

# DEACONESS WELLNESS CALENDAR

JAN./FEB./MAR. 2010

## Healing Touch

*A Resource Center Class*  
**Support Group for Practitioners** –  
First Thursday each month, 7:30 p.m.  
Call 812-430-6387.

**Healing Touch Clinic** – Third  
Thursday each month, 7:30 p.m. Call  
812-430-6387.

## Restorative Yoga

*A Resource Center Class*  
Third Mondays, from 6:00 – 7:30 p.m.  
Cost: \$12/person. Call 812-424-2051.

## Kundalini Yoga

*A Resource Center Class*  
Sessions begin first Tuesday each  
month, 6:00 – 7:00 p.m. Cost: \$40/four-  
week session. Call 812-422-9637.

## Easier Yoga Using Chairs

*A Resource Center Class*  
Sessions begin first Tuesday each  
month, 7:15 p.m. Cost: \$40/four-week  
session. Call 812-422-9637.

## Yogasanas for Depression

*A Resource Center Class*  
Yoga has a profound ability to balance  
the emotions and has been shown to  
help relieve depression, anger and  
anxiety. Cost: \$15 per session; previous  
participants: \$10. Call 812-422-9637.

## BUILDING A HEALTHY BABY

*Unless otherwise noted, register for a  
class, please call 812-450-BABY (2229).*

## Basics of Breastfeeding

*A Women's Hospital Event*  
This class is a must for mothers wanting  
to breastfeed! Learn about latching,  
positioning, pumping, storing breast  
milk and more. "Mothers who take  
this class are better prepared for  
breastfeeding" – TWH Lactation Dept.  
Expectant fathers are encouraged to  
attend. Cost: \$15 per couple. One  
session, 6:00-8:30 p.m. January 7,  
February 3, March 10.

## Prepared Childbirth and Baby Care

*A Women's Hospital Event*  
Anxious about childbirth? Have  
questions? You and your support  
person will learn how relaxation,  
breathing, medications, body  
positions and medical interventions  
can affect labor. Also included are  
videos, a hospital tour and basic  
newborn care in this informative and  
interactive class. Bring a pillow and  
wear comfortable clothing. Cost: \$50  
per couple. Six two-hour sessions,  
6:30-8:30 p.m. Session starting dates  
are Monday, January 4, Tuesday,  
January 5, Thursday, January 21,  
Monday, March 1, Tuesday, March 2,  
Thursday, March 18.

## Pediatric CPR for Family & Friends

*A Women's Hospital Event*  
This class is designed for anyone  
who cares for a child. This is not a  
certification course and does not  
require a written or skills test.  
Cost: \$20 per person. One session,  
6:00-8:00 p.m. Class maximum is six.  
February 17, March 31.

## Big Brother/Big Sister

*A Women's Hospital Event*  
This class helps young  
children accept the new  
baby into the family.  
Common emotions,  
infant appearance and  
infant behavior are discussed. A video  
and tour of the hospital are included.  
Cost: \$10 per child. One session,  
6-7:30 p.m. Class maximum is 12  
children (ages 3-5) or 15 children (ages  
6-10). Ages 3-5; January 6, March 17.

## Cesarean Birth

*A Women's Hospital Event*  
Having a C-section? Class topics  
include surgical procedure,  
anesthesia and recovery period. A  
non-graphic video and tour of the  
hospital are included. Cost: \$15 per  
couple. One session, 6:30 – 8:30 p.m.  
February 22.

## Prepared Childbirth Refresher

*A Women's Hospital Event*  
This class provides an  
intensive review of Prepared  
Childbirth for those who  
have previously had a baby.  
A tour of the hospital is included.  
Cost: \$20 per couple. One session,  
6:00 – 8:30 p.m. February 23.



