

BetterHEALTH

Promote.
Preserve.
Restore.

Springtime weather inspires us to get outside and get active, which can lead to injury and/or illness. This issue of *Better Health* is packed full of info on how we can help you get better and get back outside.



OUR NEW ONLINE HOME: DEKALBHEALTH.COM

We are pleased to announce the launch of the new DeKalb Health website, bringing our online presence up to date. It is bright, contemporary, friendly and accessible – just like the DeKalb Health campus. A few of the site's many features include:

- A comprehensive event calendar with community classes and wellness events
- Online patient pre-registration – expediting the process when you arrive on campus
- The Family BirthPlace online nursery with secure photo sharing offers a great way to see friends' and families' newborns
- Our new Physician Directory makes finding the provider you need quick and easy
- Helpful color coding for content and categories, which provides simple navigation within our four core service areas

"The new website provides a wealth of information about everything DeKalb Health has to offer," said Terri Christiansen, Marketing Director.

"From finding a doctor, to convenient pre-registration, it is a 24/7 link to the families and individuals we serve." We encourage you to log on to DeKalbHealth.com today to explore the site and discover all of the classes, activities and services that are here for you.



CONTACT US

Send Inquires to info@dekalbhealth.com or call:

MEDICAL SERVICES

AMBULANCE

Anticoagulation Clinic Services
Cardiopulmonary Rehabilitation Services
Diabetes Management Services
Home Health and Hospice Services
Imaging and Radiology Services
Laboratory Services Auburn – Main Hospital
Laboratory Services Butler
Laboratory Services Garrett
Nutrition Services
Family BirthPlace
Occupational Therapy Services
PharmaCare
Physical Rehabilitation
Respiratory Services
Sleep Diagnostic Services
Speech Therapy
Surgical Services
Wellness Services

DIRECT LINE 911

260.920.2738
260.920.2571
260.920.2652
260.925.8699
260.920.2513
260.920.2602
260.868.0502
260.357.0380
260.920.2651
260.920.2510
260.920.2632
260.925.8000
260.920.2632
260.920.2574
260.920.2574
260.920.2632
260.920.2639
260.920.2812

MAIN HOSPITAL

Administration
Admitting, Registration and Patient Access
Billing and Insurance
Community Services
CPR and First Aid Education
Gift Shop
Media Inquiries
Outpatient Clinic Scheduling
Patient and Guest Relations
Patient Condition
Physician Referral
Prenatal Breastfeeding Education
Release of Medical Information
Support Group Information

260.925.4600

260.920.2501
260.920.2603
260.920.2850
260.920.2518
260.920.2701
260.920.2553
260.920.2555
260.920.2741
260.920.2518
260.920.2518
260.920.2556
260.920.2510
260.920.2749
260.920.2518





GET FIT. STAY FIT. WE'LL HELP.

To help you develop and maintain a healthy lifestyle, we are proud to offer a range of fitness class and wellness group options available at DeKalb Health:

GroupFit – Monthly unlimited fitness classes, including Zumba®, Pilates, yoga, cycling and more
\$25/month or \$5/class drop-in fee

StayFit – Enjoy unlimited, medically supervised access to our gym facilities, including treadmills, bicycles, elliptical trainers and more
\$25/month for individuals \$35/month for couples

StayFit with GroupFit – Enjoy the dual benefits of our gym facilities and unlimited fitness classes
\$35/month for individuals \$50/month for couples

Friends over 50 – For just a \$25 annual fee, members of this new and improved program for those age 50 and over enjoy a wealth of benefits and discounts, including snack bar/cafeteria and membership discounts, a comprehensive health risk assessment, medical bill counseling and wellness programs

For more info on the programs listed above, visit DeKalbHealth.com or contact the Wellness Works Center at 260.920.2812

ClubFit – Our 6-week, weight-management program specifically designed for youth ages 10-15 teaches children and their families proper exercise techniques, nutrition guidelines and coping skills

Physician referral is required for participation.

For more information on ClubFit, visit DeKalbHealth.com or contact the Cardio/Pulmonary Rehab Center at 260.920.2571.

Please note: Orientation is needed for all classes listed above.

BUILDING A FOUNDATION FOR THE FUTURE

The DeKalb County Community Memorial Hospital Foundation was founded in 1960 to help raise funds for a community hospital. Like a lot of things around here, it's undergone a name change, and is now known as the DeKalb Health Foundation.

And the name is only one of several important changes taking place at the foundation. For starters, the foundation's board of directors (see lower left) has moved to strengthen and formalize its relationship with DeKalb Health, leading to the foundation's more structured, strategic focus as the dedicated fundraising arm. The funds raised by the foundation on behalf of DeKalb Health help us expand, purchase vital equipment, recruit physicians, provide scholarship assistance in the medical field and, most important, keep us independent.

The other big change at the Foundation is a new director, Anna Nixon, an experienced and well-suited DeKalb County native who will help us meet its updated and expanded role in growing DeKalb Health and the quality of care it provides the community. Born and raised in DeKalb County, Nixon joined DeKalb Health as director of the Foundation this past January. Prior to taking the helm at the Foundation, Nixon spent the past 18-plus years in sales, including more than 10 in the medical and health care industries.

