



# Community Spirit

Lectures / Screenings / Classes / Support Groups / Events

## Support Groups

### ■ Moms and Babies Support Group

**When:** Every Monday at 10:00 am.

**Where:** OB Classroom, TRMC Elene Dorminy Women's Pavilion.

*Providing a networking opportunity for all expectant and new mothers along with breastfeeding support. Registration is required. Please register at the Calendar of Events at [tiftregional.com](http://tiftregional.com) or call 229-353-6318.*

### ■ Cancer Support Group

**When:** Every fourth Tuesday of the month at 5:30 pm.

**Where:** TRMC Oncology Center, 1623 Madison Avenue, Tifton.

*Registration is encouraged, but not required. Register at the Calendar of Events at [tiftregional.com](http://tiftregional.com) or call 229-386-1300.*

### ■ Diabetes Support Group

**When:** Every fourth Monday of the month at 6:00 pm. (except July and December).

**Where:** TRMC Dining Room.

*Open to people seeking support in effectively managing diabetes. Registration is encouraged, but not required. Call the Diabetes Learning Center at 229-353-6753 for more information or to register.*

### ■ HealthPlus Support Group

**When:** Every second Tuesday of the month at 5:30 pm.

**Where:** HealthPlus, 205 Dogwood Drive, Nashville.

*Sessions include discussions regarding heart disease, cancer, diabetes management and other health and wellness topics. Register at the Calendar of Events at [tiftregional.com](http://tiftregional.com) or call 229-686-6979.*

### ■ Reflections Hospice Support Group

**When:** Every first and third Monday of the month at 5:30 pm.

**Where:** Hospice of Tift Area, 104 E. 8th Street, Suite #1, Tifton.

*These sessions are designed for those who may be coping with end-of-life issues with a loved one. Dinner is served. To register, please call Hospice of Tift Area at 229-353-6330.*

## Prepared Childbirth Class

*The Prepared Childbirth classes are free and cover general topics relating to labor, delivery and basic care of your baby. We do suggest that you bring a partner with you for the sessions. We would like for mothers to be at least 28 weeks, but it is not required. You have a choice of a three-day evening series or one Saturday session. Registration is required. Register at the Calendar of Events at [tiftregional.com](http://tiftregional.com) or call 229-353-6318.*



**When:** The 2010 schedule is listed below:

Month	Three Night Series (6:00 pm)	or	One Day Session (9:00 am)
January	Tuesdays: 5th, 12th, 19th		Saturday: 16th
February	Thursdays: 11th, 18th, 25th		Saturday: 6th
March	Tuesdays: 9th, 16, 23rd		Saturday: 13th
April	Thursdays: 15th, 22nd, 29th		Saturday: 17th
May	Tuesdays: 4th, 11th, 18th		Saturday: 15th
June	Thursdays: 10th, 17th, 24th		Saturday: 12th
July	Tuesdays: 13th, 20th, 27th		Saturday: 10th
August	Thursdays: 12th, 19th, 26th		Saturday: 21st
September	Tuesdays: 7th, 14th, 21st		Saturday: 18th
October	Thursdays: 7th, 14th, 21st		Saturday: 9th
November	Tuesdays: 2nd, 9th, 16th		Saturday: 13th
December	Thursdays: 2nd, 9th, 16th		Saturday: 11th

**Where:** The OB Classroom, second floor of TRMC, Elene Dorminy Women's Pavilion.



## I'm A Big Kid Now

*This free class is designed for children, ages 3-10, who are preparing for the arrival of a new baby in their family. Highlights will include care and safety issues, a tour of the Women's Pavilion, and the production of photos for the new baby's crib. Registration is required. Register at the Calendar of Events at [tiftregional.com](http://tiftregional.com) or call 229-353-6318.*

**When:** February 22, April 26, June 28, August 23, October 25, December 20 (all classes begin at 7 pm).

**Where:** The OB Classroom, second floor of TRMC, Elene Dorminy Women's Pavilion.

## Chronic Kidney Disease Class

*If you have diabetes, high blood pressure or a family history of kidney failure, you're at high risk for developing kidney disease. Please join the TRMC Dialysis Center staff for a free class on preventing and managing kidney disease. Please register at the Calendar of Events at [tiftregional.com](http://tiftregional.com) or call 229-353-6350.*

**When:** The first Tuesday of each month at 6:00 pm.

**Where:** TRMC Dining Room.



## Fundraising Events



### ■ Annual Hearts & Diamonds Gala

The theme for this year's black-tie optional event is "An Evening in Tuscany" and will be held in honor of Mr. Ray Jensen. Tickets are \$125.00 per person. For more information or to purchase a ticket, call the Tift Regional Medical Center Foundation at 229-391-3310 or visit [trmcf.com](http://trmcf.com).

