

VITAL SIGNS

A Publication of The King's Daughters' Hospital and Health Services

FALL 2010

www.kdhhs.org

Direct Access Testing:

Expanded hours, new tests improve service

Now, it's easier than ever to use Direct Access Testing (DAT) for many routine blood tests. King's Daughters' Hospital has expanded its weekday hours and added Saturday hours. The new hours are:

- **Monday - Thursday** | 7:00 a.m. - 4:30 p.m.
- **Saturday** | 8:00 a.m. - 12:00 p.m.

Several new tests are also available. These include:

- **Serum pregnancy test** (blood test)
- **Complete Blood Count** (CBC)
- **Chemistry 8** (electrolytes, glucose/sugar, and creatinine)
- **Strep Throat Screening**
- **Free T4** (thyroid)
- **Ferritin** (anemia)
- **Hemoglobin**
- **Diabetes Panel** (lipid panel, hemoglobin A1c, creatinine, glucose)

A complete list of blood tests available through DAT is available on our website at www.kdhhs.org. Please use the link on the main page. Prices for each test can be seen on our website or by calling the main laboratory at 812-265-0174.

To use Direct Access Testing from KDH, please report to the main laboratory on the first floor of the hospital. You will receive paperwork to select which blood tests you need. Then, you will be directed to Patient Registration for payment. We cannot bill Medicare/Medicaid or private insurance for Direct Access Testing. After you register, you will be directed back to the lab to complete your blood tests. Results will be mailed to you - unless you request that results be sent directly to your doctor. KDH physicians may access results through our system.



See our **complete list of Direct Access Testing** options at www.kdhhs.org. You may also contact the laboratory at 812-265-0174. Share the good news with your friends!



Community Benefit Report for 2009

Have you heard the news?

How we made an impact in 2009 ...

Community Education and Outreach	\$191,064.66
Screenings	\$17,876.67
Support Groups	\$5,843.34
Clinics	\$1,135.92
Patient Education	\$23,491.85
Miscellaneous	\$4,810.28
Donations	\$73,997.24
Medical Profession Education	\$161,656.00
TOTAL	\$479,784.76

Beyond the \$1.6 million dollars in direct charity care we provided in 2009, King's Daughters' Hospital and Health Services benefits local communities through community outreach, health screenings, donations, and education. As the graphic (at left) shows, KDH provided \$479,000 dollars in direct community benefit from January 1 through December 31, 2009.

We're doing the same again this year, and these numbers do not include the costs of providing Emergency Medical Services (EMS) to Jefferson County, Indiana. During 2008-2009, King's Daughters' Hospital absorbed a net loss of \$1.7 million dollars as a result of dedicated EMS coverage. It would cost Jefferson County taxpayers over a million dollars a year to provide mandatory EMS coverage without the hospital's participation.

Charity Care in 2009

Hospital costs	\$1,318,831
Non-Hospital costs	\$378,995
TOTAL	\$1,697,826

Please see **Community Benefit**, Page 3

Digital Mammography

New standard of care for women

Beginning this October, area women will benefit from digital mammography at King's Daughters' Hospital. Providing digital mammography allows us to meet the highest national standards for breast cancer screenings.

Today's digital images are significantly better than those produced by traditional film. The improved images help radiologists find potential concerns earlier, and early detection saves lives.

When you factor in R2 Image-Checker technology, King's Daughters' Hospital continues to be a great choice for important mammogram screenings. Women should talk with their doctor about when to begin breast cancer screenings. To make an appointment for digital mammography, call 812-265-0440. Exams are available at KDH and the Medical Office Building.

