



Member of Adams Health Network

## October 2018 Events

### KID'S HEALTHFAIR

Thursday, October 25<sup>th</sup> from 3:30pm-7pm in the Berne Class Room (Flu Shots) & Trick -or- Treating Throughout at Adams Memorial Hospital.

Kids can receive their flu shot for \$32 and then Trick- or-Treat throughout the hospital. Adult flu shots also available for \$32.

### TRICK-OR-TREATING AT LONG-TERM CARE FACILITIES

Adams Woodcrest: Thursday, October 25<sup>th</sup> from 3pm-4:30pm

Adams Evergreen: Thursday, October 25<sup>th</sup> from 3pm-4:30pm

Adams Heritage: Saturday, October 27<sup>th</sup> from 1pm-3pm

### MAMMOGRAPHY NIGHT

Monday, October 1<sup>st</sup> from 4pm-7:30pm in the Radiology Department at Adams Memorial Hospital.

In addition to mammography screenings, we will have mini massages, POSH treatments, goody bags, and refreshments. The screenings are billed to insurance and we encourage new patients (those who have not had a mammogram before or those new to AMH, or patients that have not had a mammogram in the last 5 years) to come to the event. Some grants based on financial eligibility are available through the Indiana Breast Cancer Awareness Grant. Please call Central Scheduling at 260-724-2145 x11047 to make an appointment.

### RED CROSS BLOOD DRIVE

The next Red Cross Blood Drive will be held on Friday, October 19<sup>th</sup> from 10am-4pm The American Red Cross is bringing their mobile unit in the Strickler Cancer Institute parking lot on the Adams Memorial Hospital Campus. To schedule an appointment please call 260-724-2145 x11050.

### LEAGUE OF THE BLIND & DISABLED

A new support group for the blind will be held on the 3<sup>rd</sup> Tuesday of each month. The next meeting is on Tuesday, October 16<sup>th</sup> from 1:15pm-2:30pm at Adams Memorial Hospital in the Geneva Room. Come and learn resources and find support.

### AMH RECEIVES BREAST CANCER AWARENESS GRANT

Adams Memorial Hospital has received a grant from the Indiana Breast Cancer Awareness Trust (IBCAT) to provide free screening and diagnostic mammograms to

women in this area who meet financial criteria. Women who qualify, will receive free mammography services at AMH, along with a diagnostic reading by Summit Radiology. Women should call the AMH Central Scheduling Department at 724-2145 x11047.

### NAIL CLINIC & FOOT SCREENS

Free Foot Screenings Wednesday, October 10<sup>th</sup> from 5:30pm-6:30pm in the Geneva Room at Adams Memorial Hospital. By Northeast Indiana Foot and Ankle Clinic. Nail Trimming Cost: \$25

A great service for seniors or others that need assistance with nail care/trimming. By Northeast Indiana Foot and ankle clinic. Call 724-2145 x11068 to schedule.

### COMMUNITY HEARTSAVER CPR & FIRST AID

Monday, November 5<sup>th</sup> from 5pm-9pm

Call 724-2145 x12256 to register. All classes are held in the Monroe Room at AMH. Cost is \$50, 12 student limit.

### WEIGHT WATCHERS DECATUR

Weight Watchers hold their weekly meetings at Adams Memorial Hospital on Thursday evenings. Weigh-in time is from 6pm-6:30pm, and the meeting is from 6:30pm-7pm. Meetings are held in the Monroe Room at AMH.

### AMH MATERNITY CENTER OFFERS CHILDBIRTH EDUCATION CLASSES

The next maternity class is Saturday, November 10<sup>th</sup> from 9am to 3pm in the Monroe Room at AMH.

Learn about "epidurals" and other options for pain relief, as well as how to know when you are in labor, what to bring to the hospital and partner support. We also help you know what to expect, and learn how life changes after the baby is born. The cost is only \$20 for those families delivering at AMH. Please call Sharolyn Faurote at 260-724-2145 x12500 to schedule.

### MOM'S SUPPORT GROUP

A support group for mothers will be held on Mondays in October beginning at 1pm.

The meetings will be held in the OB Department Education Room at AMH. Come talk to other moms, share experiences, and get help with breastfeeding questions. For new mothers and pregnant women, babies welcome!

### DIABETES CLASS

AMH Diabetes Connection will be holding their monthly diabetes class on Thursday, October 23<sup>rd</sup> from 8am to 3:00pm in the Strickler Cancer Institute Library.

The class will focus on carbohydrate counting and dietary management, foot and skin care, exercise, the emotional aspect of diabetes, self-monitoring blood glucose meters, and how often to check glucose levels, lifestyle hints to help control blood sugar, how specific drug classes prescribed for diabetes work, drug side effects, and drug interactions. Please call 260-724-2145 x11107 to register.

## **ALZHEIMER'S/CAREGIVER'S SUPPORT GROUP**

The next Alzheimer's support group meeting will be held on Thursday, October 18<sup>th</sup> from 3pm-4pm on the 3<sup>rd</sup> Floor of AMH in the Senior Life Connections Department.

The Alzheimer's/Caregiver's Support Group is designed to help ease the burden of the caregiver of dementia patients or others in a loving and confidential setting.

## **WORTHMAN FITNESS CENTER AUGUST CLASS SCHEDULE**

**Intro to Cycling:** Tuesdays at 7:30am

**Cycling Class:** Tuesdays & Thursdays at 8:15am.

**Yoga Classes** (all Yoga in AMH 1st Floor Classroom)

Participants must bring a yoga mat to class.

**Gentle Yoga:** Wednesdays at 10am

**Power Yoga:** Saturdays at 8:30am

**Zumba:** Wednesdays at 7:15pm

**Boom Move:** Thursdays at 11am

**Trek Tabata:** Mondays at 4pm

**The SilverSneakers Exercise Program** is held on Mondays, Tuesdays, and Thursdays at 9:30am at Adams Memorial Hospital in First Floor Classroom. Call the WFC for more information at 260-724-2145 x11036.







