellness Center, Community Education Room

INFORMATION: Call (928) 771-5794 to register. (Seating is limited—so register early!)

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 Sleep Apnea and Diabetes presented by Elizabeth Page, BA, RRT, AE-C.

COST: FREE

WHEN: Tuesday, February 21, 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: February 20th, (3rd Monday of each month), 4:00–5:00 p.m.

WHERE: United Methodist Church,
505 West Gurley, Prescott

INFORMATION: Call 771-5264 for more information

FREE! Breastfeeding Works!

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

COST: FREE

WHEN: February 11th (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 outcomes. Lead by Rita Carey Rubin RD, MS, CDE.

COST: FREE

WHEN: Second Monday of the month,
February 13th, 3:00–4:00 p.m.

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

INFORMATION: Call (928) 771-5794 to register or for more information. Seating is limited to 50.

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, February 16th.

YRMC EAST: A new five-week series begins Tuesday, February 21st.

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 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: There are no new classes starting in February. Please watch for our March calendar for future class dates.

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 442-8861 to schedule a FREE in-home visit. Call 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: Thursdays, February 2nd–19th,
6:30–9:00 p.m.

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: There are no new classes starting in February. Please watch for our March calendar for future class dates.

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,
February 7th and 21st, 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, February 16th at 12:00 noon in the Wellness Center at YRMC West

• Prescott Valley – second Monday, February 13th at 9:00 a.m. in the conference room, 2nd floor, YRMC Del E. Webb Outpatient Center

KNEE REPLACEMENT CLASSES:

• Prescott – Fourth Friday, February 24th at 1:00 p.m. in the Wellness Center at YRMC West

• Prescott Valley – Third Monday, February 20th, 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

• February 9, "COPD 101." 10:00–11:30 a.m., Thumb Butte Rm.

• February 23, "COPD and the Caregiver," 10:00–11:30 a.m. in the Thumb Butte Rm.

YRMC EAST DATES

• February 13, "Stress and COPD –Never a Good Combination," 1:00–2:30 p.m., Pronghorn Room

• February 27, "Oxygen, Altitude and Travel," 1:00–2:30 p.m., Pronghorn Room.

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

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! NEW! "Take Your Back to School"

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

COST: FREE

WHEN: Wednesday, February 15th, 6:00–7:00 p.m.

WHERE: YRMC Wellness Center, Community Education Room, Prescott

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: Second Tuesday, February 14th, from 4:30 – 5:30 p.m.

WHERE: The Wellness Center at YRMC West

INFORMATION: Call (928) 771-5131

6th SIXTH CONSECUTIVE YEAR!

YAVAPAI REGIONAL MEDICAL CENTER

2011/2012

CONSUMER CHOICE #1

NATIONAL RESEARCH Corporation