**When:** Saturday, February 6, 2010, 7:00 pm to Midnight

**Where:** UGA Tifton Campus Conference Center.

### ■ Stepping Out For Your Heart 5K Run and 1 Mile Walk

The 5K run begins at 8:00 a.m. and the one mile walk starts at 9:00 a.m. There will be a special Champions Fun Walk at 8:45 a.m. to honor all heart disease and stroke survivors. The registration fee for adults is \$18.00 and \$5.00 for children age 11 and under. A special discount rate of \$15.00 is available for adults who register before Oct. 2. For more information, call 229-391-3310

**When:** Saturday, October 16, 2010

**Where:** Tift County High School Northwest Campus, Tifton.

All proceeds from the above events benefit the Tift Regional Medical Center Foundation's "Heart Safe Community" program.

## The Tree of Life Fund

### ■ Nanci Bowen Golf Tournament

Hosted by retired LPGA golf pro and Tifton native Nanci Bowen. Enter yourself as a player, form a team or sign-up as a corporate sponsor. For more information, call 229-353-6365.

**When:** Monday, May 10, 2010

**Where:** Spring Hill Country Club, Tifton.

### ■ Tree of Life Lighting Ceremony

The Tree of Life shines each year at TRMC during the holiday season. Lights can be purchased in memory or honor of a friend or family member. Different giving levels are available.

The event includes a candlelight service, live holiday music, the lighting of the tree, a complimentary meal and a visit from Santa. For more information, call 229-353-6318.

**When:** Thursday, December 9, 2010

**Where:** TRMC Front Lawn.

The Nanci Bowen Golf Tournament and the Tree of Life benefit the patients of the TRMC Oncology Center and Hospice of Tift Area with special needs.

## FreshStart Smoking Cessation Class

FreshStart is the American Cancer Society's free quit-smoking program. It consists of four one-hour sessions held during a two-week period. The program, administered by TRMC respiratory care professionals, is designed for adult smokers who want to quit. All of the methods and activities contain the most effective elements for success. For more information or to register for an upcoming session, call 229-353-7526. You can also register at the Calendar of Events at [tiftregional.com](http://tiftregional.com).

**When:** The 2010 schedule is listed below (all sessions begin at 5:30 pm):

January 5, 7, 12, 14  
February 2, 4, 9, 11  
March 2, 4, 9, 11  
April 6, 8, 13, 15  
May 4, 6, 11, 13  
June 8, 10, 15, 17  
July 6, 8, 13, 15  
August 3, 5, 10, 12  
September 7, 9, 14, 16  
October 5, 7, 12, 14  
November 2, 4, 9, 11

**Where:** The TRMC Education Classroom.



## American Red Cross Blood Drives

Every minute of every day, someone needs blood. That blood can only come from a volunteer donor, a person like you who makes the choice to donate. Please give.

**When:** February 26, April 29, June 24, August 19, October 21, December 27 (all drives are held 12:30 pm - 5:30 pm).

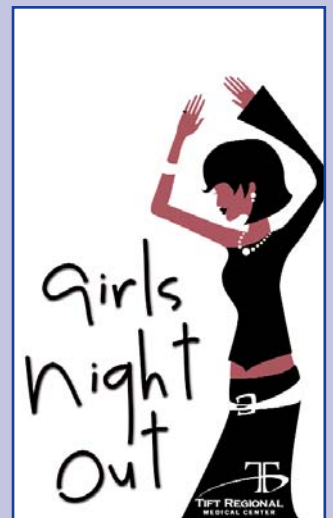
**Where:** TRMC Dining Room (except for the August drive, which will be held in the TRMC 18th Street parking lot).

## Girls Night Out

The TRMC Women's Imaging Center holds a quarterly "Girls Night Out," offering convenient evening appointment times for women for who may not be able to receive annual mammograms during regular working hours. Medicare, Medicaid, cash and most forms of insurance are accepted for mammogram examinations. "Girls Night Out" participants are also treated to free massages, hand treatments, hors d'oeuvres and a little girl-time. Appointments are required. Have your physician's office call 229-353-7899 to schedule a "Girls Night Out" mammogram on one of the available dates below.

**When:** February 23, May 10, August 12, October 14 (4:00 p.m. to 7:00 p.m.)

**Where:** TRMC Women's Imaging Center.



## Community Spirit Lecture Series

Tift Regional Medical Center's Community Spirit Lecture Series provides free seminars to the public on various health issues throughout the year at venues in Tift and surrounding counties. The lectures are presented by physicians and other medical professionals, covering a diverse range of health and wellness topics. A complimentary meal is included. Check the Calendar of Events at [tiftregional.com](http://tiftregional.com) for upcoming lectures in your area.

# NICE Club FOR SENIORS



Open to people age 55 and over, the TRMC NICE Club is free and offers special programs and hospital discounts for seniors. Membership benefits include private hospital rooms at semi-private room rates (based on availability) and discounts to the TRMC cafeteria. While receiving care at the hospital, NICE Club members also receive one coupon for a free meal for a special visitor. In addition, the NICE Club offers free periodic health and wellness seminars and other programs throughout the year. Call 229-353-6318 for a membership application.

