



MAY 2017

# EVENTS **Calendar**

Screenings, Classes, Support Groups and Events

## Save the Date

### 3rd Annual UM Shore Regional Health Sporting Clays Classic –

Sat, 6/10, 8am, The Point at Pintail, Queenstown. Proceeds benefit equipment needs for the Clark Comprehensive Breast Center at UM Shore Regional Health. \$125/individual, \$500/team of four. Contact: 410-822-1000, ext. 5763 or [www.ummhfoundation.org/upcoming-events/](http://www.ummhfoundation.org/upcoming-events/).

### Chester River Health Foundation Golf Tournament –

Fri, 6/2, Chester River Yacht & Country Club, Chestertown. Proceeds will provide support for high-priority patient care programs and equipment at UM Shore Medical Center at Chestertown. Contact: 410-810-5661 or register at <http://umshoreregional.org/help/donate/chester/river/health-foundation-golf-tournament>.

### 5th Annual Claws for a Cause –

Thurs, 7/13, 6-9pm, Fisherman's Crab Deck, Grasonville. Crab feast and buffet of fried chicken, pork BBQ, and assorted sides. Benefiting the UM Shore Emergency Center in Queenstown. Ticket are \$90 in advance; \$100 at door. Contact: 410-822-1000, ext. 5763 or [alowe@umm.edu](mailto:alowe@umm.edu).

## Ask the Expert Series

**Living Well with Diabetes** – Weds, 5/3, 10am, Grasonville Senior Center, 4802 Main Street, Grasonville and 12:30pm, Kent Island Senior Center, 891 Love Point Road, Stevensville. Presenter: Doris Allen, CRNP, CDE, Lead Diabetes Educator, UM Center for Diabetes and Endocrinology.

**Fixing Your Leaky Faucet** – Weds, 5/3, 5pm, Dorchester County Public Library, 303 Gay Street, Cambridge. Presenter: R. Duane Cespedes, MD, Urologist, UM Community Medical Group – Continence & Pelvic Health.

**What is Advance Care Planning and Why is it Important?** – Weds, 5/3, UM SMC at Dorchester, 3rd Floor Classroom, 300 Byrn Street, Cambridge. Presenters: Lois Narr, DO, Family Medicine and Sharon Stagg, DNP, MPH, CRNP, Shore Regional Palliative Care.

**Cervical Cancer Prevention: Don't Be the Next Statistic** – Thurs, 5/4, 6pm, Chester River Friends Meeting, 124 Philosophers Terrace, Chestertown. Presenter: Dale Jafari, MSN, CRNP, UM Community Medical Group – Women's Health. Presentation will feature a special screening of the documentary film "Someone You Love: The HPV Epidemic".

**Palliative Care Telemedicine** – Tues, 5/9, 1pm, Heron Point, Barrett Conference Room, 501 Campus Avenue, Chestertown. Presenter: Maddie Steffans, RN, BSN, CHPN, Palliative Care Program Coordinator.

**Cervical Cancer Prevention: Don't Be the Next Statistic** – Tues, 5/4, 6pm, Dorchester County YMCA, 201 Talbot Avenues, Cambridge, MD. Presenter: Dale Jafari, MSN, CRNP, UM Community Medical Group – Women's Health. Presentation will feature a special screening of the documentary film "Someone You Love: The HPV Epidemic".

**Diabetes and Meal Planning: Controlling Your Blood Sugar** – Weds, 5/10, 11am, Sudlersville Senior Center, 605 Foxtown Drive, Sudlersville. Presenter: Mary King, RN, LD, CDE, Diabetes Educator, UM Center for Diabetes and Endocrinology.

**Most Common Complications of Childbirth** – Thurs, 5/11, 5:30pm, Conference Rm, UM Shore Medical Pavilion at Easton, 500 Cadmus Lane, Easton. Presenter: Kari Gorkos, Director, Youth & Family Programs, Mental Health Association of Maryland.

**Cervical Cancer Prevention: Don't Be the Next Statistic** – Tues, 5/16, 5:30pm, Conference Room, UM Shore Medical Pavilion at Easton, 500 Cadmus Lane, Easton. Presenter: Dale Jafari, MSN, CRNP, UM Community Medical Group – Women's Health. Presentation will feature a special screening of the documentary film "Someone You Love: The HPV Epidemic".

**Women's Health** – Weds, 5/18, 3:30pm, Kent County Visitors Center, 2nd floor Conference Room, 122 N. Cross Street, Chestertown. Presenter: Barbara Kierns, MD, OBGYN, UM Community Medical Group – Women's Health.

