

# January

Community health education. Close to home.

## Bariatric Basics

### Considering Bariatric Surgery?

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

**Thursday, Jan. 11, 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.

## 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, Jan. 4, 2-3:30 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, Jan. 8 or 29, 9 a.m. – 1 p.m.**

**Blount Memorial Cancer Center conference room 1, second floor**

### Breast Cancer Support Group

#### Advanced Breast Imaging

**Presenter: Dr. Kristen Carver, Blount Memorial fellowship-trained breast radiologist**

This support group is open to all breast cancer survivors, regardless of where they received treatment. The support group meets the third Tuesday of each month.

For more information, call 865-977-5534.

**Tuesday, Jan. 16, 6-7:30 p.m.**

**Blount Memorial Cancer Center conference room 2, second floor**

### Adult Grief Support Group

This support group is a five-week program that offers education, support and encouragement for adults who have experienced the death of a loved one. For more information or to register, call 865-977-5702.

**Thursdays, Jan. 25 – Feb. 22, 6-7:30 p.m.**

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

### 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 second Tuesday 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, Jan. 9, 6:30 p.m.**

**Blount Memorial Cancer Center conference room 2, second floor**

## 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

**Presenter: Edward Harper, Senior Services coordinator and licensed clinical social worker**

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, Jan. 2 and 16, 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, Jan. 10 and 24, 10-11:30 a.m.;**

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

**Everett Senior Center, 702 Burchfield St., Maryville**

### LifeLong Learning Lecture Series

#### Grandparents Raising Grandkids

##### - The Invisible Caregivers

**Presenters: Kevin Shepherd and Elizabeth Maxey Long, attorneys**

The number of grandchildren being raised by grandparents has doubled since 2000. The 2010 U.S. Census determined 4.9 million American children were being raised by grandparents.

Today, an estimated 2.9 million grandparents are providing daily primary care to their grandchildren. They are the "Invisible Caregivers." Shepherd and Long will present the current state of grandparents raising grandkids, some of the unique parenting situations that result, the legal right of grandparents and the range of options for families. This event is sponsored by Blount Memorial Senior Services, Maryville College and Vienna Coffee Company.

For more information, call 865-977-5744.

**Thursday, Jan. 25, 1:30-3 p.m.**

**Vienna Coffee House, 212 College St., Maryville**

## Support Groups

### 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, Jan. 25, 11 a.m. – noon**

**Blount Memorial Medical Fitness Center classroom, 2-east**

## 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.

### Brothers- and Sisters-To-Be

Prepares children ages 3-6 for the birth experience and baby's homecoming.

**Monday, Jan. 8, 4-5:30 p.m.**

**Cost: \$25/child; \$40/two siblings**

### Infant and Child Safety and CPR

**Monday, Jan. 8, 6:30-9:30 p.m.**

**Cost: \$30/person**

### Caring for Your Newborn

This class is designed to help expectant or new parents become more comfortable with newborn characteristics and care. Topics include sleeping, bathing, weight gain, cord care, illness, circumcision, teething and more. Format includes hands-on demonstrations and practice, and question-and-answer sessions.

**Thursday, Jan. 11, 6:30-8:30 p.m.**

**Cost: \$20/couple**

### Special Delivery:

#### What to Expect During Labor

A concise childbirth course designed to prepare the expectant mother and her labor companion for labor and delivery. Topics will include: recognizing when labor starts, stages of labor and coping techniques, natural methods of pain control/relaxation, medications, epidural anesthesia, vaginal and cesarean birth. Also includes a birthing center tour.

**Saturday, Jan. 13, 8:30 a.m. – 12:30 p.m.**

**Cost: \$45/\$25 non-refundable deposit**

### Breastfeeding Class

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

**Wednesday, Jan. 17, 11:30 a.m. – 1 p.m.**

**Cost: \$25**

### 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**



## OUR COMMUNITY

**MEDIC**  
Regional Blood Center  
A Not-for-Profit Organization

### Medic Blood Drive

**Tuesday, Jan. 9, noon - 6 p.m.**  
Blount Memorial Hospital auditorium