

April 2010



Calendar of Events

Classes & Support Groups

Prepared Childbirth Class

April 3 - 8 a.m., Parkway Classroom
April 6 - 6 p.m., Parkway Classroom
OMC regularly offers classes for new parents including preparing for breastfeeding, parenting skills and prepared childbirth. The classes 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.

Hope and Healing

April 8 - 6 p.m. at OMC Parkway Classroom
Free educational series for families dealing with addiction issues. This event is hosted by OMC Behavioral Healthcare. The session's facilitators are Chelsea Robinson and Loretta Rogganbuck. For more information about Hope and Healing or OMC Behavioral Healthcare, call 417-257-6762.

Arthritis Support Group

April 13 - 2 p.m. at Shaw Medical Building
This group meets the second Tuesday of each month. For more information, contact OMC Rehabilitation Services at 417-257-5959.

Living with Diabetes

April 19 - 8 a.m. at Parkway Classroom
Informational class to assist those with diabetes. There is a cost associated with this class. For more information about enrolling in the class, talk to your doctor.

Multiple Sclerosis

April 21 - 4:30 p.m. at Shaw Medical Building
This group meets the third Wednesday of each month. For more information, call Dianna Sigert at 417-256-9111.

Alzheimer's Support Group

April 27 - 6 p.m. at Riverways Adult Daycare, The Adult Daycare is located 416 East Main in West Plains. This group meets the fourth Tuesday of each month. For more information, call 417-255-2965.

Easter Egg Hunt

April 2 - Activities begin at 10 a.m. at the West Plains Civic Center
OMC Rehabilitation Services and Ozark Radio Network sponsor this free hunt for children. Activities include Cowboy Rick and his stagecoach, visits from area emergency personal and face painting. Parents, bring your cameras to take photos of your children with the Easter Bunny. The hunt begins at 11 a.m. Grand prizes will be awarded to one girl and one boy in each of five age divisions. Each child who participate will receive a souvenir. For more information, call 417-257-6735.

Life After Loss

Mondays in April - 5:30 - 7:30 p.m. at Riverways Home Care
This four-part series deals with the loss of a loved one. It will be held April 5, 12, 19 and 26 at Riverways Home Care of OMC at 114 East Main St. in West Plains. The workshop facilitator is Ron Richardson, Riverways chaplain. To register for this free seminar, or for more information, call 417-256-3133, or 800-995-3597.

Mountain Grove Health Fair

April 9 - 7 a.m. to noon, Mountain Grove Medical Complex, 1604 North Street, Mountain Grove
The Mountain Grove Medical Complex will host a health fair with free health screenings. Beginning at 7 a.m., there will be a Peripheral Arterial Disease (PAD) screening and a heart health screening, which includes checks of an individual's cholesterol, glucose and blood pressure. Appointments for either screenings can be made by calling the clinic at 417-926-6563. The clinic's Rehabilitation Service line will also offer body mass index analysis, step test and chair massages. The clinic will be open for visitors from 7 a.m. to noon. Individuals can receive health information and meet the clinic's medical staff, which includes Dr. Ron Hiemstra, family practice physician, and Dr. Richard Aiken, psychiatrist.

Suicide Prevention Training

April 13 - 12 p.m. at Parkway Classroom
The Prevention Consultants of Missouri will host a free lunch and learn on the topic "Save a Life: Suicide Prevention." Anyone working or volunteering with adults, teens or children is encouraged to attend. For more information, or to RSVP by April 9, call OMC at 417-257-6793.

OMC Association Meeting

April 15 - 6 p.m. at Parkway Classroom
OMC Association Members are invited to attend the Annual Association Business Meeting. For more information, contact OMC Administration at 417-256-9111.

Heart of the Ozarks Health Fair

April 24 - 7 a.m. to 1 p.m. at the West Plains Civic Center
Receive health information and screenings at this year's Heart of the Ozarks Health Fair. For more information, contact Dawn Hicks at 417-256-7078 or Brenda Bell at 417-256-2391.

OMC Fun Run

April 29 - Events begin at 6 p.m. at 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. All race events begin at 6:30 p.m. Register by April 12 to be guaranteed to receive an event t-shirt. For more information, visit www.ozarksmedicalcenter.com/news.asp. Participants also can pre-register after April 12 or can register the day of the event, beginning at 5 p.m., but will not be guaranteed to receive an event t-shirt. For more information call 417-257-6735.

All support groups and classes are free of charge unless otherwise noted

