



INCREDIBLE
things are happening

HERE

COMMUNITY OUTREACH PROGRAMS

COMMUNITY SCREENINGS

BLOOD PRESSURE & CHOLESTEROL SCREENINGS

During these free informative screenings, the patient's cholesterol profile will be checked via finger stick and a blood pressure reading will be taken. Participants are asked to fast for 10 hours prior to the screening. However routine morning medications may be taken with a sip of water. Screenings will be held from 7:00 to 10:30 a.m. **Appointments are required** and can be made by calling 812.933.5583.

March 1	Sunman American Legion	412 Eastern Avenue, Sunman
April 5	Margaret Mary Occupational Health & Wellness	1051 State Road 229 N., Batesville
June 7	Ripley County Health Department	102 W. First N. Street, #106, Versailles
August 16	Margaret Mary Occupational Health & Wellness	1051 State Road 229 N., Batesville
September 13	Margaret Mary Health Center of Brookville	11137 U.S. 52, Brookville
December 13	Margaret Mary Occupational Health & Wellness	1051 State Road 229 N., Batesville

DIABETES SCREENING (FASTING BLOOD GLUCOSE OR HEMOGLOBIN A1C)

Patients who have not been diagnosed with diabetes will have their fasting blood sugar levels tested. **ONLY** patients already diagnosed with diabetes will receive a Hemoglobin A1C. Both screenings utilize a finger stick blood sample. Participants are asked to fast for eight hours. However morning medications may be taken with a sip of water. These free screenings will be held from 7:30 to 10:30 a.m. **Appointments are required** and can be made by calling 812.933.5583.

January 20	Margaret Mary Occupational Health & Wellness	1051 State Road 229 N., Batesville
February 17	Ripley County Health Department	102 W. First N. Street, #106, Versailles
March 31	Margaret Mary Health Center of Brookville	11137 U.S. 52, Brookville
April 28	Margaret Mary Occupational Health & Wellness	1051 State Road 229 N., Batesville
May 26	Ripley County Health Department	102 W. First N. Street, #106, Versailles
June 30	Margaret Mary Health Center of Brookville	11137 U.S. 52, Brookville
July 28	Margaret Mary Occupational Health & Wellness	1051 State Road 229 N., Batesville
August 25	Ripley County Health Department	102 W. First N. Street, #106, Versailles
September 29	Margaret Mary Health Center of Brookville	11137 U.S. 52, Brookville
October 27	Margaret Mary Occupational Health & Wellness	1051 State Road 229 N., Batesville
November 17	Ripley County Health Department	102 W. First N. Street, #106, Versailles
December 29	Margaret Mary Health Center of Brookville	11137 U.S. 52, Brookville



COMMUNITY SCREENINGS

CERVICAL SCREENING

Held at the Southeastern Indiana Health Center, this screening is free to women, when criteria is met. The screening will be held from 5:00 to 7:00 p.m. on the following dates: **March 6, June 19, August 28 and December 4**. For more information, call the Southeastern Indiana Health Center at 812.932.4515.

PROSTATE SCREENING

Free to men, this screening includes a rectal exam and blood work. A free colon cancer screening will be offered as well. Screenings will be held in **May** at both the Margaret Mary Health Center of Brookville and the Margaret Mary Occupational Health & Wellness building. Exact dates and times are to be determined. For more information or to schedule an appointment, call 812.933.5583.

STUDENT HEART SCREENING

This program is designed to help high school student athletes determine their level of risk for sudden cardiac arrest. This free screening consists of two tests, an Echocardiogram (ECHO) and an Electrocardiogram (EKG). Screenings will take place at local participating high schools in **November 2017**. Participating high schools include Batesville, Jac-Cen-Del, Milan, Oldenburg Academy and South Ripley. For more information, call Jenny Mehlon at 812.933.5000.