## Prepared Childbirth and Baby Care Weekend Workshop

*A Women's Hospital Event*  
Class content is slightly modified  
(compared to the six-week course)  
due to time constraints. Cost: \$50 per  
couple. Saturday Noon-5:00 p.m. and  
Sunday Noon-5:00 p.m. Drinks and  
snacks will be provided both days.  
Space is limited to 18 couples, so  
register early. Bring a pillow and wear  
comfortable clothing. February 27 & 28,  
March 6 & 7.

## Basics of Breastfeeding Weekend Workshop

*A Women's Hospital Event*  
Class content is the same as the  
weeknight class. Expectant fathers are  
encouraged to attend. Cost: \$15 per  
couple. One session, 12:00 – 2:30 p.m.  
January 30, March 13.

## Big Brother/Big Sister Weekend Workshop

*A Women's Hospital Event*  
Class content is the same as the  
weeknight class. Bring a camera!  
Cost: \$10 per child. One session,  
9:00-10:30 a.m. Children must be  
accompanied by an adult. Class size  
is limited. Ages 3-5; January 30;  
Ages 6-10, March 13.

## Pediatric CPR For Family and Friends Weekend Workshop

*A Women's Hospital Event*  
Class content is the same as the  
weeknight class. Cost: \$20 per person.  
One session, 3:00 – 5:00 p.m. Class  
maximum is six. January 30, July 17,  
August 28, October 9, November 20.

## COMMUNITY EVENTS

### Day of Dance for Health

*A Women's Hospital Event*  
Bring your friends and family to dance,  
learn simple ways to stay healthy,  
enjoy music and participate in health  
screenings. Contact 812-842-4652  
or 812-842-4356. This offers dance  
demonstrations and lessons, cooking  
demonstrations, vendors and health  
screenings, while supplies last. Fasting is  
recommended for anyone participating  
in the health screenings. February 27,  
9:00 a.m. – 1:00 p.m. The Centre,  
715 Locust St., Evansville

### Wise Women

*A Women's Hospital Event*  
**Personal Motivation and Coping  
with the Unexpected**  
Presented by Ms. Pat Koch, March 16  
Thomas Kinkade Signature Gallery  
Mid-City Art Gallery  
5700 Vogel Road, Evansville  
5:30 p.m. – Refreshments and  
Social Networking  
6:00 p.m. – Presentation Begins  
Call 812-450-2229 to register.

### Women's Weekend Away A Women's Hospital Event REGISTER NOW!

French Lick Springs Resort and Casino  
Women's Weekend Away is the region's  
most unique event, where women all over  
the Tri-State will relax, rejuvenate and  
reconnect. Strengthen your body, explore  
your creativity, expand your horizons and  
take charge of your health through this  
exciting event. April 16-18.  
Fee: \$199 per participant (additional fee  
for hotel rooms) \$189 for Spirit of Women  
cardholders. Call 812-842-4356 for  
registration packet and additional details.

## LECTURES & EVENTS

### Find Out About: Losing Weight and Feeling Great. . . One Small Change at a Time

*A Health Finder event, presented by  
the Deaconess Resource Center*  
It's the New Year, and you're all set to  
finally lose weight and get in shape.  
You're going to change *this* habit, stop  
eating *that* food, and basically overhaul  
your entire life all at once. It works for  
a couple of weeks, and then it becomes  
too much. You end up going back to  
your old habits, feeling discouraged  
and frustrated.

Laura Schipp, Wellness Coach, will  
teach you how to make gradual changes  
that stick—one small step at a time.  
Join her at noon Wednesday, January 13,  
in Johnson Hall. She'll give you a list of  
50 weight-loss and fitness changes to  
make—one week at a time—for the rest  
of 2010. Learn a tip, do it for a week,  
and then add the next step. New habits  
are best formed gradually, and you'll be  
able to accomplish your goals without  
overwhelming yourself.

To help us best serve you, please  
pre-register by calling 812-450-7000.  
You are welcome to bring your lunch to  
this 45-minute presentation.



