

March 2017

EVENTS **Calendar**

Screenings, Classes, Support Groups and Events

National Nutrition Month

Ask the Expert: Healthy Eating & Weight Reduction – Weds, 3/22, 10-11:15am, Conference Center, UM SMC at Chestertown. March is National Nutrition Months. Come learn from this free presentation by Mary King, RD, LD, CDE, director of Nutrition Services, on myths and strategies for reducing weight and improving health. Contact: 410-778-3300, ext. 2295

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, 3/20, 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, 3/28, 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, 3/2 and 3/16, 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, 3/14, 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. NOTE: If schools are closed or dismissed early due to weather, meeting will be cancelled.**

Prostate Cancer Support Group – Mon, 3/20, 7pm, UM SMC at Chestertown Conference Center. Educational forum including basic prostate information and discussion, questions/answers and sharing from prostate cancer survivors. Contact: 410-778-7668, ext. 2175.

Cancer Support Group/Chestertown – Mon, 3/27, 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 Mon & Tues, 9am-12pm, Diagnostic & Imaging Center. Cambridge: every Tues & Fri, 11am-1pm, UM SMC at Dorchester, Main Lobby. (Excluding holidays.)

Better Breathers Support Group/Easton – Tues, 3/21, 2-3pm, UM SMC at Easton, Health Education Center, rooms C&D. For individuals with COPD, pulmonary fibrosis and lung cancer, and their caregivers. Learn better ways to better cope with lung disease while getting the support of others in similar situations. Contact: 410-822-1000, ext. 5230

Childbirth & New Parent Education

Labor & Delivery Class – Sat, 3/4, 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 or e-mail jkaminskas@umm.edu.

Breastfeeding Support Group – Tues, 3/7 & 3/21, 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, 3/18, 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/Easton – Two sessions: Tues, 3/7-14-21, 9am-12pm; and Weds, 3/8-15-22, 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, 3/7, 3/14, 3/21, 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. 5195.

Diabetes Support Group/Denton – Weds, 3/8, 5:30pm, St. Luke's United Methodist Church, Denton. Led by Doris Allen, BSN, RN, CDE, UM Diabetes & Endocrinology Center. Contact: 410-479-2161.

Diabetes Support Group/Easton – Mon, 3/13, 5:30pm, Talbot County Community Center Easton. Led by Karen Hollis, RD, LDN, CDE Contact: 410-822-1000, ext. 5195.

Diabetes Support Group/ Dorchester – Weds, 3/22, 5:30pm, Dorchester County YMCA. Led by Renee Woodward, RN, CDE Contact 410-822-1000, ext. 5195.

Diabetes Support Group/Chestertown – Tues, 3/28, 6:30pm, UM Shore Regional Health Chestertown. Led by Chrissy Nelson, BSN, RN, CDE. Contact 410-778-3300, ext. 2175

Find more information about diabetes treatment and support services at 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.

Recovery and Psychosocial Support

Bridge Clinic Support Group – Tues, 3/7, 3/14, 3/21, 3/28, 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.

Seminars

Estate Planning is for Everyone – and that includes YOU! – Tues, 3/28, 5:30-7:30p, UM SMC at Easton. Guest Presenters: Elizabeth Spurry, CFP, CTFA, President, Tred Avon Family Wealth; Frederick Hopkins, JD, CFA, Director of Wealth and Fiduciary Planning, Wilmington Trust and Billy Weber, President, Billy D. Weber & Associates. Topics will include; exploring the many facets of Estate Planning, overview of Wills, Trusts and other estate planning tools, a discussion of Eldercare Issues and identifying the risks of poor planning. To reserve a seat contact: 410-822-1000, ext. 5792 or janet@umm.edu.

Stroke Support

Mid-Shore Stroke Support Group – Thurs, 3/2, 12-2:30pm, 500 Cadmus Lane, Easton. Stroke survivors and family/caregivers welcome. Bring bagged lunch. Contact: 410-310-9280, midshorestroke@gmail.com.

Queenstown Stroke Support Group – 3/28, 12pm-2pm, UM Shore Pavilion at Queenstown. Stroke survivors and family/caregivers welcome. Bring bagged lunch. Contact: 410-822-1000, ext. 5068.

UMShoreRegional.org/news-and-events/events