



Community Education Courses

HealthQuest



Beaver Dam Community Hospitals, Inc. reserves the right to cancel courses three days before the start of the class due to insufficient enrollment. During bad weather, class cancellations will be aired on WBEV-1430 AM.

SPECIALTY SERVICES

Look Good...Feel Better

Trained cosmetologist teaches techniques to offset the appearance-related effects of cancer treatment. Free cosmetic kits for all complexion types. Use of wigs, scarves, and other accessories also taught. Call (920)887-4126 or 887-4191.

Knee & Hip Joint Replacement An Informational Seminar

The joint replacement team teaches what knee and hip replacement surgery involves, including pre- and post-surgical rehabilitation and care. For more information, or to register, call (920) 887-4191.

Thursday, February 4, 11:30 a.m.

Tuesday, March 9, 4:30 p.m.

Thursday, April 8, 11:30 a.m.

Free one-hour sessions

Foot Clinic

Registered nurses and certified nursing assistants give nail trimming, corn and callus care. Gift certificates available. Appointment required. Call (920)887-4191.

Wednesdays: 8:00 a.m. – 3:30 p.m.

Occasional Tuesdays from 12:00 noon to 3:30 p.m.

Hillside Manor Ground Floor Activity Room

Fee: \$20/Initial Assessment

\$18/Follow-up Visit

Columbus Foot Clinic

Selected Tuesdays at Columbus Senior Center

Call (920)623-5918.

Mayville Foot Clinic

Tuesdays every other month from

10:30 a.m. – 2:30 p.m.

TAG Center in Mayville.

March 23

May 25

July 20

September 28

Call (920) 887-4191.

Fee for out-of-town service: \$23/Initial Assessment

\$20/Follow-up Visit

Memory Care Clinic

Offers a comprehensive evaluation for older adults to determine if memory loss is due to Alzheimer's disease or some other treatable condition. Early diagnosis and appropriate treatment can benefit individuals with memory loss. Offered once a month at BDCH. Call (920)887-4321.

Pacemaker Clinic

Qualified professionals monitor pacemaker function, battery status and lead function. Pacemakers require checks every three months at the clinic or via telephone transmission. For appointments, call (920)887-4122.

Cardiac Rehab

A comprehensive medically-supervised program to help people with heart disease reach their highest level of wellness. Nationally certified program provides cardiac monitoring, supervised exercise, lifestyle education, and psychosocial support to people who have had a heart attack, heart surgery, or certain other heart conditions. A physician referral is required. We also offer a maintenance/prevention program. For more information, please call (920)887-7181, extension 2140.

Pulmonary Rehab

Provides treatment for a wide range of lung conditions including emphysema, chronic bronchitis, asthma, and others. Education and exercise individually designed for participants to gain independence and confidence by increasing their physical strength and knowledge of lung disease. Physician referral required. For more information, call (920)887-7181, extension 2140.

Glucose Meter Accuracy Check

All blood-glucose meters should be checked for accuracy annually by comparing results to a lab result. Minimum of 4-hour fast required. Appointments required. Call Laurie Kiesow, R.N. at (920)887-6631. Fee: \$2.00

Disposal of Used Needles and Syringes

A registered sharps collection station accepts these articles in only rigid, puncture-resistant, leak-proof sharps containers of medical origin with an approved biohazard label.

Open Monday through Friday from

6:00 a.m. – 5:30 p.m.

Location: Outpatient lab draw-station just inside the front entrance of the hospital.

Self-Requested /Walk-In Testing

Tests offered at a reduced price and without a physician's order include: glucose, cholesterol, triglycerides, blood type ABO/Rh, urine pregnancy, and serum pregnancy. Payment due in advance. A parent, or guardian, must accompany individuals under the age of 18.

Open Monday through Friday from 6:00 a.m. – 5:30 p.m.

Location: just inside the front entrance of the hospital.

SUPPORT GROUPS

Bereavement Support Group

Learn ways to cope with grief and share your experiences with others. Minimum of 6 participants, a maximum of 13.

Call (920)887-4185.

Registration deadline is March 12, 2010.

3:30 p.m.-5:30 p.m.

Tuesdays: March 16, 23, 30; April 6, 13, 20

Warren Street building

Fee: Free

Diabetes Support Group

If you have diabetes, or are interested in learning more, attend the support group with Laurie Kiesow, RN, CDE and Teresa Hill, Clinical Dietician, CDE. No registration required. **Free.**

Call (920)887-6609.

Third Monday of each month through May:

May 18

10:00 – 11:00 a.m.

Beaver Dam Community Hospital

Managing Your Diabetes Group Education

Anyone diagnosed with diabetes may attend these group diabetes classes. Topics include: "What is Diabetes?," "Healthy Eating," and "Preventing Complications." There are two session times to choose from: first Monday of each month from 10:00 a.m. – noon, or first Wednesday from 4:00 – 6:00 p.m. For more information about the program, please contact the diabetes outpatient program at (920) 887-6631.

Morning classes: February 1, March 1

Afternoon classes: February 3, March 3

Registration required.

Women's Cancer Support Group

For women with cancer, or who are caring for someone with cancer. Discuss feelings, share information and talk about coping with the emotional, physical and psychological issues of cancer. Call the BDCH Breast Health Coordinators at (920) 887-4334.

Lamoreau room on the ground floor of BDCH

6:30 – 7:30 p.m.

March 17

May 19

June 16





Pre-registration is required for most classes at least one week in advance of class date. If you cancel your registration less than 48 hours in advance of the scheduled class, the class fee will not be refunded. For more information, or to register, call Monday through Friday between 8 a.m. and 12 noon to (920) 887-4191, unless otherwise indicated. Or visit our website at www.bdch.com.

