

COMMUNITY HEALTH
Education Calendar



JANUARY - APRIL 2012



St. Nicholas Hospital
3100 Superior Avenue
Sheboygan, WI 53081



Community Health Education

Helping you maintain good health is of the utmost importance to St. Nicholas Hospital. With that in mind, our Community Education Department presents a variety of health education classes and outreach activities which help you learn more about and take control of your health. From blood pressure screenings to stroke awareness, from summer sports fitness to winter health hazards, St. Nicholas Hospital wants to make sure you have the best information available to you. Programs are conducted by nurses, therapists, and other Hospital staff. Many are offered free or at a minimal charge.

Registration Information

To register or for more information about a program visit www.stnicholashospital.org/events or call 920-459-4636 unless otherwise noted.

For classes with fees, you are not considered registered until payment is received. Fees are nonrefundable unless the class is cancelled.

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SUPPORT GROUPS

Climbing the Mountain of Grief: Youth Grief Support

Young people who experience the death of a loved one often feel alone and experience grief differently than adults. Grief facilitators provide comfort and coping tools to help participants heal after losing someone they love.



Diabetes Support Group

Education and support for people dealing with diabetes. Sponsored by Prevea Endocrinology.

The support group meets on the first Thursday of each month starting in February at 6:30 p.m.

Experiencing Grief

Grief is a feeling of distress caused by separation or loss of a loved one, loss of a job, loss of dream, and more.

The support group meets the second Thursday of each month from 10:00-11:30 a.m.

Hope After Loss Organization (HALO)

Life is valuable from conception to death and we recognize the loss of your baby is the loss of a life. HALO provides resources and counseling support to anyone who has experienced loss regardless of where and when the loss took place.

The support group meets on the first Thursday of each month at 7:00 p.m.

Look Good...Feel Better

Licensed beauty professionals discuss skin care, nail care, makeup, and hair loss options to help women deal with the appearance-related side effects of cancer treatment. Look Good—Feel Better is a non-medical, product-neutral program offered in partnership with the American Cancer Society, and the Personal Care Products Council Foundation. Registration required. All sessions held at Matthews Oncology Associates, 1621 N. Taylor Drive.

February 6, 2:00 p.m.

April 2, 2:00 p.m.

Man to Man Prostate Cancer Support Group

Education and support for men with prostate cancer.

February 13, 7:00 p.m.

April 9, 7:00 p.m.

Miracle Point Brain Injury Support Group

Support group for survivors of traumatic or acquired brain injury and their family and friends. It is a place to find support for and information about brain injury and living life afterwards.

The support group meets on the first Monday of each month at 6:30 p.m.

Together we Live with Cancer (TLC)

A supportive community which provides cancer survivors, their families, friends, and caregivers with health and wellness opportunities for the body, mind, heart, and spirit.

All sessions meet on the second Tuesday of each month at 6:00 p.m., at Matthews Oncology Associates, 1621 N. Taylor Dr.

Registration Information

To register or for more information about a program, visit www.stnicholashospital.org/events or call 920-459-4636.

SPECIAL EVENTS



Yoga

Mondays, January 9-February 20, 2012,
7:45 p.m.-9:00 p.m.

Hatha yoga instructor Bruce Van Dyke leads this class in the harmonious blending of mind, body, and spirit.

Fee: \$60.

Carpal Tunnel Syndrome: Its Causes and Treatment

Thursday, February 2, 2012, 6:00-7:00 p.m.
Plymouth Intergenerational Center

Do you have tingling or numbness in your fingers or hand, especially your thumb, index, middle or ring finger? Does this tingling occur at night or while holding a steering wheel? Do you "shake out" your hands to relieve your symptoms? If you experience these symptoms then you may be suffering from Carpal Tunnel Syndrome (CTS). Come hear an informative lecture about CTS by Dr. Jeffrey Herold, Prevea Health, to better understand the disorder and its treatment. Free.

Mature Driving Class

Thursday, March 15, 2011, 8:30 a.m. - 12:30 p.m.

The program assists mature drivers in learning how to adjust their driving to compensate for age-related changes in vision, hearing and reaction time. There is no written test or behind the wheel training. Fee: \$12 for AARP members and \$14 for non-members.

ADULT PROGRAMS

Advance Health Planning

Most people have firm ideas about the type of medical care they want, or don't want, to receive. However, if you were unable to communicate your wishes, would your family know what to do? An Advance Directive for Healthcare ensures that your wishes are carried out. Learn more about the use of Advance Directives and receive assistance in completing them. Scheduled by appointment only. To register call 920-457-5770.



Diabetes Foot Clinics

Complete assessment, education and nail clipping – \$60; nail clipping only – \$30. Every Thursday afternoon and the first Monday of every month. By appointment only at St. Nicholas Hospital - Diabetes Services and Prevea Plymouth Health Center - Diabetes Services. To make an appointment, call 920-459-5192.

Foot Clinics

Foot Clinics are scheduled at convenient locations throughout our area. Service includes toenail clipping. Visit www.stnicholashospital.org/events for a listing of dates, times, and locations. Call 920-207-1654 if you would like to set up an appointment.

Fee: \$20

Safe Driver Assessment

Occupational Therapists at St. Nicholas Hospital are able to assess skill areas that may affect your ability to drive safely. These areas include vision, perception, cognition, and motor performance. There is no over-the-road testing performed. This assessment is appropriate for clients concerned with physical changes due to age or disability, mental changes, and difficulty maintaining focus.

One must obtain a doctor's prescription for a driving assessment prior to calling St. Nicholas Hospital Rehabilitation Services at 920-459-4642 to schedule an appointment.