Mammography Appointments

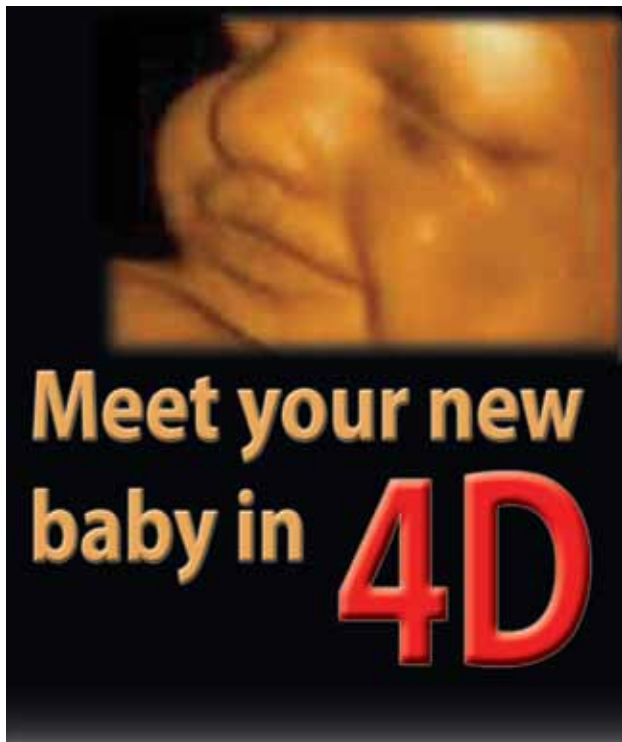
812-265-0440

Our Newest Physician

Dr. Michael Schmidt joins Medical Staff as Radiologist ...



We're proud to welcome Dr. Michael Schmidt to the KDH Medical Staff. He is Board Certified in Radiology. Dr. Schmidt is a graduate of the University of Louisville School of Medicine and completed his Residency at the University of Cincinnati. Career experience prior to joining KDH includes nine years with North Audubon and Suburban hospitals in Louisville. Dr. Schmidt joins an exceptional team of Radiologists including Dr. Mel Skiles, Dr. William Skiles, and Dr. Robert Leatherman.



Ever imagine what your new son or daughter will look like before he or she is born? Now, your imagination can become reality with 4D ultrasound technology at KDH.

To learn more, contact the Medical Imaging department at KDH: 812-265-0440. Appointments are now being scheduled. Because ultrasound uses sound waves to create images, 4D is safe for moms and babies. Welcome to 4D at KDH.

4D Ultrasound
812-265-0440

Appointments for 4D ultrasound are scheduled between weeks 28 and 32 of a typical pregnancy. The cost of a 4D ultrasound is not covered by insurance. Payment is collected before the ultrasound appointment. A physician's order is not required. Call with any questions. We'll be happy to help you find solutions.

Tired of acid reflux?

New procedure may help chronic sufferers ...

Have you been told you have chronic acid reflux disease, also known as GastroEsophageal Reflux Disease (GERD)? If so, a revolutionary new incisionless option called Transoral Incisionless Fundoplication (TIF) might be something for you to consider. TIF is appropriate for GERD sufferers who are dissatisfied with pharmaceutical therapies (medications), who still experience heartburn or non-heartburn symptoms of GERD, and those concerned about long-term effects of a lifetime taking pills. Non-heartburn symptoms of GERD may include hoarseness or sore throat, excessive clearing of the throat, persistent cough, burning in the mouth or throat, intolerance of certain foods, and frequent swallowing.



Dr. Lanny Gore and Dr. Paul Cronen are now performing TIF at KDH. Call Dr. Gore at 812-265-0840 to learn more.

How is TIF performed?

TIF is performed under general anesthesia and the procedure generally takes less than an hour. An overnight stay for observation is required, but most patients go home the next day and return to work and most normal activities within a few days.

How does TIF work?

TIF treats the underlying cause of GERD without incisions. The innovative procedure reconstructs the valve between the esophagus and stomach and restores the body's natural protection against reflux.

What if I have a hiatal hernia?

Patients with a small hiatal hernia can still benefit from the TIF procedure. Patients with a more significant hiatal hernia will need to have it repaired surgically.

You can learn more about TIF online at www.endogastricsolutions.com.

Dr. Lanny Gore (above) and Dr. Paul Cronen have teamed up to provide this new option for acid reflux sufferers.

Call today ... 265-0840

KDH Foundation: Building a bright future

King's Daughters' employees believe in the work of the KDH Foundation. Through the first half of 2010, employees have donated or pledged over \$27,000. During a mini-campaign in 2009, staff members contributed \$13,500. The numbers reflect a commitment to the mission of the hospital.

Community members have been gracious, too. This summer, you helped raise \$4,200 for the Edith Pendleton Memorial Endowment which assists hospice patients and their families. In the past two years, individuals and businesses have raised over \$30,000 through the KDH Foundation Golf Benefit in June.

