

# BLOUNT MEMORIAL HOSPITAL

# February

Community health education. Close to home.

## Wellness Center at Springbrook

Pre-registration is required for all classes and programs, and payment is due at the time of registration. For more information or to register, call 865-980-7100.

### American Red Cross Adult Learn to Swim Lessons

Wednesdays, Feb. 8 - March 1, 11-11:30 a.m.

This four-week beginner session will help participants gain basic aquatic skills and will focus on swim strokes such as freestyle (front crawl), backstroke (back crawl) and breast stroke.

Cost: \$25/members;  
\$50/non-members

### American Red Cross Children's Swim Lessons

Saturdays, Feb. 11 - April 1

#### Parent and Child Class 1, 6-18 months

Orients children to the aquatic environment with parent's assistance which helps them gain basic aquatic skills and feel comfortable in the water.

Saturdays, 9-9:30 a.m.

#### Parent and Child Class 2, 18-36 months

Orients children to the aquatic environment with parent's assistance which helps them gain basic aquatic skills and feel comfortable in the water.

Saturdays, 9:30-10 a.m.

#### Preschool One

Orients children to the aquatic environment and helps them gain basic aquatic skills.

Saturdays, 10-10:30 a.m.

#### Preschool Two

Helps children gain greater independence in their aquatic skills and develop more comfort in and around the water.

Saturdays, 10:30-11 a.m.

#### Level One - Learn to Swim

Designed to help participants feel comfortable and learn basic skills, unsupported by the instructor.

Saturdays, 11-11:30 a.m.

#### Level Two/Three - Swimmer

Builds on fundamental skills and concentrates on stroke development and refinement.

Saturdays, 11:30 a.m. - noon

Cost: \$50/members;  
\$75/non-members

## OUR COMMUNITY

### Healthy Focus Luncheon Series

is held at the Clayton Center for the Arts.

#### Heart and Vascular Health

Tuesday, Feb. 14, 11:30 a.m. - 1 p.m.

Bring your questions about heart and vascular health to our panel of cardiologists and vascular surgeon. A light lunch will be served. Space is limited, and registrations are required and can be made by calling 865-977-5690.

## Senior Services

### Caregiver Consultations

Caregivers can discuss their situations and explore possible strategies and resources at a free one-on-one consultation with a Senior Services representative. For more information, call 865-977-5744.

### Caregiver Coffee and Conversation

**Presenters: Edward Harper, Senior Services coordinator and licensed clinical social worker, and Beverly Sherrod, Senior Services assistant**

This is a free opportunity for caregivers of other adults to gather at an informal setting to discuss the experiences of caregiving and the availability of resources. The Caregiver Coffee and Conversation is a collaboration between Blount Memorial Senior Services and Vienna Coffee Company. For more information, call 865-977-5744.

Tuesdays, Feb. 7 and 21, 10-11 a.m.

Vienna Coffee House,  
212 College St., Maryville

### Mid-Week Music - Blount Memorial's Open Stage for Musicians

This event is an opportunity for musicians who would like to perform and join others in a community of music and fellowship. Each act will have a two-song limit playing acoustic instruments only. This event is a partnership between Blount Memorial Senior Services and Everett Senior Center. For more information, call 865-977-5744 or 865-983-9422.

Wednesdays, Feb. 8 and 22, 10-11:30 a.m.;

performer sign-up begins at 9:30 a.m.

Everett Senior Center,  
702 Burchfield St., Maryville

## Support Groups

### Caregiver Support Group

For more information, call 865-977-5744.

Wednesdays, Feb. 1, 8, 15 and 22, 6-7 p.m.

Blount Memorial Hospital, 3-east

### Lymphedema Support Group

A support group for lymphedema patients that focuses on topics related to self-care, treatment, social and emotional support, and awareness. A light lunch is served. For more information or to register, call 865-980-5089.

Thursday, Feb. 2, noon - 1:30 p.m.

Blount Memorial Cancer Center  
conference room 1, second floor.

### Blount County Prostate Cancer Support Group

This group is open to all prostate cancer patients, survivors and their spouse/care partner, regardless of where they received or will receive treatment. The group meets the third Monday of each month. For more information about the group, call 865-977-5534, Pat Smith at 937-369-7641 or Gene Thompson at 865-984-4903.

Monday, Feb. 20, 6:30 p.m.

Blount Memorial Cancer Center  
conference room 1 and 2, second floor

### Better Breathers Support Group

This support group is for anyone with breathing disorders. The group meets on the fourth Thursday of each month. For more information, call 865-977-4739.

Thursday, Feb. 23, 11 a.m. - noon

Blount Memorial Medical Fitness  
Center classroom, 2-east

### The Compassionate Friends Foothills Chapter

A grief support group for parents of children who have died. Members meet the fourth Monday of each month.

Monday, Feb. 27, 6:30-8 p.m.

Blount Memorial Hospital auditorium

## OUR COMMUNITY

### Education and Fellowship

Wednesday, Feb. 1, 6-7:30 p.m.

