

# What's Going On at Union Hospital October 2009

## October 1 through October 11

**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.

**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 on Thursday, Oct. 1 at 6:30 p.m. 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).

**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 Tuesday, Oct. 6, from 7 to 9 p.m. The topic will be “Miscarriage.” The group will meet in the Landsbaum Center in classroom 3. For more information, call Sue Hoopengartner, RN,

Union Hospital at 812-238-4978.

**Coping With Grief.** If you have lost a loved one due to cancer, we invite you to join us for a series of six sessions on “coping with loss”. The first of six classes will be Tuesday, Oct. 6, from 6 to 7:30 p.m. 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 812-238-7384.

**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 Wednesday, October 7, 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.

**RTS Bereavement Services Walk to Remember** will be held on Sunday, Oct., at Deming Park. The walk by parents, health professionals, and friends unites those who have experienced a loss during pregnancy or shortly after birth. Registration for the walk begins at 1 p.m. at the Ozok Shelter. For more information, please call Sue Hoopengartner at 238-4978.

## October 12 through October 18

**L.I.F.E Cancer Support Group.** Please join us for this cancer support group meeting on Monday, October 12 from 7 to 8:30 p.m. The support group will meet in the Beech Street Conference Room located on the lower level of the Hux Cancer Center. To register for this support group, call 812-238-7161.

**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 on Tuesday, Oct. 13 from 4 to 5 p.m. in the Beech Street Conference Room located on the Lower Level of the Hux Cancer Center. For more information, call 812-238-7504.

**Diabetes Support Group in Clinton.** Join us on Thursday, Oct. 15 from 6 to 8 p.m. 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, or 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 Thursday, Oct. 15 at 6 p.m. This support group meets the 3<sup>rd</sup> Thursday of every month at the Landsbaum Center, 1433 N. 6 ½ St. The education 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

### **October 19 through October 25**

**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, October 20 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, 812-238-7577.

**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 Tuesday, Oct. 20 from 7 to 9 p.m., 3<sup>rd</sup> floor, Union Hospital Professional Office Building, 1530 N. 7<sup>th</sup> St. For more information or to register, call 812-238-4985.

**SPOHNC Support for People with Oral and Head and Neck Cancer Support Group.** Please join us on Tuesday, Oct. 20 at 4:30. 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.

**Stroke: A New Era in Intervention & Prevention.** Join us on Wednesday, Oct. 21 at the Landsbaum Center for Health Education located on the Union Hospital campus at 1433 N. 6 ½ St. Dr. Marilyn Rymer, Medical Director, Saint Luke's Brain & Stroke Institute, Kansas City, MO will discuss the risk factors, warning signs, symptoms, causes, treatment options associated with stroke intervention and prevention. Social hour will be from 5:30 to 6 p.m. with the program starting at 6. To register for this free program call the Marketing & Public Relations department at 812-238-7657.

**Bereavement Support Group.** Sponsored by Hospice of the Wabash Valley meets on Thursday, Oct. 22 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.

### **October 26 through November 1**

No Events at this time...

## Monthly: October 2009

**SHIIP (Senior Health Insurance Information Program) Volunteer Corps.** Assistance with Medicare and insurance questions on Tuesday's, Wednesday's and Thursday's, 10 a.m. to 1 p.m., Union Hospital Lobby. To make an appointment, call 812-238-7000, ext. 5325.

## 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 5:15 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 p.m.  
Zumba Beginners- 9 to 9:45  
Senior Bosu Cardio & Abs- 10 to 10:45 a.m.  
Butts & Gutts-11:10 to 11:50 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 to 12 noon  
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 p.m.  
Zumba-11:10 to 11:50  
Spinning-12:10 to 12:45 p.m.  
Totally Abs - 4 to 4:30 p.m.  
Spinning- 4:30 to 5:15 p.m.  
Mix-It-Up- 5:30 to 6:15 p.m.  
Body Sculpt- 6:30 to 7:15p.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 to 12:00 noon  
Zumba-12:10 to 12:45 p.m.

### Saturday

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

**For more information on Fitness Classes, Personal Training or to join the Union Hospital Center for Fitness and Performance, call 812-238-7311.**