Thank you for your generosity. We are building a bright future.

Foundation highlights:

Following are some recent news and notes about how the Foundation is helping local people ...

- Supported several other golf benefits,

including the Madison Chamber of Commerce.

- Sponsored a KDH Food Drive for the 211 program that services Jefferson County (IN).

- Helped provide three scholarships for a week-long Forensic Science Camp at Hanover College.

- Supported the 2009 Cancer Survivors Day dinner at the Relay for Life - helping provide meals for an estimated 300 guests.

- Immediate response fund continues to help local families in crisis situations.

Further, the Foundation has honored several of the area's leading physicians through the Physicians' Wall of Honor. Recent inductees include Dr. Noel Graves, Dr. Schirmer Riley, Dr. William Estes, and Dr. Leon Michl.

To learn more about the KDH Foundation, contact Sue Livers at 812-265-0555 or via e-mail at livers@kdhs.org. You can also visit our website at www.kdhs.org - use the link for the KDH Foundation on the main page.



2010 Foundation Golf Benefit ...

Generous individuals and corporations helped us raise \$13,950 during the 2010 Golf Benefit. We raised another \$16,850 in 2009.

You can help!

To donate, contact Sue Livers at the KDH Foundation

812-265-0555

With great appreciation, we recognize those corporations and people who donated to the KDH Foundation in 2009 ...

King's Daughters' Hospital and Health Services
 Koehler Welding Supply, Co.
 Premier Recovery, Inc.
 Hall, Render, Killian, Heath & Lyman, P.C.
 Teton Corporation
 McCubbin Ford, Inc.
 Wehr Constructors, Inc.
 Sedam Contracting Co., LLC
 Wachovia Bank (Harrison Private Foundation)
 Morgan and Nay Funeral Centre
 Jefferson Community Federal Credit Union
 Canon Business Solutions
 Madison Insurance/Maverick Insurance
 Artekna
 A. Dattilo Fruit Company
 Plumbers Supply Co.
 Collection Associates, Inc.
 Global Advertising Agency
 Whyne Supply Company
 River Valley Financial Bank
 Murphy Elevator Company, Inc.
 Thomas L. Grantham Co., Inc.
 Moore Engineers, P.C.
 Seneca Medical
 Blue & Co.
 Hilliard Lyons
 Hartfield Company
 Bethany Circle of King's Daughters'
 Haskell & Morrison Funeral Home
 Morgan & Nay Funeral Centre
 Interstate Imaging
 Wint Financial Associates, Inc.
 Binford Group of Indiana, Inc.
 Majestic Electric Company
 J. F. Rowley Prosthetic and Orthotic Laboratories Inc.
 The Waters of Clifty Falls
 Indiana Sleep & Respiratory Care, Inc.
 Community Foundation of Madison and Jefferson County
 Southeastern Indiana Health Operations, Inc. (SIHO)
 Advanced Document Solutions
 BWC, Inc.
 Trinity United Methodist Church/United Methodist Women
 CSL Schaeffer Investment Research
 Chandler Chevrolet, Cadillac, LLC
 ASU & WOC
 Lawrenceburg Police Department
 The Grace Family
 The Murphy Elevator Company, Inc.
 SimplexGrinnell
 H D Smith
 Comfort Systems USA-Kentucky
 Tipton Chiropractic
 Saint Catherine Regional Hospital
 Gaylor
 Midwest Tube Mills
 Scott, Jason and Scott, LLC
 J.J. B. Hilliard, W.L. Lyons, LLC
 Phi Beta Psi Theta Mu Chapter
 U.S. Foodservice
 Madison Fudge Factory, Inc.
 Maverick Insurance LLC
 Decatur County Community Foundation
 H.D. Smith
 DBA A. Datillo Fruit Co., Inc.
 Wagon Wheel Broadcasting, LLC
 Team Health
 Trilog Health Services, LLC
 Bridget, Chris, Dotty Watts
 Bluegrass Family Health
 Meyer-Vogelpohl
 Switzerland County Courthouse
 KDH & HS ER Staff

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 Alphatec Spine Inc.
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 Mr. and Mrs. Roger Allman
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 Mr. and Mrs. Kenneth Thomas
 Ms. Mary Sue Thompson
 Mr. Terrace Thornton
 Mr. Christopher W. Thorstensen
 Mr. Butch Tinker
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 Mr. and Mrs. T. L. Turner
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 Mr. and Mrs. Joe Yager
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 Mr. and Mrs. Bob Zurawski
 Mr. and Mrs. James P. Zurawski



ABOVE: The KDH Foundation continues to support the growth of the local Heritage Trail project in Madison.