During bad weather, class cancellations will be aired on WBEV-1430 AM. Beaver Dam Community Hospitals, Inc. reserves the right to cancel courses due to insufficient enrollment three days prior to the date of the class. Some class sizes are also limited to a maximum number of participants.

ACUPUNCTURE

David Milbradt and Shari Friedrichs, licensed acupuncturists, are available for appointments at BDCH on Fridays. Call (920) 356-1578 for appointment.

MASSAGE THERAPY

Certified massage therapists. Swedish and hot stone massage. In the Rehab Department. Gift certificates available. Call (920) 887-4039 for an appointment.

Fees:

½ hour = \$35 1 hour = \$50
1 hour Stone = \$55 1 ½ hour Stone = \$70

T'AI CHI

Healing Qigong

Energizing class includes exercises for flexibility, balance, and health. No pre-registration. Call (920) 887-4152 for information.

Tuesdays: 9:30 – 10:15 a.m. at the Beaver Dam Senior Center, 114 E. Third Street, Beaver Dam
Fee: \$5 per person/weekly session



Beginning T'ai Chi

A gentle exercise and meditation. Improves flexibility and balance, energy and relaxation, and overall health. Fun, informal class. Learn a short T'ai Chi form, T'ai Chi basics, and some simple qigong. Wear loose, comfortable clothes. A minimum of 7 people. Register by January 28, 2010 by calling (920) 887-4191.

Thursdays: 6:00 – 7:30 p.m.

February 4, 11, 18, 25; March 4, 11, 18, 25; April 8
Fee: \$75 for 9-week class

EXPECTING A BABY?

Preparing for Childbirth

Taught by certified childbirth instructors. Covers labor and delivery, relaxation and pain management, newborn care. Classes held on Friday from 6 – 8:30 p.m. and Saturday from 9 – 3 p.m.

February 5-6

April 16-17

June 25-26

Fee: \$60 for mom and a support person.

Sibling Class

For parents and children. Parents learn ideas for explaining a new baby coming into the home. Children join the fun with other children to prepare for the arrival of their new brother or sister.
6:00 – 8:00 p.m.

January 28

April 22

July 22

Fee: \$5.00 activity fee per family.

FatherHood

Series of three classes for men. Covers: father-mother relationships, father-child relationships, and baby care basics.

6:30 – 8:30 p.m.

Three-meeting class

February 4, 11, 18 or

September 23, 30, October 7

Fee: \$20 for the three-session class

Baby's First Massage

A one-hour class for parents or caregivers and their healthy newborn up through the first ten weeks of life. Fee includes a 28-page booklet with illustrated massage strokes. Please feed baby just prior to the class.

Call (920) 887-4007 to register.

Thursdays: 9:00 a.m.

BDCH OB Family Lounge

Fee: Free for families of babies born at BDCH.

\$40.00 per family (parents and grandparents) of babies not born at BDCH - includes book and lotion.

FOOD AND NUTRITION

Shopping for Healthy Food Grocery Store Tour

Shopping for healthy food choices can be a challenge. Join registered dietitian Lauren Shepard in the grocery store to learn to steer your cart in the direction of healthy foods that everyone will enjoy. Minimum of 3 participants; maximum of 7.

Call (920) 887-5922 to register by February 5.

Thursday, February 11

6:00 – 8:00 p.m.

Fee: \$7 per person

Understanding Food Packaging to Find Healthier Foods

Join registered dietitian Lauren Shepard to learn to interpret food packaging claims, understand nutrition facts label, and select healthier foods. Hands-on class gives practice analyzing a large variety of food packages. Minimum of 5; maximum of 15 participants. Call (920) 887-5922 to register by March 12.

Thursday, March 18th, 6:00 – 7:30 p.m.

Fee: \$7 per person

FOR KIDS AND TEENS

American Academy of Pediatrics Baby-sitting Clinic

For ages 12-15. Teaches safe, responsible care of children. Skills developed: leadership, safety, basic care and professionalism. Cost includes Babysitter's Handbook, handouts, certification card. Maximum of 10 participants; minimum of 6. Registration deadline is one week before class.

Call (920) 887-5926.

Tuesday, March 23, 2010

9:00 a.m. – 3:00 p.m.

Fee: \$30

Stay Home Safe Program

For children 10 and over. Teaches how to stay safe when home alone. Covers: house key safety, answering the phone, fire and weather concerns, computer safety, basic first aid skills and more. Minimum of 6 participants; maximum of 12. Registration deadline is one week before the class.

Call (920) 887-5926.

Tuesday, February 18

Tuesday, April 20

6:00 – 8:00 p.m.

Fee: \$15

CPR/FIRST AID

Fees charged for CPR/First Aid classes, except for the cost of textbooks, do not represent income for the American Heart Association.

CPR classes offered monthly. For more information regarding dates and cost, call the Community Training Coordinator at (920) 887-5926.

Heartsaver AED Course

Teaches use of an automated external defibrillator (AED) and one-rescuer CPR and first aid for choking in adults, infants and children.

Healthcare Provider Course

For healthcare professionals. Teaches one- and two-rescuer CPR; management of foreign-body airway obstruction for the adult, child, and infant; use of barrier devices; bag-mask ventilation; and operating an automatic external defibrillator (AED).

CPR for Family and Friends

For the general public who do not require certification. Teaches CPR and first aid for choking for adults, infants, and children.

American Heart Association First Aid Classes

Teaches safety for the rescuer, medical emergencies, injuries and environmental emergencies and CPR/choking as needed. Call the Community Training Coordinator at (920) 887-5926 for information on future classes.