**HEALTH  
FINDER**  
Get Connected  
deaconess.com/find  
812-450-6000

**Recently diagnosed? Trying  
to stay healthy? Deaconess  
Health Finder can help.**

### Find Out About: Medicare Options A Health Finder event, presented by the Deaconess Resource Center

Do you have questions about Medicare?  
Would you like to know more about  
Medicare supplement programs?  
Deaconess Medicare Solutions is offering  
free seminars on Medicare, Medicare  
Supplement, Medicare Advantage or Part  
D prescription drug plans.  
Please join us to learn more about your  
Medicare options from a licensed agent.  
To help us best serve you, please  
pre-register by calling 812-450-7000.  
You are welcome to bring your lunch to  
this 45-60 minute presentation.

- Monday, January 18, noon – 1:00 p.m.  
Deaconess Gateway Hospital  
Conference Center
- Monday, March 15, noon – 1:00 p.m.  
Deaconess Hospital Auditorium

### Find Out About: Preventing Falls in Seniors

*A Health Finder event, presented by  
the Deaconess Resource Center and  
Deaconess Primary Care for Seniors*  
Every 18 seconds, an older adult is rushed  
to the emergency room because of a fall.  
Falls are the leading cause of physical  
disability among seniors and a major cause  
of premature death.

Dr. Ritu Rohatgi, a board-certified  
geriatrician, will explain why falls commonly  
occur and give tips on preventing falls. As  
a physician who specializes in senior health  
care at Primary Care for Seniors - Gateway,  
Dr. Rohatgi will offer unique insights to  
help you prevent serious injuries—for  
yourself or a loved one.

Join Dr. Rohatgi on Thursday, January  
28, at noon in the Deaconess Gateway  
Conference Center, Room C. You are  
welcome to bring your lunch to this 30-45  
minute presentation. To help us best serve  
you, please pre-register at 812-450-7000.

REGISTER ONLINE AT [WWW.DEACONESS.COM](http://WWW.DEACONESS.COM)

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## MENDED LITTLE HEARTS

This support program for parents of children with heart defects and heart disease, is dedicated to inspiring hope in those who care for the littlest heart patients of all. *Mended Little Hearts* offers resources which include teaching families and siblings CPR, bringing in speakers to educate families about coping with their child and their special needs as a baby, child and/or adult. Open forums for families to ask questions to experts in the field of Pediatric Cardiology will be offered. The first meeting will take place on Thursday, February 11 at 6:30 p.m. at Gateway Hospital Conference Room A & B. Please call Julie for more information 812-499-4010. Your children are welcome, and we will have a certified sitter to watch and play with the children.

## SMART STEPS

An exercise program developed for individuals with risk factors who would like to improve their overall health. This program is run with physician approval. Individuals exercise from 5:15-6:15 p.m. Mondays and Wednesdays with an exercise specialist present to work on form and setting goals. Upon starting the program each member will receive an individualized program including a target heart rate and recommendation set from a professional treadmill test with a physician. Cost is \$40/month. No contract required. Please call 812-450-2345 for information or email [hilary\\_eickhoff@deaconess.com](mailto:hilary_eickhoff@deaconess.com).

## HEART HEALTHY SOUPS

Cardiac Rehab is hosting the second annual Heart Healthy Soups class on January 28 in the Gateway Hospital conference rooms at 6:00 p.m. The cost is \$10 per person. Please register by calling 450-2345 or emailing [hilary\\_eickhoff@deaconess.com](mailto:hilary_eickhoff@deaconess.com). Refreshments and samples of the soups will be available.

## PROGRAMS AND SUPPORT GROUPS

### Tri-State Fibromyalgia Support Group

Meets the fourth Thursday of each month from 6:00 – 7:30 p.m. in the Deaconess Resource Center. The Tri-State Fibromyalgia Support Group is a community of patients, family members and friends dedicated to providing support, encouragement and educational information about fibromyalgia, and promoting fibromyalgia awareness to the community and local medical professionals. For more information, contact Mary via email at [tsfibro@live.com](mailto:tsfibro@live.com).