Join us for a fun, active morning at our 12th Annual RUN the FALLS 5K event on Saturday, September 25 at Clifty Falls State Park. We encourage both walkers and runners. There's also a Kids' K for children ages 4-8. The 5K course uses roadways in the park. Our staging area and finishing line at the pool offers ample parking, showers, and rest rooms. Learn more at www.kdhhs.org.

If you have specific questions, contact Heather at 812-265-0175 or Dave at 265-0619. Proceeds benefit our Girls on the Run program!

Walk-up registration on September 25 will begin at 7:00 a.m. at the swimming pool area. A limited number of extra event shirts will be available for sale - first come, first serve. We will post results as quickly as possible and have complete results available on our website.



Greg Distel

Materials Management



A co-worker wrote: I had called Greg on a Sunday morning to ask a question regarding an order that ER had called that same morning to say was put in on Friday, but they never received it. I thought Greg would tell me that it was in a place in which it was missed. Instead, Greg told me that he would go ahead and come down to the warehouse and get the forms they needed and take them to the ER himself. I thought this was such a gracious thing to do on a Sunday morning and on his day off. Greg did and always goes far beyond his call of duty.

Carol Blasdel

Hilltop Clinic



A co-worker: A very ill patient needed his oxygen. A local vendor wouldn't accept the pulse-oxygen readings from home health. Carol knew how ill the patient was and made trips to the patient's home to obtain the needed readings. The patient was then able to receive his oxygen.

Lisa Crutchfield

OB/Maternity



A patient wrote ... I had Lisa as a nurse when my son was born in 2008 and again in April 2010. She was my son's nurse after delivery, and with my daughter she was my nurse during delivery. In both cases she was attentive, cheerful, and extremely professional. She was always quick to meet my needs even before I had to ask. She kept things pleasant and greatly relieved the stress of labor with her pleasant attitude. She seemed to genuinely enjoy her job and seem to truly care about me. I have seen her out in public since my delivery and she has inquired as to how both me and my baby are doing. The same was true with my previous child. I cannot say enough good things about her. When I came in to deliver I was hoping she would be working, and I was overjoyed to see her. She was uplifting and encouraging. Lisa truly was a blessing from God.

Results from 2009 | Register Online | View the 5K course at Clifty Falls | www.kdhhs.org

Community Benefit Report for 2009

KDH inpatient charges are \$6,000 below state average ...

Unfortunately, healthcare today is expensive. That's why providing local families a great value is important. In 2009, the average cost for an inpatient stay at King's Daughters' Hospital actually decreased over \$250 from the year before. During this same time, the average for other Indiana hospitals rose over \$700. Thus, an equivalent stay at KDH would cost the typical patient about \$6,900 less compared with all other Indiana hospital averages. Providing reasonable fees fits directly into our mission and we're proud to offer area residents a true value.

Note: Costs reflect 2009 data.

Spending with local businesses tops \$807,000 ...

During 2009, King's Daughters' spent \$807,331 with local and regional businesses. Partnering with other local companies and organizations is something we're proud to continue. It's important that we work together to build opportunities.

Charity and uncompensated care tops \$24 million in 2009 ...

As part of our mission and commitment to those in need, KDH provides healthcare to many people who cannot pay any or some of their expenses. During 2009, the amount of unreimbursed care totaled \$24.6 million. This figure includes the charity care figures on the first page. It also includes uncompensated care and bad debts. Uncompensated care is defined as the cost to KDH minus the amount received from Medicare/Medicaid, charity, and self-pay patients.