Jerry Scott, chaplain

This grief support group focuses on fellowship and education and meets the first Wednesday of each month. Light refreshments are provided. For more information or to register, call 865-977-5775.

Blount Memorial Home Services and Hospice Building,  
1095 E. Lamar Alexander Parkway

## Family Birthing

For more information about classes and programs or to register, visit [blountmemorial.org/birthingcenter](http://blountmemorial.org/birthingcenter) or call 865-981-3983. All classes are in the Family Birthing Center classroom unless otherwise noted.

### Breastfeeding Class

Provides an overview of the physiology of breastfeeding and benefits to infant and mother.

Wednesday, Feb. 1, 11:30 a.m. - 1 p.m.

Cost: \$25

### Orientation Tour

Highly recommended for couples not enrolled in the Prepared Childbirth Series and those who haven't toured the birthing center. The tour also includes a brief discussion of selected policies and procedures.

Monday, Feb. 6, 5:30-6:30 p.m.

### Siblings at Birth

Helps prepare a child for attendance at the birth of a sibling. Class includes tour, discussions of the birth process and more. Class information is available upon request by calling 865-977-5555.

Cost: \$30/for two or three individualized sessions

## Need a doctor?

Visit our website for a list of Blount Memorial Hospital primary care physicians currently accepting new patients.



## Cancer Care

### Head and Neck Resource Support Group

This support group is dedicated to raising awareness and meeting the needs of head and neck cancer patients. Members meet the first Thursday of each month and patients and their families are welcome to attend. For more information, call 865-977-4729.

Thursday, Feb. 2, 2-3:30 p.m.

Blount Memorial Cancer Center  
conference room 2, second floor

### Look Good, Feel Better

This national program is dedicated to teaching women who are cancer patients the techniques to help restore their appearance and self-image. You are invited to attend any one session free of charge, providing you are currently receiving either chemotherapy or radiation therapy at any hospital. To register, call the Blount Memorial Cancer Center at 865-977-5534.

**Presenters: Annette Manley and Joyce DeVoight, licensed cosmetologists; and Joan Speck, Blount Memorial Hospital volunteer**

Monday, Feb. 6, 10 a.m. - noon

Blount Memorial Cancer Center  
conference room 2, second floor

### Managing Your Cancer

This informative class is designed to teach newly diagnosed cancer patients and their families or caregivers about managing their cancer with a special focus on chemotherapy administration and its side effects. For more information or to register, call 865-273-4004.

Tuesdays, Feb. 14 or 28, 1-4 p.m.

Blount Memorial Cancer Center  
conference room 2, second floor

### Breast Cancer Support Group

This support group is open to all breast cancer survivors, regardless of where they received treatment. The support group meets the third Monday of each month. Light refreshments are served. For more information, call 865-977-5534.

Monday, Feb. 20, noon - 1:30 p.m.

Blount Memorial Cancer Center  
conference room 2, second floor

### LifeStories

Preserve your memories by scrapbooking in this monthly art program. This support group is for cancer patients, survivors and their families. All supplies are furnished. Participants should bring the photos they wish to use. For more information or to register, call 865-977-5534.

Monday, Feb. 27, 9 a.m. - 1 p.m.

Blount Memorial Cancer Center  
conference room 1, second floor

## OUR COMMUNITY

### LifeLong Learning Lecture Series

is held in the Vienna Coffee House,  
212 College St., Maryville.

### Our Place in Time

Thursday, Feb. 23, 1:30-3 p.m.

Shirley Clowney, historian and author Shirley Clowney will present excerpts from her book in progress, "Our Place in Time - Blacks in Blount County." She will utilize a pictorial and anecdotal format to relate the experiences and cultural challenges of people of color. This event is sponsored by Blount Memorial Senior Services, Maryville College and Vienna Coffee Company. For more information, call 865-977-5744.

## Bariatric Basics

### Considering Bariatric Surgery?

**Presenter: Dr. James Ray, bariatric and general surgeon**

Thursday, Feb. 9, 6 p.m.

East Tennessee Medical Group  
community room, first floor

Blount Memorial Hospital offers the expert information, programs and support people need to safely and effectively achieve their weight loss or management goals. Learn more about the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program at a free, no-obligation seminar. For more information or to register, call 865-984-3864.

## MARK YOUR CALENDAR

Plan to attend this community health forum.

### Senior Health Circle

is held in the Everett Senior Center, 702 Burchfield St., Maryville.

### Spirituality in Later Life

Monday, Feb. 20, 1-3 p.m.

**Quinton Wacks**, Lincoln Memorial University retired psychology professor

Quinton Wacks will present a seminar on the aspects of spirituality in later life and the process of living a fulfilling life despite the challenges of age. He will explore the concept and practice of being a sage to younger generations. Wacks taught at the university level, specializing in the study of psychology and spirituality as they related to adults, senior adults and elder adults. For more information, call Blount Memorial Senior Services at 865-977-5744.