VASCULAR SCREENING

This screening determines a person's risk for heart disease, diabetes, stroke, aortic aneurysm and peripheral artery disease. The 30-minute screening includes an ultrasound of the arteries, an EKG, cholesterol screening, blood pressure check and more. Held in the Margaret Mary Health Women's Imaging Center (321 Mitchell Avenue, Batesville) on the following dates: **March 11, May 20, August 19 and November 4**. Cost is \$165. **Appointments are required and can be made by calling 812.933.5583.**



SUPPORT GROUPS & PROGRAMS

BRAIN INJURY SUPPORT

A support group for those living with a brain injury (TBI, stroke, brain tumor, etc.). Family and friends are welcome. Learn more about brain injury, helpful services, and tips for living with a brain injury. This support group will meet from 5:30 to 6:30 p.m. at Amack's Well (103 E. George Street, Batesville) on the below dates. To learn more, contact Brandi at 812.934.6638 or Jean at 812.325.6342.

January 11

February 8

March 8

April 12

May 10

June 14

July 12

August 9

September 13

October 11

November 8

December 13

BREAST CANCER SUPPORT GROUP

For women with breast cancer to meet new friends, celebrate milestones and promote breast health. Meets at 7:00 p.m. on the below dates. For more information, contact Kim Oblinger at 812.933.5308.

March 21

April 18

May 16

June 20

July 18

August 15

September 19

CANCER CAREGIVER WORKSHOPS

Offers education and support to those who are caregivers. Meets on **June 15 from 5:30 to 7:00 p.m.** and **October 12 from 10:30 a.m. to Noon** at the Margaret Mary Outpatient and Cancer Center (24 Six Pine Ranch Road, Batesville). **Registration is required by calling Kari Ann Rennekamp at 812.933.3741.**

GONE BUT NOT FORGOTTEN

For parents who have experienced the loss of an infant. This group meets as needed. For more information, call Dana at 812.621.8366 (H) or 812.689.5170 (W).

GRIEFSHARE BEREAVEMENT SUPPORT

GriefShare offers bereavement support for those mourning a loved one. The group meets from 6:00 to 7:30 p.m. from **February 27 through November 27** at Holy Family Church (3027 Pearl Street, Oldenburg).

HOPE CANCER SUPPORT GROUP

The Batesville United Methodist Church, in partnership with Margaret Mary, offers a cancer support group designed to give those living with cancer hope, encouragement, education and sanctuary. HOPE meets at 5:30 p.m. at the Batesville United Methodist Church (106 S. Park Avenue). Each session (dates listed below) will feature a topic discussion, fellowship and possibly a guest speaker. For more information, contact Kari Ann Rennekamp at 812.933.3741.

March 2

May 4

July 6

September 7

November 2

December 7

LOOK GOOD, FEEL BETTER

This program is designed for women currently undergoing cancer treatment to take time to pamper themselves, receive make-up tips and have fun with wigs and hats. The class also includes a free gift valued at \$250! Held at the Margaret Mary Outpatient and Cancer Center (24 Six Pine Ranch Road, Batesville) at 3:00 p.m. on **March 9, June 8, September 14 and December 14.** **Registration is required by calling Kari Ann Rennekamp at 812.933.3741.**

SUPPORT GROUPS & PROGRAMS

PATIENT WORKSHOPS

These workshops are designed to support our cancer patients and will be held on **April 13 from 5:30 to 7:00 p.m.** and **August 17 from 10:30 a.m. to Noon** at the Margaret Mary Outpatient and Cancer Center (24 Six Pine Ranch Road, Batesville). Registration is required by calling Kari Ann Rennekamp at 812.933.3741.

SOUTHEASTERN INDIANA SENSORY PROCESSING DISORDER PARENT SUPPORT

A support group for parents of children with sensory processing disorder and difficulties. Learn more about sensory processing disorder and get techniques and support from other parents. The group offers fun nights for parents, sensory-friendly activities for the children and a great network of support! Meetings will be held from 6:30 to 8:00 p.m. in Margaret Mary's Hospitality Conference Room (321 Mitchell Avenue, Batesville), or Amack's Well (103 E. George Street, Batesville). Dates are listed below. For more information, contact Mary Ann Meyer at 812.934.6638.