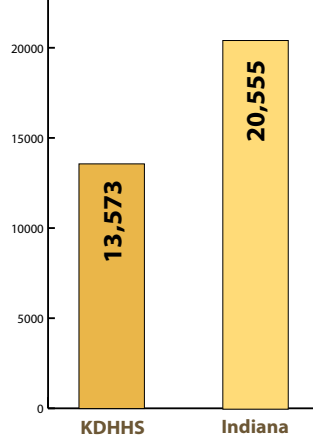
Capital expenditures surpass \$29 million since '04 ...

As a not-for-profit organization, we reinvest significant proceeds into improving the technology and facilities needed to meet the growing needs of today's healthcare environment. Local families want to access critical resources, without having to leave town. Since 2004, we have invested over \$29 million in capital improvements. Our goal is to provide advanced medicine and convenient facilities.

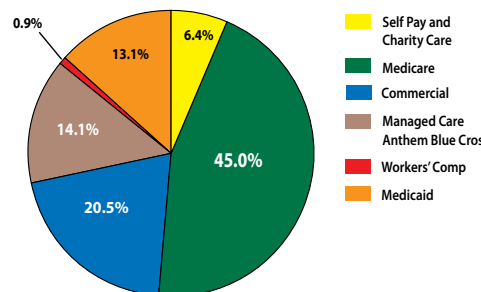
Medicare/Medicaid account for over 58 percent of gross revenue in 2009 ...

While King's Daughters' receives revenue from many sources, Medicare and Medicaid (Federal health programs) account for 58.1 percent of total revenue. Another 34.6 percent comes from commercial insurance, managed care, and Anthem Blue Cross. Remaining revenue comes from patients with no insurance and workers' compensation.

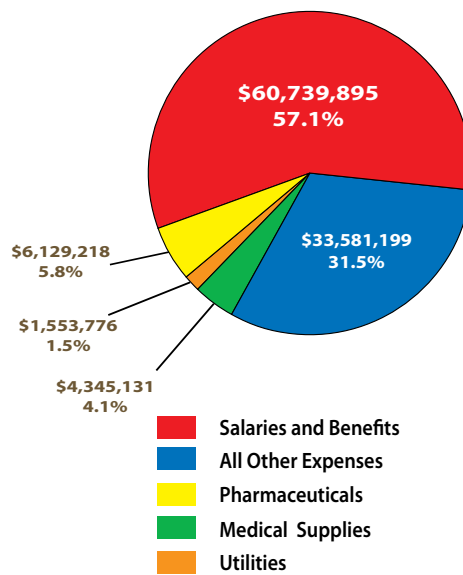
CHARGE for AVERAGE INPATIENT STAY



2009 SOURCES of GROSS REVENUE



2009 EXPENSES



Community Benefit, From Page 1

KDH takes on this commitment because we are dedicated to serving local families.

When we mention Community Outreach and Education, what does this mean? Following are some examples ...

Community Outreach and Education:

These benefit activities include such things as EMS coverage at sporting/community events, the Fit Kids program for area 5th Graders, the school sports physicals, Safe Sitter classes, speaking engagements and free community programs, CPR and First-Aid classes, prenatal and Lamaze classes, and Girls on the Run.

Screenings

These activities include community and corporate screenings provided at various locations. Examples are the skin, prostate, and breast cancer screenings, along with flu shot programs.

Patient Education

An example would be diabetes education through the Diabetes Care Center. These services are often provided at no charge to patients and families.

Donations

King's Daughters' continues to make significant contributions that support local programs, events, and families. This includes participation at the 4-H Auction and support for events like the Regatta Parade, Versailles Pumpkin Show, Swiss Wine Festival, and many others.

Medical Professional Education

Our School of Radiologic Technology provides a great resource to our community and beyond. Graduates not only service KDH, but hospitals and health centers across the region and the nation. KDH absorbs most of the cost to educate and train needed radiographers, whether they work here or elsewhere.

How these translate to numbers ...

While it's important to understand the financial impact of community benefit programs, it's also important to understand the number of people served. For example, 806 people in 2009 received direct benefits from health screenings. A total of 485 students received free sports physicals. Another 270 received flu shots.

Looking at community programs, 30 students graduated from Safe Sitter, 376 completed the Fit Kids program at school, and 600 graduated from CPR and First Aid classes. We had 64 couples participate in prenatal and Lamaze classes, and 28 siblings benefit from learning about their new brother or sister.