**Lung Cancer Screening** – Tues, 5/23, 5pm, Dorchester Public Library, 303 Gay Street, Cambridge. Presenter: David (Greg) Oliver, MD and Michele Williams, DNP, CRNP, AGCNP-BC, MSN, Rn-BC, OCN.

**Lung Cancer Screening** – Thurs, 5/25, 3pm, Caroline County Health Department, 403 S 7th Street, Denton. Presenter: David (Greg) Oliver, MD and Michele Williams, DNP, CRNP, AGCNP-BC, MSN, Rn-BC, OCN.

*Space is limited at these sessions. For more information or to register, call 410-822-1000, ext. 5222 or email [cathy.wright@umm.edu](mailto:cathy.wright@umm.edu).*

## 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 be a mentor, call 410-822-1000, ext. 5866.

**Look Good ... Feel Better** – Mon, 5/15, 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. Call: 410-822-1000, ext. 5355.

**Breast Cancer Support Group** – Tues, 5/23, 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](http://UMShoreRegional.org/breast-center).*

## Cancer Support

**Cancer Support Group/Easton** – Thurs, 5/4 and 5/18, 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, 5/9, 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, 5/22, 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](http://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

**Breastfeeding Support Group** – Tues, 5/2 & 5/16, 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.

**Labor & Delivery Class** – Sat, 5/6, 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 Class** – Sat, 5/20, 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](mailto:jkaminskas@umm.edu).

*Find more information about Birthing Center programs and services at [UMShoreRegional.org/programs/birthing-center/services](http://UMShoreRegional.org/programs/birthing-center/services).*

## Diabetes Education and Support

**Diabetes Self-Management Class/Easton** – Two sessions: Tues, 5/2-9-16, 9am-12pm; and Weds, 5/3-10-17, 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. 5195.

**Diabetes Self-Management Class/Chestertown** – Tues, 5/2-9-16, 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. Call: 410-822-1000, ext. 5195.

**Diabetes Support Group/Denton** – Weds, 5/3, 5:30pm, St. Luke's United Methodist Church, Denton. Led by Doris Allen, CRNP, CDE, UM Diabetes & Endocrinology Center. Contact: 410-479-2161.

**Diabetes Support Group/Easton** – Mon, 5/8, 5:30pm, Brookletts Place, Talbot County Senior Center, Easton. Led by Karen Hollis, RD, LDN, CDE. Contact: 410-822-1000, ext. 5195.

**Diabetes Support Group/Chestertown** – Tues, 5/30, 6:30pm, UM SMC at Chestertown. Led by Chrissy Nelson, BSN, RN, CDE. Contact 410-778-3300, ext. 2175.

**Diabetes Support Group/ Dorchester** – Weds, 5/31, 5:30pm, Dorchester County YMCA. Led by Renee Woodward, RN, CDE Contact 410-822-1000, ext. 5195.

*Find more information about diabetes treatment and support services at [UMShoreRegional.org/programs/endocrinology](http://UMShoreRegional.org/programs/endocrinology).*

## 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](http://UMShoreRegional.org/CIM).*

## Recovery and Psychosocial Support

**Bridge Clinic Support Group** – Tues, 5/2, 5/9, 5/16, 5/23, 5/30, 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** – Sat, 5/20, 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.

## Seminars

**Estate Planning: Trusts – Pitfalls and Configuration** – Thurs, 5/25, 5:30-7:30pm, Talbot County Public Library, 100 West Dover Street, Easton. Guest presenters include: Elizabeth Spurry, CFP, CTFA, President, Tred Avon Family Wealth and JoRhea Nagel Wright, Esq., Partner, Armistead, Lee, Rust & Wright, P.A. Topics of Discussion: Do I need a Trust now or in the future? The differences between a Trust and a Will, Common Trust types, uses and mistakes, plus more. Seating is limited, to reserve a seat contact: 410-822-1000, ext. 5792 or [janet@umm.edu](mailto:janet@umm.edu).

## Stroke Support

**Mid-Shore Stroke Support Group** – Thurs, 5/4, 12-2pm, 500 Cadmus Lane, Easton. All stroke survivors and/or caregivers and family members are welcome. Contact: Nicole Leonard 410-822-1000, ext. 5068 or [neleonard@umm.edu](mailto:neleonard@umm.edu).

**Queenstown Stroke Support Group** – Tues, 5/30, 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 [neleonard@umm.edu](mailto:neleonard@umm.edu).