January 12

February 9

March 9

April 13

May 11

June 8

July 13

August 10

September 14

October 12

November 9

December 14

ROAD TO RECOVERY

Many cancer patients face the challenge of getting to and from their treatment appointments. The American Cancer Society's Road to Recovery® program provides free transportation so patients can focus on getting well, instead of getting a ride. For more information about Road to Recovery and other Society programs and services, call 1.800.227.2345.



5KS AND PHYSICAL ACTIVITY EVENTS

GIRLS ON THE RUN 5K

Anyone who has been to a Girls on the Run 5k knows it is unlike any other running event. It is a celebration of and for the girls who are completing a 10-week season of the Girls on the Run program. Positive energy abounds as the girls dance to warm up music, get their hair 'happied' and designs painted on their faces. This 5k will bring a smile to your face and make you happy you participated! For more information visit www.gotrofrommhealth.org. The 2017 Spring 5k will be held on **May 13 beginning at 9:00 a.m.** at Liberty Park (716 S. Park Avenue, Batesville). The Fall 5k will take place on **November 11 beginning at 10:00 a.m.** at the Knights of Columbus (624 Delaware Road, Batesville).

NEON NIGHT

Neon Night is a family-centered 'night walk' with a goal of increasing walking and fitness activities in our communities. Proceeds from the walk will benefit each community's health and wellness initiatives. For each lap a participant completes, he or she will receive a ticket to be entered into a raffle. At the end of the hour, several winners will be drawn! Glow-in-the-dark facepainting, glow accessories, music and other glow-in-the-dark activities will add lots of fun to this great event! Come dressed in bright colors and join in the fun! Events will be held in October in Batesville, Brookville and Osgood. For more information, call Meg Applegate at 812.933.5257.

RIPLEY COUNTY RELAY FOR LIFE

The Relay for Life of Ripley County will be held on Saturday, June 10 at 8:00 a.m. at Jac-Cen-Del High School (4544 N. U.S. Highway 421, Osgood).

VÉLO IN THE VILLE

This bike ride, sponsored by St. Andrews Health Campus, takes participants on breathtaking country views of Southeast Indiana while offering scenic routes through the small towns of Batesville, Brookville, Hamburg, Metamora, St. Marys and Oldenburg. All proceeds benefit the Margaret Mary Health Foundation. This year's event will be held on **Saturday, August 5 beginning at 8:00 a.m.** in downtown Batesville. For more information, call Liz Kellerman at 812.934.5090.

WALKING CLUB

Don't use the cold weather as your excuse to quit exercising! Margaret Mary is again partnering with area schools to provide you a warm place to walk this winter - for free! Through March 31, the hallways of the schools listed below are available. **Registration is required.** For more information, or to register, call Meg Applegate at 812.933.5257.

Batesville High School	Monday - Thursday, 4:00 to 6:00 p.m.	1 Bulldog Boulevard, Batesville
Jac-Cen-Del Elementary School	Monday - Thursday, 4:00 to 7:00 p.m.	4585 U.S. Highway 421, Osgood
Milan Elementary School	Monday - Thursday, 5:30 to 7:30 p.m.	418 E. Carr Street, Milan
South Ripley High School	Monday - Thursday, 4:00 to 7:00 p.m.	1568 S. Benham Road, Versailles
Sunman Elementary School	Monday - Thursday, 6:00 to 8:00 p.m.	925 N. Meridian Street, Sunman

SPECIAL EVENTS

DIABETES AWARENESS DINNER

In celebration of Diabetes Awareness Month, Margaret Mary will host a Diabetes Dinner on **November 8**. The event will feature a guest speaker who will present on various diabetes topics. Location and time are to be determined. For more information, call our diabetes educators at 812.933.5000.

FAMILY FUN NIGHT

Family Fun Night is a free event for the community with the goal of strengthening families, building community connections and encouraging positive choices. Held on **June 2 from 5:00 to 8:00 p.m.** at the Osgood Trails, this event will feature free food plus multiple fun and interactive booths geared towards families.

