



JULY 2017

EVENTS **Calendar**

Screenings, Classes, Support Groups and Events

Auxiliary Sales

K & J Marketing – Everything \$6 Sale – Tues, 7/18, 7am–4pm, UM Shore Medical Center at Chestertown, Conference Center. Payroll deduction will be available for SRH employees. Proceeds benefit UM SMC at Chestertown. Contact: 410-348-2159.

Breast Cancer Support

Transition to Wellness – Free workshops for breast cancer survivors and patients who are ending treatment.

Survivors Offering Support (SOS) – Free program pairing women who have breast cancer with mentors who are breast cancer survivors. If you need support or would like to become a mentor, call 410-822-1000, ext. 5866.

Look Good ... Feel Better – Mon, 7/17, 10am-12pm, Cancer Center, Easton. Free ACS program for women with cancer includes hair, skin and make-up tips, samples and a visit to the wig room. Contact: 410-822-1000, ext. 5355.

Breast Cancer Support Group – Tues, 7/25, 6-7:30pm, Cancer Center, Easton. Contact: 410-822-1000, ext. 5387.

Find more information about The Breast Center's programs and services at UMShoreRegional.org/breast-center.

Cancer Support

Cancer Support Group/Easton – Thurs, 7/6 and 7/20, Cancer Center, Easton. Information and support for patients at any stage – diagnosis, treatment, recovery and survivorship. Contact: 443-254-5940.

US TOO Prostate Cancer Support Group – Tues, 7/11, 6:30pm, Cancer Center, Easton. Information and support for patients at any stage - diagnosis, treatment, recovery and survivorship. Contact: 410-820-6800, ext. 2300. Spouses and friends are encouraged to attend.

Cancer Support Group/Chestertown – Mon, 7/24, 7pm, UM SMC at Chestertown, Education Center. Information and support for patients at any stage - diagnosis, treatment, recovery and survivorship. Contact: 410-778-7668, ext. 2175.

Find more information about cancer treatment and support services online at UMShoreRegional.org/cancer_program.

Cardiopulmonary

Free Blood Pressure Screenings/Easton & Cambridge – Easton: every Tues & Weds, 9am-12pm, Diagnostic & Imaging Center. Cambridge: every Tues & Fri, 11am-1pm, UM SMC at Dorchester, Main Lobby. (Excluding holidays.)

Childbirth & New Parent Education

Labor & Delivery Class – Sat, 7/8, 9am-3:30pm, UM SMC at Easton, Health Education Center. Overview of maternal reproductive health; signs, symptoms and stages of labor,

including pain management; techniques for a successful birth experience; cesarean delivery; and recovery after the birth. Free; register by phone, 410-822-1000, ext. 5231.

Breastfeeding Support Group – Tues, 7/11 & 7/25, 10-11:30am, UM SMC at Easton, 5th floor meeting room. Led by lactation consultants for new and expectant mothers. Contact: 410-822-1000 or 410-228-5511, ext. 5700.

Breastfeeding Class – Sat, 7/22, 9am-12:30pm, UM SMC at Easton, Health Education Center. Information about the benefits for you and your baby, and tips and techniques for successful breastfeeding. Free; register by phone, 410-822-1000, ext. 5231 or e-mail jkaminskas@umm.edu.

Find more information about Birthing Center programs and services at UMShoreRegional.org/programs/birthing-center/services.

Diabetes Education and Support

Diabetes Self-Management Class/Chestertown – Tues, 7/11-18-25, 1-4pm. UM SMC at Chestertown Education Center. Medical information and strategies enabling patients to manage their diabetes for optimal wellness. Referral and advance registration required. Contact: 410-822-1000, ext. 5196.

Diabetes Self-Management Class/Easton – Two sessions: Tues, 7/11-18-25, 9am-12pm; and Weds, 7/12-19-26, 4:30-7:30pm, UM SMC at Easton, UM Diabetes & Endocrinology Center. Medical information and strategies enabling patients to manage their diabetes for optimal wellness. Referral and advance registrations required. Contact: 410-822-1000, ext. 5196.

