

# What's Going On at Union Hospital March 2010

## March 1 through March 7

**Union Hospital Diabetes Support Group.** Join us on from 6 to 8 p.m on Monday, March 1. The support group will meet on the 3<sup>rd</sup> Floor of the Union Hospital Professional Office Building (POB), 1530 N. 7<sup>th</sup> St. For more information, call the Diabetes Education Center at 812-238-7577.

**RTS Bereavement Services** has a support group to help families who have lost a baby through miscarriage, tubal pregnancy, stillbirth or newborn death. Please join us from 7 to 9 p.m on Tuesday, March 2. The topic will be "Spiritual Needs and Grief" This support group will meet in the Landsbaum Center in classroom 3, located at 1433 N. 6 ½ St. For more information, call Sue Hoopengartner, RN, Union Hospital at 812-238-4978.

**Growing Through Grief.** If you have lost a loved one due to cancer, we invite you to join us for our bereavement support group, *Growing through Grief*. This support group is organized into a series of six sessions on "Coping with Loss" and provides time to share thoughts and feelings and experiential opportunities to learn new ways of dealing with grief. Please join us on from 6 to 7:30 p.m. on March 2, 16 & 30 in the Beech Street Conference Room located on the lower level of the Hux Cancer Center, 1711 N. 6 ½ St. For more information, call 812-238-7384.

**Network Pink for Women with Breast Cancer.** Single, married, family, children, home, career and cancer – how does it all fit? Become part of "Network Pink" and connect the pieces with others

who are fighting breast cancer and balancing their lives! Network Pink is a newly established group for women diagnosed with breast cancer who are balancing school, home, work, relationships and/or an active family life. The mission of the group is to provide support through monthly meetings and internet-based networking opportunities and to provide education and resources to women who have been diagnosed with breast cancer. The group will meet at 6:30 p.m. on Thursday, March 4 in the Beech Street Conference Room in the lower level of the Hux Cancer Center located at 1711 N. 6 ½ St. For more information, call 812-238-4521 or e-mail [ansslj@uhhg.org](mailto:ansslj@uhhg.org).

**Better Breathers Club** is a new support group formed to help patients with respiratory disease cope with their difficulties. The group is run by respiratory therapists and asthma educators. The first meeting will be from 1 to 3 p.m. on Friday, March 5 in the Landsbaum Center, 1433 N. 6 ½ St. Better Breathers welcomes anyone interested in learning more about respiratory issues. For more information, please call 812-238-7822.

## March 8 through March 14

**L.I.F.E Cancer Support Group.** Please join us for this cancer support group meeting on from 7 to 8:30 p.m. on Monday, March 8, The support group will meet in the Beech Street Conference Room located on the lower level of the Hux Cancer Center, 1711 N. 6 ½ St. To register for this support group, call 812-238-7957.

**Prepared Childbirth Class.** This popular series of six classes offers couples professional instruction and guidance to prepare for the childbirth experience. The classes focus on relaxation and breathing techniques for better concentration during labor and delivery. You will also learn the role of the labor partner, discuss routine hospital procedures, receive information on birth options and medications for labor and take a tour of the maternity unit. This series of six classes begins Tuesday, March 9, from 7 to 9 p.m., 3<sup>rd</sup> floor of the

Professional Office Building, 1530 N. 7<sup>th</sup> St. For more information or to register, call Union Hospital at 812-478-4137. Fee: \$40.

**Faith Journey Cancer Group.** A monthly gathering of persons who are currently in or have completed treatment. This is an opportunity to offer/ receive support and to grow in one's faith journey. Join us from 4 to 5 p.m. on Tuesday, March 9 in the Beech Street Conference Room located on the Lower Level of the Hux Cancer Center, 1711 N. 6 ½ St. For more information, call 812-238-7504.

### **March 15 through March 21**

**Pre-Diabetes Class.** Has your doctor diagnosed you with pre-diabetes, metabolic syndrome or insulin resistance? Do you need help meal planning? We can help! Join us on Tuesday, March 16 from 6 to 9 p.m. in room 375 on the 3<sup>rd</sup> floor of the Union Hospital Professional Office Building located at 1530 N. 7<sup>th</sup> St. For more information or to register, call the Diabetes Education Center at 812-238-7577.

**SPOHNC Support for People with Oral and Head and Neck Cancer Support Group.** Please join us at 4:30 p.m. on Tuesday, March 16, in the Beech Street Conference Room, located in the lower level of the Hux Cancer Center, 1711 N. 6 ½ St. SPOHNC offers information, support and encouragement to newly diagnosed patients, survivors, family members and friends in a friendly non-threatening forum. For more information, please contact Mary Ryan at 812-234-9584.

**Breast-Feeding Class.** This class offers new and expectant parents information, support and instruction on breast-feeding. Nursing infants are welcome. Also discussed will be the types and use of breast pumps and the collection and storage of breast milk. The next class is from 7 to 9 p.m. on Wednesday, March 17. The meeting will be located on the 3<sup>rd</sup> floor of the Union Hospital Professional Office Building, 1530 N. 7<sup>th</sup> St. For more

information or to register, call 812-238-4985.

**Diabetes Support Group in Clinton.** Join us on from 6 to 8 p.m. on Thursday, March 18. The support group will meet at Union Hospital Clinton, in the Private Dining Room at the back of the cafeteria. For more information call the Union Hospital Clinton operator at 765-832-1234, the Diabetes Education Center at 812-238-7577, or Ellen Albrecht at 765-832-3340.

