

# October

Community health education. Close to home.

## Bariatric Basics

### Considering Bariatric Surgery?

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

**Thursday, Oct. 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.

## OUR COMMUNITY

### No One Dies Alone – Training Session

No One Dies Alone (NODA) is a program in which volunteers sit with dying patients who have no family or friends to comfort them at the bedside in the last 48-72 hours of their lives. Volunteers must be responsible, caring adults age 18 or older. They must also fill out a Blount Memorial volunteer application, complete a background check and attend a training session. Sessions take place the first Wednesday of each month. For more information, or to sign up for a training session, visit the Blount Memorial Volunteer Services department, located on the hospital's service level, Monday through Friday from 8 a.m. – 4 p.m., or call 865-977-5609.

**Wednesday, Oct. 3, noon**  
Blount Memorial Family Birthing Center classroom

## 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

**Saturdays, Oct. 6, 13, 20 and 27, 8:15– 8:45 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 Evening Swim Lessons

**Tuesdays and Thursdays, Oct. 16 – Nov. 8**

**Preschool 1-3 for ages 2-4**

**12:30-1 p.m. or 7-7:30 p.m.**

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

**Level 1+ for ages 5+**

**1-1:30 p.m. or 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. 20 – Dec. 15**  
(no class Nov. 24)

**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

### Blount Memorial Volunteer Services Uniform Sale

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

**Wednesday, Oct. 10, 7 a.m. -**

**Thursday, Oct. 11, 3 p.m.**

**Blount Memorial ground-floor lobby**

## 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. 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, Oct. 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

#### Mystery and Suspense – Crime Stories

**Presenter: Ernest Lancaster, retired Memphis Police Department captain and author**

Ernest Lancaster is a published writer of police and crime fiction. He draws upon his experience as a retired captain from the Memphis Police Department for the characters and plots of his novels. Lancaster will talk about his experiences walking the beat on Beale Street during the ghost town era of the city of Memphis and will read and discuss excerpts from his newest book, "The Jinx." This event is sponsored by Blount Memorial Senior Services, Maryville College and Vienna Coffee Company. For more information, call 865-977-5744.

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

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

## OUR COMMUNITY



# DRUG TAKE BACK DAY

Help keep your family and our community safe by bringing any expired, unwanted or unused medications to our special fall Drug Take-Back Day. Proper disposal of prescription and over-the-counter medications helps prevent drug-related abuse, thefts, accidental poisoning and environmental hazards. All medication drop-offs are anonymous, no questions asked. The event is sponsored by the Fifth Judicial Drug Task Force and the Blount County Substance Abuse Prevention Action Team.

**Saturday, Oct. 27, 10 a.m. – 2 p.m.**  
**Blount County Justice Center, 926 E. Lamar Alexander Parkway, Maryville**



## OUR COMMUNITY



### Medic Blood Drive

**Friday, Oct. 12, noon - 6 p.m.**

**Blount Memorial Hospital auditorium**

## 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 American Cancer Society at 800-227-2345.

**Monday, Oct. 1, 10 a.m. – noon**

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

### 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, Oct. 4, 4-5:30 p.m.**

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

### Prostate Health Awareness 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.

**Tuesday, Oct. 9, 6:30 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.

**Wednesday, Oct. 3 and Monday, Oct. 22, 9 a.m. – 1 p.m.**

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

### Breast Cancer Support Group

#### Massage Therapy for Stress

**Presenter: Emily Piercy, Blount Memorial Wellness Center massage therapy supervisor**

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, Oct. 16, 6-7:30 p.m.**

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

## 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, Oct. 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 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. 1, 6:30-9:30 p.m.**

**Cost: \$30/person**

### 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 ac-

cepting new patients.