

BLOUNT MEMORIAL HOSPITAL

November

Community health education. Close to home.

Support Groups

Adult Grief Support Group

This support group is a six-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.
Tuesdays, Nov. 14 – Dec. 19, 6-7:30 p.m.
Blount Memorial Home Services and Hospice Building, 1095 E. Lamar Alexander Parkway

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, Nov. 27, 6:30-8 p.m.
Blount Memorial Hospital auditorium

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, Nov. 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 DeVooght, licensed cosmetologists; and Joan Speck, Blount Memorial Hospital volunteer
Monday, Nov. 6, 10 a.m. – noon
Blount Memorial Cancer Center conference room 2, second floor

Lymphedema Support Group - On the MEND

Presenter: Dr. Jane Souther, cardiologist
Join us and hear our special guest speaker Dr. Jane Souther talk about heart conditions, swelling and how they affect you. This support group is for lymphedema patients and focuses on topics related to self-care, treatment, social and emotional support, and awareness. A light lunch is served and a RSVP is required. Please call with dietary restrictions. For more information or to register, call 865-980-5089.
Thursday, Nov. 9, 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, Nov. 20, 6:30 p.m.
Blount Memorial Cancer Center conference room 1 and 2, second floor

Breast Cancer Support Group - Healthy Holiday Habits

Presenter: Leslie Rutherford, Blount Memorial Wellness Centers director
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, Nov. 21, 6-7:30 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, Nov. 13, 9 a.m. – 1 p.m.
Blount Memorial Cancer Center conference room 1, second floor

OUR COMMUNITY



Medic Blood Drive

Monday, Nov. 13, noon - 6 p.m.
Blount Memorial Hospital auditorium

Bariatric Basics

Considering Bariatric Surgery?

Presenter: Dr. James Ray, bariatric and general surgeon
Thursday, Nov. 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.

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.

Senior Health Circle - The Emotional Complexities of Giving Care

Presenter: Edward Harper, Senior Services coordinator and licensed clinical social worker
Anxiety is a main driver in the caregiver experience. Edward Harper will focus on the anxieties of giving care, how these anxieties are processed in the brain and how the stresses of giving care impact the psychosocial world of the caregiver. For more information, call Blount Memorial Senior Services at 865-977-5744.
Monday, Nov. 6, noon – 1 p.m., Blount Memorial Hospital auditorium

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, Nov. 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, Nov. 8 and 22, 10-11:30 a.m.; performer sign-up begins at 9:30 a.m.
Everett Senior Center, 702 Burchfield St., Maryville

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.

90/90 Hot Yoga

This session is for 90 minutes in a room that is 90 degrees or higher. This type of yoga helps deepen stretches and prevent injury while reducing stress and tension. This is recommended only for advanced yoga participants.
Fridays, Nov. 3, 10, 17 and 24, 4 p.m.
Cost: \$15/non-members per class

Family Birthing

For more information about classes and programs or to register, visit 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 3-8 for the birth experience and baby's homecoming.
Monday, Nov. 6, 4-5:30 p.m.
Cost: \$25/child; \$40/two siblings

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, Nov. 9, 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, Nov. 18, 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, Nov. 29, 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

Blount Memorial Volunteer Services Home Show

Around-the-clock shopping including name-brand products for the kitchen, home and featuring designer fragrances. Money raised helps provide scholarships and is used for capital or hospital improvements. For more information, call 865-977-5609.
Tuesday, Nov. 28, 9 p.m. – Thursday, Nov. 30, 4 p.m.
Blount Memorial ground-floor lobby

OUR COMMUNITY



Holiday Tree of Lights

Celebrate the holiday season with the lighting of the Blount Memorial Foundation Holiday Tree of Lights. Each light on the tree is donated by a community member in honor or in memory of a friend or loved one. For more information about illuminating the tree, call 865-977-5727.
Tuesday, Nov. 28, 5:30 p.m.
Blount Memorial Hospital Garden of Life

