

Tobacco Cessation Program - Our Hospice
Session 2: April 4, 11, 18, 25, 2018, 6:00pm – 8:00pm
Sponsored by Healthy Communities / CRH

Ready to QUIT tobacco? This is your year to kick the tobacco habit. CRH offers group tobacco cessation classes with medication assistance* for \$35.00. The classes are offered over 5 sessions, with 8 weekly meetings. All classes meet on Wednesday evenings. Pre-registration is preferred by calling 1-800-699-1019 or email healthycommunities@crh.org. Check or cash payments will be collected on the first day of each session. For more info, please call Kylee Jones, Certified Tobacco Cessation Facilitator at (812) 375-3194.

Baby-Steps - Prenatal Series - The Innovation Center at Columbus Regional Hospital
Tuesdays, April 10, 17, 24, 2018, 5:30pm - 7:30pm
Sponsored by The CRH Birthing Center

This class covers end of pregnancy, prelude to labor, vaginal birth, medical procedures, cesarean sections, postpartum care, newborn baby care and preparations for going home, but are a la carte. You can attend one, or all of them allowing you to choose the classes that meet your individual needs. They are held in three separate 2-hour sessions on Tuesday evenings. Classes are broken down as follows:

<u>1st Session (April 10)</u>	<u>2nd Session (April 17)</u>	<u>3rd Session (April 24)</u>
•End of Pregnancy	•Medical Procedures	•Postpartum Care
•Prelude to labor	•Cesarean Sections	•Newborn Baby Care
•Labor		•Preparations for Going Home
•Vaginal Birth		

The fee for each session is \$25. Registration is required by calling Centralized Scheduling at Columbus Regional Hospital at (812) 376-5500 or 1-(800) 841-4935, Monday – Friday, 8am – 5pm.

Bariatric Center Information Session - Southern Indiana Surgery
Tuesday, April 10, 2018, Begins at 5:30pm, Bariatric Medical Director Dr. David J. Lee
Tuesday, April 24, 2018, Begins at 5:30pm, Samantha Grider, NP
Sponsored by Southern Indiana Surgery

Join us for a FREE information session for those wanting to learn more about obesity and bariatric surgery. The session will cover the causes of obesity, trends and quality of life issues. The session will also explore misconceptions about bariatric surgery, surgery options including the LAP-BAND® System, REALIZE® Band and sleeve gastrectomy, laparoscopic gastric bypass, lifestyle implications and whether the surgery is covered by insurance. Bariatric surgery is more than weight-loss surgery; it is a lifestyle change for overweight patients to improve their quality of life. To register for a free information session or for more information about bariatric surgery, interested individuals can now register online at www.columbusbariatrics.com or call the Bariatric Center at (812) 418-3512. Walk-ins are welcome.

The Bundle - Prenatal Class - The Innovation Center at Columbus Regional Hospital
Saturday, April 14, 2018, 9:00am - 5:00pm
Sponsored by The CRH Birthing Center

This class covers end of pregnancy, prelude to labor, vaginal birth, medical procedures, cesarean sections, postpartum care, newborn baby care and preparations for going home all in one 8 hour class. The fee for this class is \$50. Registration is required by calling Centralized Scheduling at Columbus Regional Hospital at (812) 376-5500 or 1-(800) 841-4935.

Breastfeeding 101 - The Kroot Auditorium at Columbus Regional Hospital
Saturday, April 14, 2018, 10:00am - 11:30am
Sponsored by CRH Birthing Center

Get off to the right start with breastfeeding. This course will help parents learn how to latch baby, different positions to hold baby and much more. Information on community resources will also be provided. Call CRH Centralized Scheduling at (812) 376-5500 to register. For more info, email avirostko@crh.org.

Being Prepared - Lunch & Learn - Mill Race Center
Monday, April 16, 2018, 12:00pm - 1:00pm
Sponsored by Columbus Regional Health & Our Hospice of South Central IN

Everything you need to know about choosing a health care representative and why it is important. Life will sometimes surprise us, and those surprises are not always positive. Life can change in an instant through an accident, medical diagnosis or health event. Every adult should designate a health care representative and discuss your wishes should you ever become incapacitated or unable to speak for yourself. Come hear from experts and learn how to be prepared. Make decisions today to alleviate stress for your loved ones in the future.