HEALTH SCREENINGS

Cholesterol Screening

Cholesterol is a leading indicator of heart disease. The hospital lab at St. Nicholas offers walk-in hours Monday-Friday, from 7:30 a.m. to 4:30 p.m. Appointments are not required for walk-in hours. Fees for services: Lipid profile (cholesterol, HDL, calc. LDL, and triglycerides; 12-hour fast) – \$35; Cholesterol/HDL (non-fasting) – \$15.

Diabetes Screenings

The American Diabetes Association recommends testing for everyone age 45 and up. Diabetes checks are available in the Diabetes Services offices at St. Nicholas Hospital and Prevea Plymouth Health Center, by appointment only. There is no charge. To make an appointment, call St. Nicholas Hospital at 920-459-5192.



WOMEN'S/INFANTS PROGRAMS

Birthing Basics

Preparing for labor and delivery
– Am I really in labor?
– What to expect?
– Get the facts...so you can make good choices during labor and delivery
– Tour of birthing center

Plan on taking this class early in your pregnancy, preferably during the second trimester. Free.

Thursday, January 12, 6:00-8:00 p.m.

Thursday, March 8, 6:00-8:00 p.m.

Thursday, June 14, 6:00-8:00 p.m.

Thursday, August 9, 6:00-8:00 p.m.

Thursday, October 11, 6:00-8:00 p.m.

Thursday, December 13, 6:00-8:00 p.m.

Childbirth Readiness/Baby Care

This three-week class is recommended for expecting parents in the seventh and eighth months of pregnancy. The first two weeks will help prepare you for the labor and delivery journey. The third week focuses on postpartum and care of your newborn.

Registration fee includes class materials and tour. Expecting mothers are asked to bring their coach and a pillow to class.

Fee: \$35 for mom and coach.

February 12, 19, and 26; 5:00-8:00 p.m.

April 1, 15, 22, and 29; 5:00-8:00 p.m.

Breastfeeding Basics

If you are thinking about breastfeeding, the time to prepare is before birth. The course will help you prepare for breastfeeding and is taught by a certified lactation consultant. In one evening, you will learn the basic skills to enhance the breastfeeding experience. Couples are encouraged to attend. Free.

January 10, 6:00-8:00 p.m.

March 13, 6:00-8:00 p.m.

Car Seat Safety Check

Did you know that most child car safety seats are installed incorrectly? Be sure yours isn't one of them. Have certified car seat safety technicians check and properly install your child's safety seat. Free car seat checks are held at the Sheboygan Fire Dept., N. 25th St., on the second Tuesday of each month. Please call 920-459-3030 for appointment.

Hello Brother, Hello Sister...

No doubt about it—a child brings changes to every family. Family Resource Center staff will walk parents and children (2 and older) through some of the changes that can be anticipated. Age-appropriate activities will be used to build confidence and anticipation for the big event while helping to prepare them for upcoming changes. Both positive and negative behaviors of all children in the family will be discussed. Each registered child is asked to bring a light colored t-shirt to decorate. Co-sponsored by St. Nicholas Hospital. Free.

February 14, 6:00-7:30 p.m.—Family Resource Center: 2508 S. 8th Street, Sheboygan

Infant/Child Safety & CPR

Learn the lifesaving skill of cardiopulmonary resuscitation (CPR) and how to make your home safe for infants and young children. This course is intended for people with limited or no medical training who want to learn more about CPR and home safety. Students will receive a program participation card. This is not a certification level course. Free.

February 1, 6:00-8:30 p.m.

Natural Family Planning

Natural Family Planning (NFP) is an effective, Church-approved method planning pregnancy through observing and interpreting fertility signs. Programs are sponsored by the Couple to Couple League. Call 920-457-0332 for more information.

Pets And Your Newborn

Veterinarian Dr. Travis of Sheboygan Animal Hospital offers tips to help smooth the getting acquainted process between your newborn and your pet. Free.

March 7, 7:00-8:00 p.m.

YOUTH PROGRAMS

Babysitting

Learn the basics of babysitting, including child safety for all ages, stages of development, activities to do with children, and weather and personal safety tips. Youth must be at least 10 years of age to take this course. Includes lunch (pizza and beverage).

Fee: \$30.

March 10, 8:00 a.m.-Noon**

**This class is followed by a Family and Friends CPR Class. If you wish to participate in both, you must register for both in advance.

Family and Friends CPR

Youth ages 10 and up learn the lifesaving technique of cardiopulmonary resuscitation. May be taken in conjunction with the Babysitting class that precedes these sessions. This is a participation level course.

Fee: \$20 (includes book.)

March 10, Noon-2:00 p.m.**

**This class is preceded by a Babysitting Class. If you wish to participate in both, you must register for both in advance.

Multisport and Extreme Helmets

St. Nicholas Hospital Emergency Department, call 920-459-4760

Eighty percent of bicycle-related head injuries can be prevented with properly fitted helmets. Multisport helmets provide extra protection for scooter and roller blade enthusiasts, too. Sizes for toddlers through adults. Extreme helmets provide the sport-specific protection needed for skateboarding. Helmet and complete fitting

Fee: \$15.



FAMILY AND FITNESS ACTIVITIES

Community Recreation Department

For a complete list of programs, classes and registration information, call 920-459-3773.

Family Resource Center

For a complete listing of programs and registration information, contact 920-457-1888 (Sheboygan), 920-892-6706 (Plymouth), or visit www.frc-sc.org.

Sheboygan County YMCA

For a complete list of programs, classes and registration information, call 920-451-8000 or visit www.sheboygancountnymca.org.

Sports Core

For a complete list of programs, classes and membership information, call 920-457-4444.

Registration Information

To register or for more information about a program, visit www.stnicholashospital.org/events or call 920-459-4636 unless otherwise noted.

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