Some 300 people enjoyed dinner during the Cancer Survivors Day Celebration of Life. We reached an estimated 1,400 students with the Creating Positive Relationships program that teaches abstinence-based sex education for students in Grades 6-8.

It's also worth noting that all excess revenues (profits) are invested back into the organization.



New places to find us online!



Find us on Facebook ...
Follow us on Twitter ...



Are you into social media?

If so, find us on Facebook at facebook.com/KDHMadison. We use Facebook to communicate health news you can use, as well as information about upcoming classes, events, programs, and services. Stay connected by "Liking" us. Facebook is just one way we want to help you access information from King's Daughters' Hospital.

If you like to Twitter, find us at twitter.com/KDHMadison. Using short messages we can provide quick updates and reminders and health news and events - it's sort of like a text message. We're also able to provide links to helpful online resources for you and your family.

We also have a wellness page on Facebook - a page dedicated to wellness tips, exercise classes, and more.

FACEBOOK ... www.facebook.com/KDHMadison

TWITTER ... www.twitter.com/KDHMadison

VITAL SIGNS is a quarterly publication of The King's Daughters' Hospital and Health Services - P.O. Box 447, Madison, Indiana.
President/CEO: Roger Allman
Vice President of Clinical Services: Carl Risk
Director of Marketing/Community Relations: Nadja Boone
Editor: Dave Ommen, Community Relations

WELLNESS WORKS

812-265-0175

Sign-up online at www.kdhhs.org

Inaugural Community 5K event will highlight Fall 2010 session ...

For the first time since the start of our program in the fall of 2009, the KDH Girls on the Run Council will host a community-open 5K event. We are proud to be a part of the New Balance Girls on the Run 5K Race Series. The highlight of this special day will be for our Girls on the Run participants. All the girls will feel like winners when they cross the finish line after completing the 3.1-mile event.

When is the Community 5K ...

The Community 5K will be Saturday, November 20th - and the Focus will be on Fun! Walkers & runners of all ages are encouraged to participate. Even if you don't walk or



run, stop by and cheer on our Girls on the Run participants. Details about time and location will be available soon.

After 12 weeks of training, our local participants will be excited to tackle the challenge of completing a 5K. Girls on the Run teaches girls to celebrate what makes them unique. Help us and help them celebrate in a special way on November 20th.

Registration details about the race will be available soon. For more information about our KDH Girls on the Run Council, visit our website at www.kdhgirlsontherun.org or call the KDH Wellness department at 812-265-0175.

Girls on the Run is for girls in Grades 3-5. It teaches a variety of life lessons. Our next series of programs will start in the spring.

Solemates helps adults pursue running goals and support GOTR ...

Girls on the Run empowers girls ... and the Girls on the Run SoleMates program empowers adults. SoleMates is the adult charity running program for Girls on the Run. SoleMates helps men and women pursue individual running goals such as running a mini or a full marathon. SoleMates across the country raise money for local Girls on the Run councils.

The King's Daughters' Girls on the Run Council is thrilled to have joined the ranks of other amazing councils to offer SoleMates for area runners. It's easy for interested runners to register to be a SoleMate and get the support they need to run and raise funds for KDH Girls on the Run. Each SoleMates participant receives a SoleMates technical shirt,



sponsor gifts, incentive prizes, and most importantly, a training schedule with tips to improve their running.

The KDH Girls on the Run Council would like to thank local marathon runner Joe Laskowski for serving as our first local SoleMate. Joe has pledged to raise \$1,000 for KDH Girls on the Run as he runs the Chicago Marathon on October 10. To donate online to Joe's fundraising efforts, visit <http://www.active.com/donate/BofABonusSM2010/JLaskowski>. You can also learn more about how to join SoleMates by visiting www.girlsontherunsolemates.org

KDH Council Director Heather Foy is considering forming a SoleMates team to train for the 2011 Louisville Mini-Marathon (13.1 miles). Contact Heather to learn more at foyh@kdhhs.org or at 812-265-0175.

Tex-Mex Chili Pie ...

Recipe is from the American Heart Association ...