Presented by: Lora Mount, Attorney at Law, Voelz, Reed, & Mount, LLC and Jessica Curd, MSW, Our Hospice of South Central Indiana
Registration is required and seating is limited. This seminar is **FREE** and includes a light lunch. Please call (812) 343-9840 or register online at www.crh.org/events.

Alliance for Substance Abuse Progress (ASAP)- Lunch & Learn - WellConnect
Wednesday, April 18, 2018, 12:00pm - 1:00pm
Sponsored by Columbus Regional Health WellConnect and ASAP

Please join us for this informative lunch and learn to build awareness and promote prevention to combat the “opioid crisis” in our community. You will also gain basic information about opioids.

Presented by Sara Bishop, WellConnect Connection Specialist & member of the ASAP Speakers Bureau. This lunch & learn seminar is **FREE**, includes lunch.

Registration is required by calling (812) 343-9840 or online at www.crh.org/events.

Returning to Work / Pumping Class - The Innovation Center at Columbus Regional Hospital
Wednesday, April 18, 2018, 7:15pm - 8:45pm
Sponsored by The CRH Birthing Center

This class provides an overview of what to expect when returning to work, how to communicate to your employer about your needs as a nursing mother, and how to prepare your baby for the transition. We also discuss creating a pumping schedule, building a stored supply, the various kinds on pumps, and hands on pumping. The fee for this class is \$25.

Registration is required by calling Centralized Scheduling at Columbus Regional Hospital at (812) 376-5500 or 1 (800) 841-4935, Monday – Friday, 8am – 5pm.

CPAP Clinic - Columbus Regional Health Sleep Diagnostic Center
Thursday, April 19, 2018, 4:00pm - 6:00pm
Sponsored in part by CRH Sleep Diagnostic Center

The CRH Sleep Diagnostics Center is located on the second floor of Our Hospice. Please bring your CPAP machine and receive a “free tune-up”, mask adjustments and pressure checks. Learn more about your current equipment and about new masks on the market. All makes and models are welcome!

Registration is not required. This clinic is FREE! Please call (812) 376-5246 for more information.

Every Kid Healthy - Kidscommons
April 22, 2018, 1:00pm - 5:00pm
Sponsored by Columbus Regional Health

Join us for a hands on, fun time for children of all ages. Learn about the hospital, talk to some of the staff, learn about what they do and see some of the equipment that they use. Your children’s health, wellness, nutrition and safety are important to us. Stop in and experience Columbus Regional Health through a child’s eyes! Columbus Regional Health will have representatives from many different departments, free giveaways and “Surgery Sam” the life-sized replica of the Operations Game will be onsite for everyone to play.

Admission to kidscommons is **FREE** during this event compliments of Columbus Regional Health.

Sepsis - Let us explain it in simple terms! - Lunch & Learn - WellConnect

Wednesday, April 25, 2018, 12:00pm - 1:00pm

Sponsored by Columbus Regional Health WellConnect and CRH Heart & Vascular Center

Everyone is using the word, but does anyone really understand what sepsis is?

Join our clinical staff for an in depth look at what it is, the best ways to prevent it, how to quickly identify it and seek treatment immediately. There are also many ways to support those that are recovering from sepsis also.

Presented by: Chris Newkirk, BSN, RN, CCM, Clinical Quality Advisor.

Cassie Bolduc, MSN, RN, Mental Health & Emergency Department Clinical Nurse Specialist.

This lunch & learn seminar is **FREE**, includes lunch.

Registration is required by calling (812) 343-9840 or online at www.crh.org/events.

Family Hope & Support Group: For Families who have a Loved One who is Misusing Opioids

- Mill Race Center, 900 Lindsey Street, Columbus

Thursday, April 26, 2018, 5:30pm - 7:00pm

Sponsored by Columbus Regional Health & Mill Race Center

Special Guest Speaker - Sherman Franz, MD "When psychiatric disorders & opioid misuse disorders are both present."

The group provides education, shares information and resources, and provides support and hope for each other. It also provides an emotionally safe and non-judgmental place where family members can support each other and provide hope for the future. Attendance and personal information shared by attendees is private.

The group meets on the fourth Thursday of each month at Mill Race Center. There is no cost to attend.

Contact Ray Morris at 812-376-5450 (ext. 5450) or email rmorris@crh.org for any questions.