HEALTH FOUNDATION GALA

On **October 7**, approximately 250 people will gather at Walhill Farm (857 Six Pine Ranch Road, Batesville) for the fifth annual Health Foundation gala. This signature event is the Foundation's largest fundraiser of the year and includes a fabulous dinner, music and both live and silent auctions! For more information, contact Mary Dickey at 812.933.5141.

HEALTH FOUNDATION GOLF TOURNAMENT

This year's 34th annual Margaret Mary Health golf tournament brings together 120 golfers *fore* an afternoon of fun on the course, followed by a wonderful meal and silent auction. The money raised at this event will be used to support the many health and wellness initiatives of Margaret Mary Health. Held on **August 10** at Hillcrest Golf & Country Club (850 N. Walnut Street, Batesville). For more information, call Mary Dickey at 812.933.5141.

HEALTHY HEART DINNER AND PRESENTATION

In honor of heart disease awareness, Margaret Mary will host a dinner presentation on **April 26** at 5:30 p.m. Location is to be determined. Cardiologist Jason Smith, MD, will speak on recognizing a heart emergency and what to do in these situations. A CPR demonstration will also be done. For more information or to register, call Mindy Meyer at 812.933.5115.

NATIONAL NIGHT OUT

National Night Out is an annual event designed to strengthen our community by encouraging neighborhoods to engage in stronger relationships with each other and with our local law enforcement partners. The goal is to heighten crime-prevention awareness, build support and participation in local anti-crime programs, and most importantly, send a message that our neighborhoods are organized and fighting back. Held on **August 2 from 5:30 to 7:30 p.m.** at the Batesville Memorial Pool (108 N. Mulberry Street). The event offers a free cookout, swimming and door prizes.

THINK PINK

This unique breast cancer awareness event offers delicious appetizers, door prizes and an inspirational presentation. All proceeds benefit the Margaret Mary Health Foundation's Cancer Care Fund. Held on **October 17**. Location and time are to be determined. For more information, contact Meg Applegate at 812.933.5257.

SAFETY INITIATIVES

BASIC CPR

Held from 9:00 a.m. to 12:30 p.m. in the Administrative Conference Room (321 Mitchell Avenue, Batesville) on the below dates. Cost is \$15. **Registration is required** by calling Cardiopulmonary at 812.933.5115.

February 13
March 11

June 10
July 8

August 12
September 9

November 11

BIKE HELMETS

Margaret Mary offers bike helmets to the community for a discounted cost. Helmets range from toddler to adult sizes and cost just \$5. These can be purchased from Community Health Improvement (321 Mitchell Avenue, Batesville - second floor) Monday through Friday from 8:30 a.m. to 4:00 p.m. For more information, call Wendy Bockover at 812.933.5583.

CERTIFIED CAR SEAT SAFETY CHECKPOINT

Research shows nearly 80 percent of car seats are installed incorrectly in some way. Our certified technicians will provide assistance with proper use and installation of your car seat. You will then have the opportunity to install the seat with the technician's guidance. **Appointments are required** by calling 812.933.5407.

FIRST AID WITH CPR

Includes first aid, CPR and AED training. Class is held from 9:00 a.m. to 2:00 p.m. in the Administrative Conference Room (321 Mitchell Avenue, Batesville) on **October 22**. **Registration is required** by calling Cardiopulmonary at 812.933.5115.

SAFE NEEDLE DISPOSAL

Many people use needles, syringes and lancets at home for administration of medications which treat conditions such as allergies, diabetes and blood clotting disorders. Used needles are dangerous because they have the potential to carry infectious diseases such as HIV/AIDS, hepatitis, tetanus or syphilis. Used needles can be dropped off at Margaret Mary Health (321 Mitchell Avenue, Batesville), Margaret Mary Health Center of Brookville (1137 US 52, Brookville) or the Ripley County Health Department (102 W. First North Street, #106, Versailles) **Monday through Friday from 8:00 a.m. to 4:00 p.m.** All needles must be in approved sharps containers in order to be accepted. Approved containers are available at the above locations for FREE. Please do not fill the container past the 'FULL' line. Seal the container before dropping it off. For more information, call Community Health Improvement at 812.933.5000.