Ingredients

1 pound extra-lean ground beef
1 15.5-ounce can no-salt-added black beans, rinsed/drained
1 14.5-ounce can no-salt-added diced tomatoes, undrained
1 8-ounce can no-salt-added tomato sauce
1/2 cup water
1/2 cup chopped red onion
1/2 medium yellow bell pepper, chopped
1/2 medium green bell pepper, chopped
1 teaspoon chili powder
1 teaspoon salt-free all-purpose seasoning blend
Cooking Spray
4 6-inch corn tortillas
1/2 cup shredded fat-free Cheddar cheese
1/4 cup fat-free sour cream

Directions

In a large non-stick skillet, cook the beef over medium-high heat for 6 to 8 minutes or until browned. Using a slotted spoon, transfer the beef to a 2 or 3-quart slow cooker. Add the remaining chili ingredients to the slow cooker, stirring to combine. Cook on high for 3 to 4 hours or on low for 7 to 9 hours, or until onions and bell peppers are tender. Meanwhile, preheat oven to 375 degrees. Lightly spray cooking sheet with cooking spray. Using a sharp knife, cut each tortilla into 8 triangles. Place in a single layer on the baking sheet. Lightly spray tops with cooking spray. Bake for 8 to 10 minutes or until golden brown. Let cool for 15 minutes. When chili is ready, place 8 tortilla chips with a pointed end up around the inside of each rimmed soup bowl. Ladle the chili into the bowls. Sprinkle Cheddar cheese over the chili and top each serving with a dollop of sour cream.

Information: Calories: 371, Total Fat: 6.5g, Saturated Fat: 2.5g Sodium: 317 mg, Protein 39g, Fiber 8g

Serving Size: 1.5 cups



REGISTER ONLINE ...

See our new Calendar layout only at www.kdhhs.org.

September

YOGA Classes

Purchasing a Yoga Card will save you money. Yoga Cards are \$40 and are good for any 8 classes (\$5 per class). The walk-in rate is \$8 per class. To purchase a card, call Heather at 812-265-0175, go to www.kdhhs.org, or purchase directly from a class instructor. No prior yoga experience necessary.

- **Tuesday Morning Yoga** – 8:15 - 9:30 a.m. | *Fit for the King*
- **Tuesday Evening Yoga** – 5:45 - 6:45 p.m. | *Hanover College*
- **Tuesday Evening Yoga (Versailles)** – 5:00 - 6:15 p.m. | *Tyson Library - Versailles*
- **Wednesday Evening Yoga** – 5:30 - 6:45 p.m. | *Trinity Methodist*
- **Thursday Morning Yoga** – 8:15 - 9:30 a.m. | *Fit for the King*
- **Thursday Evening Yoga (Versailles)** – 5:00 - 6:15 p.m. | *Tyson Library - Versailles*

RUN the FALLS 5K at Clifty Falls

Event for runners and walkers is Saturday, September 25 at Clifty Falls State Park in Madison. There's also a Kids' K for children ages 4-8. Walk-up registration begins at 7:00 a.m. on race day. Medals are awarded for the top three finishers by age group for both walkers and runners. Learn more at www.kdhhs.org or by calling Dave in Community Relations at 812-265-0619.

NEW - Kids Yoga Class

This new class is for boys and girls in Grades 2-3. Starts Thursday, Sept. 30 and meets Thursdays through Nov. 4. Note: There will be no class on Oct. 21 (Fall Break). There are 5 total class sessions. Time: 3:30 - 4:15 p.m. at E.O. Muncie Elementary. Students from any elementary school may participate; they do not have to attend E.O. Muncie. Cost: \$20 for 5 classes. Call Heather at 265-0175 to register or get more information.

October

Prepared Childbirth and Beyond

Six-week series covers the labor and delivery process, pain relief options, and mother and infant care. Classes also cover breastfeeding, infant safety, and CPR. Free to moms delivering at KDH (\$25 fee for others). Classes meet Tuesdays from October 5 through November 9. Time: 6:30 - 8:30 p.m. at KDH Medical Building Conference Center. Call Natalie at 812-265-0215 for more information.

October

YOGA Classes continue

Fall YOGA schedule continues as listed under September. We have six available classes. Call Heather at 812-265-0175 or visit us at www.kdhhs.org to learn more.

Healthy Beginnings - Breastfeeding-Plus

Class is Tuesday, October 5 from 12:00 - 1:00 p.m. in the Medical Office Building Conference Center. You can attend before or after your baby is born. Call Marge at 812-265-0214. Cost is \$5 per class.