Know the 10 Signs of Alzheimer's / Early Detection Matters - Lunch & Learn at WellConnect

Wednesday, May 2, 2018, 12:00pm - 1:00pm

Sponsored by Columbus Regional Health WellConnect and Alzheimer's Association of Greater Indiana Chapter

Attend this interactive workshop where we'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

Presented by: Lauren Lay, Associate Director of Community Engagement, Alzheimer's Association of Greater Indiana Chapter.

This lunch & learn seminar is **FREE**, includes lunch.

Registration is required by calling (812) 343-9840 or online at www.crh.org/events.

Hip, Knee & Shoulder Pain Seminar - Mill Race Center

Thursday, May 3, 2018, 5:30pm - 6:30pm

Sponsored by Columbus Regional Health & CRH Joint & Spine Center

Hip, knee or shoulder pain can derail your quality of life. Getting the right diagnosis and the best treatment can make all the difference in the world.

Join Darryl A. Tannenbaum, MD, board certified orthopedic surgeon from the CRH Joint and Spine Center as he discusses the latest research on pain management, surgery and getting the best outcomes for returning to an active lifestyle. Dr Tannenbaum is an Ankle, Elbow, Foot, Hand, Hip, Joint Replacement, Joint Revision, Knee, Shoulder, Sports Medicine, and Wrist Specialist.

This seminar is **FREE** and includes dinner.

Registration is required by calling (812) 343-9840 or online at www.crh.org/events.

For more information on CRH Programs and Events, visit www.CRH.org/events or call **812-376-5352**.



Columbus Regional Health Events & Programs April 2018



Nurse n' Chat - Mothering Essentials (424 Washington St / above Lockett's)

April 3, 10, 17, 24, 2018, 9:30am - 11:00am

Sponsored by Healthy Communities / CRH

Get Support while visiting with other breastfeeding moms. Certified Lactation Consultants available to answer questions and do weight checks for baby. This program is **FREE** and no registration is required. Additional questions can be directed to CRH Lactation Department at (812)375-3545, Healthy Communities Breastfeeding Coalition at (812) 376-5097 or by emailing avirostko@crh.org.

Circle of Strength / Cancer Support Group

- The Innovation Center at Columbus Regional Hospital

Tuesday, April 3, 2018, 4:00pm - 5:30pm

Sponsored by The CRH Cancer Center

This support group is for cancer patients and survivors hosted by representatives from the CRH Cancer Center. The group provides an opportunity for patients and survivors to come together to share feelings, experiences and challenges. Anyone who is battling cancer, or is a survivor, is welcome to unite with others, learn about coping tactics and explore ways to improve one's quality of life during and after treatment. The group will also explore a variety of activities including art therapy and yoga. Circle of Strength meets on the first Tuesday of each month. Please join us at Columbus Regional Hospital in the Innovation Center Resource Lounge which is located in the basement of the main hospital. Don't forget to take advantage of our **FREE** valet parking at the main entrance of the hospital! For more information, please email jsparkman@crh.org or call (812) 375-3326.

Diabetes Prevention Program Info Session

Wednesday, April 4, 2018, 9:00am - 10:00am - Columbus Regional Health WellConnect

Thursday, April 5, 2018, 6:30pm - 7:30pm - Columbus Regional Health Kroot Auditorium

Sponsored by Healthy Communities / CRH

This program is an evidenced based program that provides a supportive environment where participants work in a small group to learn about eating healthier and increasing physical activity in order to reduce the risk for developing diabetes. The program goals are to reduce body weight by 5% and increase physical activity to 150 minutes per day. The year-long program is delivered by trained facilitators using the Prevent T2 curriculum. The core sessions meet beginning with 16 weekly sessions and transition to core maintenance sessions that meet monthly. To be eligible for this program participants must be:

- 18 years of age or older
- Body Mass Index 25 or greater (23 or greater for Asian)

Also, at least one of the following:

- A1c must be 5.7%-6.4% within past 12 months
- Fasting glucose level must be 100-125 mg/dl within past 12 months
- Previous clinical diagnosis of Gestational Diabetes Mellitus
- Score a 9 or higher on the CDC pre-diabetes screening test

To learn more about the program, please attend one of these **FREE** info sessions.

For any additional questions, please email diabetesprevention@crh.org.