DRUG AWARENESS

DRUG DISPOSAL PROGRAM

Margaret Mary, in partnership with the Batesville Police Department and the Southeastern Indiana Recycling District, now offers a collection receptacle for unwanted medications. Community members may drop off unused, unwanted or expired pharmaceutical controlled or non-controlled substances for the purpose of disposal. The goal is to decrease the amount of pharmaceutical products in the home, thereby reducing the risk of diversion, misuse, abuse or accidental ingestion. This will also protect our environment from potentially harmful contaminants. The collection receptacle is located in the Main Lobby of the hospital (321 Mitchell Avenue, Batesville).

PROTECT YOUR FAMILY

Margaret Mary has formed a partnership with the Batesville Drug Free Coalition and the Ripley County Prosecutor's Office to offer the 'Protect Your Family' initiative. One goal of this partnership is to provide parents with urine drug-testing kits. By providing parents with these preventative tools, children can be tested in the privacy of their own home. In addition, if children know they may be tested, they may be less likely to use. A FREE kit can be picked up at any of the following locations: **Batesville Community School Corporation Administrative Office, Batesville Memorial Building, Brookville Library, Community Mental Health Center (Brookville), Laurel Library, Margaret Mary Health, Margaret Mary Health Center of Brookville, Oldenburg Academy and the Ripley County Health Department.**



CHILDBIRTH SUPPORT

To register for a childbirth class, go to the Community Events section at mmhealth.org, or call 812.933.5298. These classes are free and are held at Margaret Mary (321 Mitchell Avenue, Batesville). **Registration is required.**

PRENATAL CLASS

During this two-part series, participants will learn about labor and delivery, postpartum care, newborn care and comfort techniques. Breastfeeding is not covered during these classes. All classes are held from 5:30 to 7:30 p.m. starting on the below dates.

March 7
May 2

July 11
September 5

November 7

SATURDAY PRENATAL CLASS

This class covers the same information as the two-part series, but in one day from 8:00 a.m. to Noon. Classes are held on the below dates.

February 4
April 1

June 3
August 5

October 7
December 2

BREASTFEEDING CLASS

Taught by a Certified Lactation Consultant or Counselor. Classes are held from 6:00 to 7:30 p.m. on the below dates.

January 17
February 7
March 21

April 4
May 16
June 6

July 25
August 1
September 19

October 3
November 28
December 5

NATURAL CHILDBIRTH CLASS

This class provides families with the knowledge, skills and confidence for a delivery with little or no medication. Held from 5:30 to 7:30 p.m. on the below dates.

January 26
February 23
March 16

April 20
May 18
June 15

July 20
August 10
September 14

October 26
December 7

CLASE PRENATAL ESPAÑOLA

Una versión española de nuestras clases si necesita ayuda, con intérprete español. Pide por una cita.

NUTRITION

Registration is required for all programs offered by Nutrition Services. To register, or for more information, call Nutrition Services at 812.933.5122.

BABY UNDER CONSTRUCTION

Recommended for all expecting women, this free class discusses the importance of healthy weight gain, diet and exercise during pregnancy. Each participant will receive a personalized meal plan and have access to a dietitian to ask questions. Classes are held at 5:30 p.m. at the Outpatient and Cancer Center (24 Six Pine Ranch Road, Batesville) on the below dates.

February 13

March 13

April 10

May 8

June 12

July 10

August 14

September 11

October 9

November 13

December 11

DIABETES CARE

Comprised of our diabetes nurse educators and registered dietitians, our diabetes team can help you successfully manage your diabetes. Our program offers both individual and group classes and covers everything from monitoring, healthy eating and physical activity to medications and stress management. **A physician referral is required.** For more information, call our diabetes educators at 812.933.5000.

FOR KIDS: COUNT ME IN!

Recommended for children ages five to 12, this four-week series costs \$25 and includes cooking demonstrations, fun and active games, food tastings and more.