Diabetes Support Group/Denton – Weds, 7/5, 5pm, St. Luke's United Methodist Church, Denton. Led by Doris Allen Tate, CRNP, CDE, UM Diabetes & Endocrinology Center. Contact: 410-822-1000, ext. 5195.

Diabetes Support Group/Easton – Mon, 7/10, 5:30pm, Brookletts Place, Talbot County Senior Center, Easton. Led by Karen Hollis, RD, CDE. Contact: 410-822-1000, ext. 5196.

Diabetes Support Group/Chestertown – Tues, 7/25, 6:00pm, UM SMC at Chestertown Cafeteria, "Annual Indoor Picnic" - Please bring a diabetes friendly dish to share. Led by Chrissy Nelson, BSN, RN, CDE. Contact 410-778-3300, ext. 2175.

Diabetes Support Group/ Dorchester – Weds, 7/26, 5:30pm, Dorchester County YMCA. Led by Renee Woodward, RN, CDE. Contact 410-822-1000, ext. 5196.

Find more information about diabetes treatment and support services at UMShoreRegional.org/programs/endocrinology.

Foundation Events

5th Annual Claws for a Cause – Thurs, 7/13, 6-9pm, Fisherman's Crab Deck in Grasonville. Crab feast and buffet of fried chicken, pork BBQ, and assorted sides. Benefiting the UM Shore Emergency

Center in Queenstown. Ticket prices are \$90 in advance; \$100 at door. Contact: 410-822-1000, ext. 5763 or alowe@umm.edu.

Aging, Memory Loss, Dementia: How We Think About It – Thurs, 7/27, 6-8pm, UM Shore Medical Center at Easton, Nick Rajacich Education Center, Easton. Speakers, Saeed Salehina, MD and Charles R. Athey, Esq. discuss aging and normal changes in cognitive function, normal and abnormal changes in memory, when should we be worried, causes of "abnormal memory/cognitive changes" and how to approach them and more. Seating is limited, to reserve a seat contact: 410-822-1000, ext. 5792 or janet@umm.edu.

Integrative Medicine

Acupuncture, Massage, Psychotherapy and Reiki – By appointment, Mon-Fri, except holidays. Center for Integrative Medicine, Suite 300, 522 Cynwood Drive, Easton.

Mini-Session Monday – Every Monday, 11:30-1:30, Auricular acupuncture in a group setting. No appointment necessary. \$20 sessions. Center for Integrative Medicine, Suite 300, 522 Cynwood Drive, Easton. 410-770-9400.

For information about services, providers and scheduling at the Center for Integrative Medicine, visit UMShoreRegional.org/CIM.

Recovery and Psychosocial Support

Bridge Clinic Support Group – Tues, 7/11, 7/18, 7/25, 6-7:30pm, UM SMC at Dorchester. Free, confidential support group meeting for individuals who have been hospitalized for behavioral health reasons and could benefit from assistance with issues after discharge. Varied topics based on participants' needs. Each participant may bring one family member. Contact: 410-228-5511, ext. 2140.

Safe Sitter

Safe Sitter® Class/Chestertown – Fri, 7/21, 9am-3:30pm, UM SMC at Chestertown Education Center. Pediatric nurses teach youth ages 11-13 the basics of babysitting, including first aid and more. Cost: \$45 (scholarships available). Limited seating, advance registration required. Contact: 410-778-7668, ext. 2175.

Stroke Support

Mid-Shore Stroke Support Group – Thurs, 7/6, 12-2pm, 500 Cadmus Lane, Easton. Guest Speaker Deborah Weber speaks on "Learning to Cope After a Stroke." All stroke survivors and/or caregivers and family members are welcome. Contact: Nicole Leonard 410-822-1000 ext. 5068 or nleonard@umm.edu.

Queenstown Stroke Support Group – Tues, 7/25, 12-2pm, UM Shore Pavilion at Queenstown, suite 320. All stroke survivors and/or caregivers and family members are welcome. Contact: Nicole Leonard 410-822-1000 ext. 5068 or nleonard@umm.edu.