

October

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 Children's Evening Swim Lessons

Tuesdays and Thursdays, Oct. 17 – Nov. 9

Preschool 1-3 – 7-7:30 p.m.

Orients children to the aquatic environment and helps them gain basic aquatic skills. Designed for ages 2-6.

Level 1+ – 7:30-8 p.m.

Participants will feel comfortable and learn basic skills unsupported by instructor.

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

American Red Cross Children's Swim Lessons

Saturdays, Oct. 21 – Dec. 9

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

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, Oct. 3 and 17, 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, Oct. 11 and 25, 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 - Living Art

Thursday, Oct. 26, 1:30-3 p.m.

Presenter: Carl Gombert, Maryville College professor of art

Carl Gombert is presenting on the subject of the experience of living art. Gombert has the unique perspective of being an active artist who has developed different styles of artistic expression and is an active teacher to aspiring artists. As a lifelong artist he will share his experiences, relationships with other artists and some select pieces of his art. This event is sponsored by Blount Memorial Senior Services, Maryville College and Vienna Coffee Company. For more information, call 865-977-5744.

Vienna Coffee House, 212 College St., Maryville.

OUR COMMUNITY



A Not-for-Profit Organization

Medic Blood Drive

Friday, Oct. 13, noon - 6 p.m.
Blount Memorial Hospital auditorium

Bariatric Basics

Considering Bariatric Surgery?

Presenter: Dr. James Ray, bariatric and general surgeon

Thursday, Oct. 19, 6 p.m.

East Tennessee Medical Group board room, second 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

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, Oct. 2, 10 a.m. – noon
Blount Memorial Cancer Center conference room 2, second floor

Head and Neck Resource Support Group

Fall Potluck – Bring Your Favorite Food or Dish

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, Oct. 5, 2-3:30 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, Oct. 16, noon - 1:30 p.m.

Blount Memorial Cancer Center conference room 2, 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, Oct. 16, 6:30 p.m.

Blount Memorial Cancer Center conference room 1 and 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, Oct. 23, 9 a.m. – 1 p.m.

Blount Memorial Cancer Center conference room 1, second floor

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.

Infant and Child Safety and CPR

Monday, Oct. 2, 6:30-9:30 p.m.

Cost: \$30/person

Breastfeeding Class

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

Wednesday, Oct. 4, 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

Support Groups

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, Oct. 23, 6:30-8 p.m.

Blount Memorial Hospital auditorium

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, Oct. 26, 11 a.m. – noon

Blount Memorial Medical Fitness Center classroom, 2-east

OUR COMMUNITY

Healthy Focus: Breast Care

Learn about breast health and breast cancer care options from Blount Memorial physicians at this month's Healthy Focus Luncheon Series event. The all-physician panel represents medical specialties including radiology, breast cancer surgery, radiation therapy, and plastic and reconstructive surgery. Dinner will be served, and registration is required for the free event. Call 865-977-5690 to reserve your space.

Tuesday, Oct. 17, 5:30-7 p.m.

Knoxville Airport Hilton, Alcoa

OUR COMMUNITY

Blount Memorial Volunteer Services Uniform and Shoe Show

Around-the-clock shopping for uniforms and shoes. Money raised helps provide scholarships and is used for capital or hospital improvements.

Wednesday, Oct. 11, 7 a.m. – Thursday, Oct. 12, 4 p.m.

Blount Memorial ground-floor lobby



IN CASE OF EMERGENCY, GO FAST **ER**

Choose Blount Memorial. 30-minute-or-less wait time* to see an emergency medicine provider.

*average door-to-provider time