### RSD Support Group

Meets the first Tuesday of each month at 6:00 p.m. in the Deaconess Resource Center. The RSD (Reflex Sympathetic Dystrophy) support group provides emotional support, encouragement and education to those afflicted with the syndrome. Families, friends, and others affected by RSD or CRPS (Complex Regional Pain Syndrome) are encouraged to attend. For more information, contact the Deaconess Resource Center at 812-450-6000.

### Lupus Foundation of America Support Group

Meets the third Saturday of each month from 10 a.m. – noon in the Deaconess Resource Center. The Lupus Foundation of America, Indiana Chapter provides awareness and education for the signs and symptoms of lupus for early diagnosis and treatment. Those with lupus and other autoimmune diseases, family and friends are encouraged to attend the support group meetings. For more information about the Lupus Foundation of America, Indiana chapter, and to R.S.V.P. to attend, please contact Katrina Gibbs, at 812-774-6326 or e-mail [lupiefie@insightbb.com](mailto:lupiefie@insightbb.com).

### Parkinson's Awareness Support Association of the Tri-State (PASATS)

Meets the first Tuesday of each month at 5:30 p.m. in the Deaconess Resource Center. Please call Oscar Ozette at 812-473-1587.

### Man-to-Man Prostate Cancer Support Group

**Radiation or Surgery: Pro's and Con's**  
Co-presented by Jon Frazier, MD, Radiation Oncologist, Evansville Cancer Center/Vantage Oncology & Todd Renschler, MD, Urologist, Urological Associates. Tuesday, January 12.

**Man-to-Man Discussion Session**  
Men only please. Tuesday, February 9

### Metastatic Prostate Cancer - When and How to Treat

Presented by Rick Ballou, MD, PhD, Medical Oncologist, Evansville Cancer Center Tuesday, March 9

All sessions begin at 6:30 p.m. at the Evansville Cancer Center located on 700 N. Burkhardt Road. For more information call Norm Wilkinson at 812-425-2545 or Dr. Andrew Reed at 812-474-1110.

### Look Good, Feel Better

The American Cancer Society *Look Good, Feel Better* program provides information and cosmetic advice to women battling cancer. This training includes hands-on instruction on makeup and skin care and suggestions for using wigs, turbans and scarves. Cosmetics are provided for your personal makeover. This program is free of charge and facilitated by trained, licensed cosmetologists. To register, call toll free 800-227-2345 or the Deaconess Chancellor Center at 812-858-2273. Light refreshments will be served. Registration is required two weeks prior to session.

- February 22, 11 am - 1 pm, Deaconess Chancellor Center for Oncology
- March 22, 6 pm - 8 pm, Evansville Cancer Center/Vantage Oncology

### Perinatal Bereavement Support Group

For those who have experienced a miscarriage or loss of a baby. Facilitated by The Women's Hospital bereavement coordinator and chaplain. Held the second Tuesday of each month, 7:00-8:00 p.m. Call 812-842-4574.

### Infertility Support Group

Facilitated by Bonaventura Reproductive Medicine at The Women's Hospital  
Held the second Wednesday of each month, 6:00 p.m. Call 812-842-4530.

- **How Trying to Have a Baby Can Put a Strain on Your Marriage,** January 13.
- **Dealing with Family/Friends & How to Respond...Private or Open Book,** February 10.
- **Effects of Diet & Exercise on Infertility,** March 10.

### Lactation Support Services/ Tuesday Mommas

A Women's Hospital Event  
Lactation consultant available each Tuesday, 9:00–11:00 a.m. Also includes weight checks, reference materials and mother-to-mother support. Call 812-842-4239.