## 2010 NICE Club Events

### ■ NICE Club Heart-to-Heart Seminar (members only)

Cardiologist William Hancock, M.D. will present an informative seminar on good heart health. This event is free and open to all NICE Club members. A complimentary meal is included.

**When:** Thursday, February 11, 2010, 11:30 am - 1:00 pm **Where:** Agrirama Conference Center

### ■ Annual Older Americans Month Senior Seminar (open to all seniors)

In honor of National Older Americans Month in May, the Annual NICE Club Senior Seminar includes health lectures, demonstrations, exhibitors and door prizes. A complimentary lunch will also be included. The Senior Seminar is designed to encourage better health and wellness for seniors as well as provide information about local resources. This free event is open to all seniors age 55 and over. To register, call 229-353-6318.

**When:** Thursday, May 6, 2010, 10:00 am - 2:00 pm **Where:** UGA Tifton Campus Conference Center

### ■ Flu Shots for Seniors (open to all seniors)

Tift Regional Medical Center's NICE Club for Seniors will be offering flu shots for \$15.00 each to any individual age 55 and over. If you have Medicare or Medicaid, we will file your claim for this vaccination. Quantities are limited (first come, first served). For more information, please call 229-353-6318. This event is contingent on flu vaccine supply availability.

**When:** Friday, October 1, 2010, 9:00 am - 11:00 am **Where:** Tifton Mall

### ■ NICE Club Lectures (members only)

The NICE Club holds members-only lectures on various health issues throughout the year at various venues in Tifton. The lectures are presented by physicians and other medical professionals, covering a diverse range of health and wellness topics. A complimentary meal is included. Check the Calendar of Events at [tiftregional.com](http://tiftregional.com) for upcoming lectures.



## Kick-Off to Men's Health

Attention all men: enhance your health while getting a sneak peek of the upcoming 2010 high school football season.

Tift Regional Medical Center's "Kick-off to Men's Health" is free to all men and offers health screenings, exhibit booths, great give-aways and a complimentary meal. Radio personality Chris Beckham will facilitate a special panel for regional high school football coaches to preview their upcoming seasons. All men are invited to attend. No registration is required. For more information, call 229-353-6318.

**When:** Saturday, July 24, 2010, 10:00 am - 1:00 pm (tentative).

**Where:** UGA Tifton Campus Conference Center.



## 12th Annual Women's Event

TRMC has a fabulous day planned for women of all ages to re-focus some energy on themselves. It's all about good health and living well.

During the 12th Annual Women's Event, TRMC will provide a motivational speaker, health screenings and a complimentary brunch. Numerous area businesses, health resources and associations will also have information booths and displays on hand. No registration is required. For more information, call 229-353-6318.

**When:** Saturday, August 21, 2010, 9:00 am - noon.

**Where:** UGA Tifton Campus Conference Center.



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P.O. Box 747  
Tifton, GA 31793



## Health Screening Events

Tift Regional Medical Center holds free health screenings throughout the year in Tift and surrounding counties. Screening examples include:

- Clinical Breast Exams (every October)
- Prostate Exams (every September)
- Lung Health Screenings
- Cardiovascular Disease Screenings
- Diabetes Screenings
- General Health Screenings

...and more

Screenings are also a part of the annual Women's Event and Kick-off to Men's Health (see third page).

Check the Calendar of Events at [tiftregional.com](http://tiftregional.com) for upcoming screenings in your area.

*The mission of Tift Regional Medical Center's Community Spirit program is to contribute to the well-being and development of our community through outreach efforts, including preventative health education, screenings, wellness programs and corporate and employee contributions.*

Please note: events are subject to change. Visit the Calendar of Events at [tiftregional.com](http://tiftregional.com) for updates.

For more information on the Community Spirit program, contact the TRMC Department of Outreach and Development at 229-353-6318 or visit the Contact Us section at [tiftregional.com](http://tiftregional.com).

## Speakers Bureau and Educational Resources



**Speakers Bureau.** Looking for a health-related speaker for your classroom, civic group or church function? TRMC can help arrange for a primary care doctor, physician specialist or other medical professional to provide a presentation for your event at no charge. To arrange for a guest speaker, call 229-353-6318 or visit the Contact Us section at [tiftregional.com](http://tiftregional.com).

**Hospital Tours.** TRMC offers free hospital tours to schools, colleges and other educational programs tailored by age and objectives of visiting groups. Due to the environment of care, we reserve the right to cancel tours at any time, but always try to reschedule as promptly as possible. Please call 229-353-7793 or 229-353-6163 to schedule a tour.

**Shadowing Program.** To explore career areas, job shadowing is available for high school or college students. Forms must be completed by parents and/or students. For more information or to schedule a day of shadowing, please call 229-353-7697.

**Health Fairs.** TRMC can participate in health fairs for students, offering health information and limited screening services. Please call 229-353-6318 for more information or to schedule.