HEALTHY STEPS

Healthy Steps is a free program for Medicare Part B participants with obesity. Healthy Steps is for any patient with a Body Mass Index greater than 30. Through their Medicare benefits, each participant can receive up to 22 face-to-face meetings with one of our registered dietitians.

HMR WEIGHT MANAGEMENT PROGRAM

Ideal for those looking to lose weight quickly and safely. Through the use of delicious meal replacements and weekly group classes, participants have lost from 20 to more than 100 pounds! At-home and individual purchase options are available. Free information sessions are offered weekly. For more information, call HMR at 812.932.4670.



NUTRITION

Registration is required for all programs offered by Nutrition Services. To register, or for more information, call Nutrition Services at 812.933.5122.

MED GEM ANALYSIS

During a one-on-one appointment, you will learn how many calories your body burns at rest. This is important information for those trying to lose or gain weight, as well as high school athletes or people with certain medical conditions such as thyroid disorders, COPD, sleep apnea and Congestive Heart Failure. Appointments are 30 minutes and cost \$60 a person.

PERSONAL NUTRITION VISIT

A great choice for those with specific nutrition concerns, busy schedules or who prefer to learn in a one-on-one environment. Prices vary depending on length of appointment.

SLIM DOWN NOW

Led by registered dietitians, this 10-week program includes meal plans, recipes and support. Each participant will receive our SDN book, as well as month-long passes to the local YMCA, Anytime Fitness and b inspired yoga studio. The program is a la carte. Participants may register for the 10-week nutrition portion (\$100), the 8-week exercise portion (\$50) or both. Held at the Outpatient and Cancer Center (24 Six Pine Ranch Road, Batesville) on the date and times listed below.

March 28
12:00 or 5:30 p.m.

June 20
5:30 p.m.

September 12
12:00 or 5:30 p.m.



ADDITIONAL OFFERINGS

BOUTIQUE

Located within Margaret Mary's Outpatient and Cancer Center (24 Six Pine Ranch Road, Batesville), our Boutique offers a variety of products and services designed to help women manage the physical appearance changes brought on by cancer and its treatments. Hours of operation are Monday through Friday from 8:00 a.m. to 4:00 p.m. For more information about the boutique and its services, call Meg Applegate at 812.933.5257.

FARMERS' MARKETS

In partnership with the Batesville Farmers' Market, Margaret Mary will be hosting an on-site mid-week Farmers' Market on Wednesdays from 3:00 to 6:00 p.m. on the below dates. These markets are open to the public and will take place in the hospital parking lot (321 Mitchell Avenue, Batesville).

August 2

August 23

August 9

August 30

September 13

August 16

September 6

IMMUNIZATION CLINIC

Immunizations are offered by appointment only every Tuesday from 12:30 to 7:00 p.m. and Thursday from 10:00 a.m. to Noon and 1:00 to 5:00 p.m. at the Occupational Health and Wellness building (1051 State Road 229 N., Batesville). Please bring personal immunization records and your insurance card with you. Call 812.934.0699 for an appointment.

MAMMOGRAM ASSISTANCE

Margaret Mary offers financial assistance for mammograms to women who are uninsured and meet certain age, financial and other program criteria. This service is provided due to a generous grant from the Indiana Breast Cancer Awareness Trust. To see if you qualify, call Meg Applegate at 812.933.5257.

PACEMAKER CLINIC

This clinic provides patients the chance to receive their annual pacemaker checks without traveling far. Held the **third Thursday** of each month at the hospital (321 Mitchell Avenue, Batesville). **Appointments are required** by calling 513.721.8881. Select 'option two' for scheduling.

THE FIRST TEE

The First Tee is an international youth development organization which introduces the game of golf and its values to young people. Through after-school and in-school programs, The First Tee helps shape the lives of young people from all walks of life by reinforcing values like integrity, respect and perseverance through the game of golf. For more information, contact GERALYN LITZINGER at 812.933.5145.

WOMEN'S DAY OF HEALTH

Held in both Brookville and Laurel, the Women's Day of Health events feature a keynote speaker, screenings, lunch and much more! Dates, times and locations are to be determined. For more information, call Jenny Mehlon at 812.933.5000.