**Stroke Support Group.** Come to Union Hospital's new support group and learn how to live your best life after a stroke! If you or a family member have experienced a stroke and are interested in learning more about how to address the physical, mental and emotional changes, join us for our next support group meeting at 6 p.m. on Thursday, March 18. This support group meets the 3<sup>rd</sup> Thursday of every month at the Landsbaum Center, 1433 N. 6 ½ St. The educational support group meetings are designed to allow people who have experienced a stroke to share their experience and lend support throughout the recovery process. For more information, call 812-478-4103.

### **March 22 through March 31**

**Big Brothers/Big Sisters Class.** If you have children 3 to 10 years old, this special class can help prepare them for the arrival of a new baby. Big brothers and big sisters tour the area where mothers and babies stay and participate in several activities that help ease fears and answer questions about their mothers hospital stay. The group meets from 6:30 to 8 p.m. on Wednesday, March 24, in the Union Hospital Lobby to begin the program. For more information or to register, call 812-478-4137.

**Bereavement Support Group.** Sponsored by Hospice of the Wabash Valley this group meets on Thursday, March 25, at 5:45 p.m. Located at 400 8<sup>th</sup> Ave. (2 blocks west of Union Hospital). For more information, contact Hospice of the Wabash Valley 812-234-2515.

## Monthly Activities: February 2010

**Mini Med School.** Union Hospital is proud to once again sponsor the Annual Mini Medical School now in its 15th year. Mini Med School runs from 6:30 to 8:30 p.m. on Tuesdays at the Landsbaum Center for Health Education and is free and open to the public. Reservations are recommended as seating is limited. Call 812-237-4011 or 1-800-234-1639 to make a reservation. See Mini Med School Schedule Below.

**March 2:** What a Flu Season

**March 9:** Carpal Tunnel: It's All in the Wrist

**March 16:** Sweating the Small Stuff... What it Does to you

**March 23:** Heart Attack: Prevention and Treatment

**March 30:** Diabetes Care: Sugar and Spice Aren't Always Nice

**Union Hospital Asthma Program.** This free program offered by Union Hospital can help individuals with asthma, their families, and those interacting with them work as a team to gain control of asthma and feel good! To enroll in the program a referral can be made by a physician or nurse practitioner. Please call 812-238-7822 for more information.

### Exercise Classes for Patients/Survivors

**Diagnosed with Cancer or Chronic Illnesses: Tai Chi & Yoga.** The Maple Center is offering clinical integrative/holistic treatments to breast cancer patients who are currently in treatment and to those who have completed treatment. Patients diagnosed with cancer or chronic illnesses are invited to attend Tai Chi and Yoga classes for a minimal fee. Please call The Maple Center at 812-234-8733 for more information or to register.

## Center for Fitness and Performance Class Schedule

### Monday

Yoga- 6:10 to 6:45 a.m.

Tone & Tighten- 8 to 8:45 a.m.

PiYo-9 to 9:45 a.m.

Senior Tai Chi-10:10 to 10:45 a.m.

Senior Circuit-11 to 11:50 a.m.

Tone & Tighten- 12:10 to 12:45 p.m.

Totally Abs- 4 to 4:30 p.m.

Zumba- 4:30 to 5:30 p.m.

Body Sculpt- 5:15 to 6:15 p.m.

Spinning- 6:30 to 7:15 p.m.

Walk Jog, Run & Core- 7:30 to 8:30 p.m.

### Tuesday

Cardio Blast- 8 to 8:45 a.m.

Zumba Beginners- 9 to 9:45 a.m.

Spinning/Endurance-12:10 to 12:45 p.m.

Senior Circuit- 1 to 1:50 p.m.

Bosu Step & Tone- 4:30 to 5:15 p.m.

Zumba- 5:30 to 6:15 p.m.

Body Sculpt- 6:30 to 7:15 p.m.

Spinning/Endurance- 8 to 8:45 p.m.

### Wednesday

Morning Yoga- 6:10 to 6:50 a.m.

Tone & Tighten- 8 to 8:45 a.m.

PiYo- 9 to 9:45 a.m.

Zumba Gold-10 to 10:45 a.m.

Senior Circuit-11 a.m. to 12 p.m.

Tone & Tighten-12:10 to 12:45 p.m.

Zumba Toning- 4:30 to 5:15 p.m.

Body Sculpt- 5:30 to 6:15 p.m.

Spinning- 6:30 to 7:15 p.m.

Core & Flexibility- 7:30 to 8:30 p.m.

### Thursday

Butts & Gutts- 8 to 8:45 a.m.

Spinning-12:10 to 12:45 p.m.

Totally Abs - 4 to 4:30 p.m.

Spinning- 4:30 to 5:15 p.m.

Body Sculpt- 5:30 to 6:15p.m.

Spinning- 8 to 8:45 p.m.

### Friday

Zumba- 8:45 to 9:45 a.m.

PiYo-10 to 10:50 a.m.

Senior Circuit-11 a.m. to 12:00 p.m.

Zumba-12:10 to 12:45 p.m.

### Saturday

Cardio Step & Tone- 10:10 to 10:55 a.m.

**For more information on Fitness Classes, Personal**

**Training or to join the Union Hospital Center for  
Fitness and Performance, call 812-238-7311.**