Breast Cancer Screening (FREE)

This FREE screening is for uninsured and underinsured women of appropriate age. Date is October 13 from 4:30 to 5:30 p.m. Appointments are required. Call Joyce at 812-265-0541. Screening includes a clinical breast exam and scheduling for a free mammogram. Availability is limited.

Community Health Screening - Versailles

Final screening of 2010 will be Thursday, October 14 at the KDH Medical Building in Versailles, 206 W. Tyson Street. Screening time is 9:00 - 10:30 a.m. Cholesterol and PSA tests are \$35 each. As a reminder, Direct Access Testing is available five days a week.

Community First-Aid/CPR

Class is Saturday, October 16 from 8:00 a.m. until 12:30 p.m. at the Medical Office Building Conference Center. Cost is \$30. Class information includes CPR, First-Aid and Automated Defibrillators. Call Laurie at 812-265-0393 to learn more. Registration required.

November

Heart Failure Series: Managing your Medications

Pharmacist Scott Castor will discuss how to manage all the medications you may be using, and why it's important to know each medication and the dosage. Program is Tuesday, November 16 from 5:30 - 6:30 p.m. in the KDH Conference Center. No charge. Call Natalie Thornsberry at 812-265-0635 to register.

Making Waves - Warm Water Exercise

Beneficial for individuals with arthritis, fibromyalgia, and joint pain. Variety of class times and days of week available. Classes meet twice per week. Next series runs November 1 - December 16 (off the week of Thanksgiving). Cost: \$70. Call Marci Cole at 812-265-0545 to register or get more information.

Healthy Beginnings - Breastfeeding-Plus

Class is Tuesday, November 2 from 12:00 - 1:00 p.m. in the Medical Office Building Conference Center. You can attend before or after your baby is born. Call Marge at 812-265-0214. Cost is \$5 per class.

* The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

November

YOGA Classes continue

Fall YOGA schedule continues as listed under September.

Seniorize - Age in Motion

Great program for seniors that focuses on strength-building, flexibility and improved balance. Activities are fun. Next series runs November 2 - December 16. Time: 1:00 - 2:00 p.m. Cost is \$50 for 6 weeks. Call 812-265-0545.

Prepared Childbirth and Beyond - Weekend Option

Classes are November 13-14 from 9:00 a.m. - 3:30 p.m. each day. Call Natalie at (812) 265-0215. Free if delivering at KDH. Cost is \$25 for couples delivering elsewhere.

Lamaze Childbirth Classes

A must six-week series for moms and support persons who want a more natural childbirth experience. Classes meet on Thursdays from November 4 - December 16 (No Thanksgiving class). Class times are 6:30 to 8:30 p.m. at the Medical Building Conference Center. Call Natalie at 812-265-0215.

Healthy Beginnings - Sibling Class

One-hour class for future brothers and sisters ages 2-8. Class helps prepare sibling for a new baby. Class is Wednesday, November 8 from 6:30 to 7:30 p.m. in the Medical Building Conference Center. Cost is \$5. Call Natalie at 812-265-0215.

Hospice Volunteers

Hospice Volunteer meetings

Hospice volunteer meetings are scheduled for Sept. 30, Oct. 28, and Nov. 18 at 5:00 p.m. Call Paula Limato at 812-265-0129 for more information.

Support Groups

New Mommy Support Group

Meetings are 2nd Thursday each month from 10:00 - 11:30 a.m. in Medical Office Building Conference Center. Call Natalie Hill at 265-0215. Free to all moms.

Diabetes Support Group

Meetings are Mondays: Sept. 13, Oct. 11, Nov. 8. Group meets at 6:00 p.m. in the Medical Building Conference Center. Call Janice at 265-0611 for specific meeting information.

Surviving Spouse Support Group

Meetings are Tuesdays: Sept. 14, Oct. 12, Nov. 9 from 5:00 - 6:30 p.m. in the Medical Building Conference Center. Call Kathy at 265-0586.

Breast Cancer Support Group

Meetings are Thursdays: Sept. 23, Oct. 28, Nov. 18. Group meets from 6:00 - 8:00 p.m. Call 265-0330 for details.