

Ozarks Medical Center 2010

# Calendar of Events

## APRIL

### APRIL 29 - OMC Fun Run

6:30 p.m. race events begin at OMC's Parkway Classroom. The event is for all ages and includes a 5K run; a 1.5 mile walk/run; and a Walk, Stroll, Crawl, Any-Way-You-Can-Finish race for ages 6 and younger. All profits will benefit patients at the OMC Cancer Treatment Center. At 6 p.m. OMC Rehabilitation Services will host a free stretch clinic. For more information and a registration form, call 417-257-6735 or visit [www.ozarksmedicalcenter.com/funrun.asp](http://www.ozarksmedicalcenter.com/funrun.asp)

## MAY

### MAY 18 - Look Good, Feel Better

1 to 3 p.m. at the Shaw Medical Building, 1111 Kentucky. Through the Look Good...Feel Better Program, caring professionals in the beauty industry teach women how to overcome the appearance-related side effects of cancer treatment. For more information, contact the American Cancer Society at 417-447-1475.

## JUNE

### JUNE 12 - OMC Foundation Garden Tea Party

11 a.m. to 2 p.m. at Brenda Bell's Garden in Thomasville. Proceeds to benefit the OMC Cancer Treatment Center. For tickets or more information call 417-257-5700.

### JUNE 16 - Wheelchair Wash

This event will take place at OMC's Adult Daycare facility. Call 417-256-3133 for more information or an appointment. The purpose of this event is to assist area residents who use assistive devices. Each wheelchair, scooter, or walker will be cleaned, inspected by H.O.M.E., and given a report card listing any recommended maintenance procedures.

## JULY

### JULY 1 - Ladies First Health Fair

Begins promptly at 5 p.m. at the West Plains Civic Center. This event is a fun-filled evening that encourages women to take steps to improve their physical and mental health. Learn about nutrition, stress release and have the chance to win great door prizes. For more information, call 417-257-6735.

### JULY 18 - Emergency Department Grand Opening

2 to 4 p.m. at the new OMC Emergency Department. Join us as we celebrate the grand opening of the new state-of-the-art, 16-bed OMC Emergency Department.

### JULY 22 - OMC School Athletic Physicals

OMC will offer athletic physicals for area student athletes. For additional information regarding the physicals, call OMC Education Services at 417-257-5890.

## AUGUST

### AUGUST 4 - 6 - M\*A\*S\*H Camp

Area high school students interested in health care careers will have the chance to receive hands-on experience during the two-day M\*A\*S\*H Camp. For more information, call 417-257-5890.

### AUGUST 24 - Fall Prevention Day

8 a.m. to 3 p.m. at the West Plains Civic Center. This event will feature balance and fall risk screens along with safety education for Falls Prevention. For more information, call OMC Rehabilitation Services at 417-257-5959.

### AUGUST 25 - MOCARS Training

4 p.m. at OMC Behavioral Healthcare. MOCARS will be providing training to anyone who would like to attend. Topics will include: MOCARS Function and Uses, Suicide Prevention and Civil Involuntary Detention. For more information, call 417-257-6762.

## SEPTEMBER

### Date to be Announced - Prostate Screening

Prostate Screenings will be offered at a September screening event at the OMC Cancer Treatment Center. For more information, call 417-257-5890.

### SEPTEMBER 25 - Blue Jean Ball

At the Risner Stables in West Plains. Shine up your boots and dig out your denim for a night of wonderful food, entertainment and fun. For more information on tickets or sponsorship contact the OMC Foundation at 417-257-5700.

## OCTOBER

### Date to be Announced - Breast Cancer Awareness Screening

OMC will host a screening in honor of Breast Cancer Awareness Month. For more information, call 417-257-5890.

### MONDAYS - Life After Loss

5:30-7:30 p.m. at the Riverways Conference Room. Life After Loss is a four-part series scheduled for Oct. 4, 11, 18 and 25. The series deals with the loss of a loved one. To register for this free seminar, or for more information, call 417-256-3133, or 800-995-3597.

### OCTOBER 14 - Docs vs. Jocks

7 p.m. at the West Plains Civic Center. Join us for the 18th Annual basketball challenge as OMC Rehabilitation Services face off against area physicians. All proceeds go to benefit a pediatric patient.

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## NOVEMBER

### NOVEMBER 1 - Riverways Memorial Service

6 to 7 :30 p.m. at the OMC Foundation Community Room  
The services will be a time to honor and remember community members who have passed away during the past year. For additional information, call Riverways Hospice at 417-256-3133, or toll free at 800-995-3597.

### Nov. 7 - Grief and the Holidays

Details to be announced. Call 417-256-3133 for more information.

## DECEMBER

### DECEMBER 1 - Line of Love

During this yearly tradition, community members prepare wrapped boxes with gifts of food and quilts for patients of OMC's Riverways Hospice. A "line of love" is formed to transport the boxes from the First Presbyterian Church to the Riverways Hospice office on West Main Street, where they will be distributed to patients by hospice representatives.

### DECEMBER 7 - Lights of Life

5:30 p.m. OMC Main Lobby  
The OMC Foundation Lights of Life campaign gives area residents an opportunity to place lights on OMC's Christmas tree in honor or in memory of their loved ones. The tree lighting is open to the community. For information or to request a donation form, call 417-257-5700.

## Regularly Scheduled classes, events, support groups

### Alzheimer's Support Group

Fourth Tuesday of each month at 6:30 p.m. at Riverways Adult Daycare  
For more information, call 417-255-2965.

### Arthritis Support Group

Second Tuesday of each month at 2 p.m. at the Shaw Medical Building  
For more information, contact OMC Rehabilitation Services at 417-257-5959.

### Blood Drive

May 12, Sept. 1, Oct. 27 and Dec. 22 from 10 a.m. to 4 p.m.  
The American Red Cross regularly holds blood drives at OMC Parkway Classroom.  
For more information call OMC Public Relations at 417-257-6735.

### Hope and Healing

Second Thursday of each month at 6 p.m. at OMC Parkway Classroom  
Free educational series for families dealing with addiction issues. This event is hosted by OMC Behavioral Healthcare. For more information about Hope and Healing or OMC Behavioral Healthcare, call 417-257-6762.

### Infant CPR

6 p.m. May 18, Aug. 24 and Nov. 23  
To register or for more information, call the OB Department at 417-256-9111 ext. 6440.

### Living with Diabetes

Informational class to assist those with diabetes, held monthly at OMC's Parkway Classroom. There is a cost associated with this class. For more information about enrolling in the class, talk to your doctor.

### Multiple Sclerosis

Third Wednesday of each month at 4:30 p.m. at the Shaw Medical Building.  
For more information, call Dianna Sigert at 417-256-9111.

### OB Classes

OMC regularly offers classes for new parents including preparing for breastfeeding, parenting skills and prepared childbirth. The classes are held at OMC Parkway Classroom and are free of charge to those delivering at OMC. A one time fee of \$75 to attend one or all of the classes applies to those delivering elsewhere. For more information or to register call the OMC OB Department at 417-256-9111 ext. 6440.

**Prepared Childbirth** - Two-part classes at 6 p.m. May 4 & 11; July 6 & 13; Sept. 14 & 21; and Oct. 26 and Nov. 2. Saturday classes at 8 a.m. on June 5 and Aug. 14.

**Preparing for Breastfeeding** - 6 p.m. May 25, June 22, Aug. 10, Oct. 12 and Dec. 7

**New Parent Skills** - 6 p.m. June 8, Aug. 3; Oct. 5 and Nov. 9



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