### Mommy Massage

A Women's Hospital Event  
Prenatal and postpartum massage. Treat mom to a massage after delivery of her newborn. Call 812-842-4573.

### 1, 2, 3, 4 Parents!

A Women's Hospital Event  
Is parenting your little one tougher than you thought it would be? *1, 2, 3, 4 Parents!* is a two-week course written by national experts who understand the challenges of raising young children. Learn discipline methods that work, how to prevent tantrums, how to make rules your child will follow, routines that make life easier and much more. Participants receive a parent's workbook and tips booklet to take home after the course. Free of charge. Childcare is not available. Call 4C of Southern Indiana at 812-423-4008 to register. Two consecutive Saturday sessions: Starting date is Saturday, March 2. Each session is three hours: 9:30 a.m. – 12:30 p.m.

### Car Seat Fitting Appointment Line

A Women's Hospital Event  
Is your car seat performing as it should? Have the peace of mind of knowing your child is being protected by making an appointment to get your car seat properly fitted. Call 812-842-4655.

### MOMS Club® of Evansville

A Women's Hospital Event  
First Friday each month, 10:00–11:00 a.m. Call 812-253-5742 or email [momsclubev@yahoo.com](mailto:momsclubev@yahoo.com). Visit our website at [momsclubev.bravehost.com](http://momsclubev.bravehost.com).

### Tri-State Mothers of Multiples

A Women's Hospital Event  
Second Tuesday each month, 7:00–9:00 p.m. Call 812-437-7262.

## HOLISTIC/EXERCISE

### Yoga for Health and Wellness

A Resource Center Class

This is a gentle program to maintain your health and wellness. Sessions begin at 6:00 p.m., first Wednesday each month. Cost: \$40/four-week session. Call 812-422-9637.



### Aqua Classes

Resource Center Classes

These classes include a combination of aerobic and toning exercises designed to get the heart rate up and tone muscles. These classes benefit you by improving balance and coordination, toning every part of your body, burning calories and improving oxygen uptake – and it's a great cardiovascular workout. Classes are held Mondays, Wednesdays and Fridays, or Tuesdays and Thursdays. For class times and fees, call 812-450-7340.

### Reiki

A Resource Center Class

Stress-reducing, very relaxing, hands-on healing and sharing experience. Second Friday of each month 7:30 p.m. Call 812-430-6387.

## HEALTH SCREENINGS

### Osteoporosis Screenings

Non-invasive ultrasound bone density screening. Testing is performed to determine the bone mineral density in your heel and risk for osteoporosis. Tuesday, February 9, 8:30 – 10:30 a.m., Deaconess Hospital Resource Center. Appointment requested. Cost: \$8; Helping Hand members \$6. Call 812-450-7000.

### Hearing Screenings - Performed by an audiologist from Hearing and Speech Associates

Thursday, March 4, 8:30 a.m. – 2:30 p.m. at Deaconess Hospital. By appointment only; call 812-425-1500. Cost: \$5.

## ELEARNING ONLINE CHILDBIRTH CLASS

Childbirth classes are now available online, provided by The Women's Hospital. There is nothing that can take the place of a live classroom experience, but some expectant couples may find it hard to fit in a series of childbirth classes, or the expectant mother may be confined to a bed. This online program allows you to learn at your own pace when it is convenient. Learn about pregnancy, birth and breastfeeding with a 109-page interactive tutorial. Cost: \$65, includes book to complement the online eLearning tutorial. Call Victoria Deer, The Women's Hospital Community Education Nurse, at 812-842-4275 for more information.

## FIND OUT ABOUT: SUPPORT GROUPS

Support, encouragement and education are an important part of the healing process. Deaconess Health Finder maintains an extensive list of local support groups, including some that are hosted by the Deaconess Resource Center. Please call 812-450-6000 to find the support group that is right for you and make it a part of your healing process.

REGISTER ONLINE AT [WWW.DEACONESS.COM](http://WWW.DEACONESS.COM)