And while a background in sales may seem like an odd fit for a Foundation director, Nixon astutely points out that it's an ideal fit: As director, her top priority and responsibility is to sell DeKalb Health and its mission to the community. As she sees it, that combined background of sales and health care uniquely qualifies her for the challenges she now faces.



Anna Nixon, DeKalb Health Foundation Director

DEKALB HEALTH FOUNDATION BOARD OF DIRECTORS

Roger Wertenberger, President

Fredrick Brown, Vice President

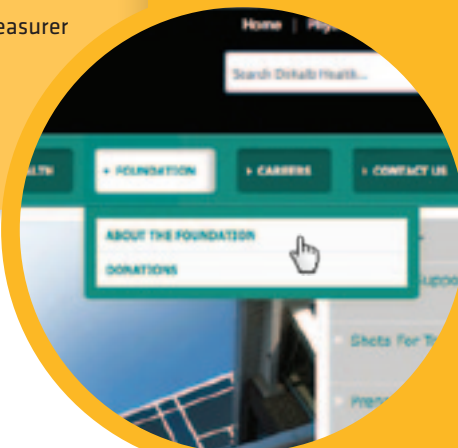
Jeffrey Turner, Secretary

Michael Haggarty, Treasurer

H. Brent Davis

Rick James

Joyce Hefty



All of these exciting new changes are a big part of why you'll be seeing and learning a lot more of Anna and the Foundation in the future. In addition, the ability to donate to the foundation online is coming soon. In the meantime, to learn more about the DeKalb Health Foundation, visit DeKalbHealth.com and click on the "Foundation" link under "About DeKalb Health."



A NEW WAY TO FEEL BETTER FASTER



The all-new, state-of-the-art DeKalb Health Emergency Department is now home to the ExpressCare track for non-emergency medical conditions. With ExpressCare, the experienced and skilled DeKalb Health medical staff – including through our ongoing partnership with Emergency Physicians of Indiana – is dedicated to providing prompt, convenient treatment at a lower cost than a traditional ER visit.

The new ExpressCare offers the community a unique combination – the accessibility of an ER walk-in service with the experience, expertise and capabilities of the advanced, state-of-the-art Emergency Room. Best of all, this important new resource is right here in DeKalb County.



The new ExpressCare is located at the new DeKalb Health Emergency Department and will be open Monday-Friday from 3pm-11pm and Saturday-Sunday from 10am-10pm.

About ExpressCare billing

ExpressCare is a fast-track service and part of DeKalb Health. It's important to note, however, that patients accessing ExpressCare understand they may receive multiple bills for

service. Their bills will look similar to a typical Emergency Room visit, only with lower costs. Just like with an Emergency Department visit, patients will receive a hospital bill and a separate physician bill. If additional services like lab or radiology are a part of treatment, patients will also likely receive a professional/physician bill from those providers. ***If you have questions, visit DeKalbHealth.com or call 260.925.4600.***

ExpressCare can assess and treat a wide variety of non-emergency conditions and symptoms, including:

- Cough/sore throat
- Minor burns
- Ear pain
- Flu
- Minor illness
- Minor injuries
- Upper respiratory infections
- Urinary tract infections
- Rashes
- Sinus pain
- Insect bites
- Eye irritation/pink eye
- Allergies
- Minor back pain
- And more

***ExpressCare services are considered an emergency service.
The co-pay and insurance will be billed accordingly.***

SPONSORSHIP OPPORTUNITIES INCLUDE*

ACE SPONSORSHIP (\$1750)
Includes 4 Golfers and a sign at the Clubhouse

EAGLE SPONSORSHIP (\$1000)
Includes 2 Golfers and a sign at the Clubhouse

BEVERAGE CART SPONSOR (\$500)
Includes a sign on Beverage Cart

BIRDIE (\$250)
Includes a sign at the Clubhouse

HOLE SPONSORS (\$125)
Includes a sign on a hole (1-18)

PUTTING GREEN SPONSOR (\$125)
Includes a sign on Putting Green

DRIVING RANGE SPONSOR (\$125)
Includes a sign on Driving Range

CHIPPING AREA SPONSOR (\$125)
Includes a sign

**additional customized sponsorships packages available*

CONTACT:

REGISTRATION OR PAYMENT
Rick Ring: 260.920.2512
rring@dekalbhealth.com

SPONSORSHIP OPPORTUNITIES
Ron Dicke: 260.357.4131
ron@insurancetrustees.com

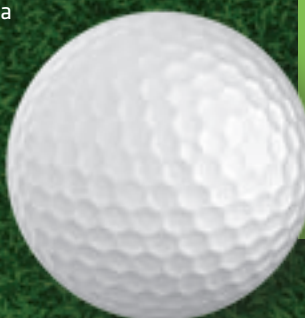
DOOR PRIZE, AUCTION ITEM OR CASH DONATION
John Rymer: 260.920.2544
jrymer@dekalbhealth.com

GOLFING FOR A GOOD CAUSE

DeKalb Health Charity Golf Classic

Any time we're able to get a round of golf in during the week is a good thing. But when that round of golf helps raise money for health care education for DeKalb County residents, well, how can you say no?

Get your foursome together and register for the DeKalb Health Charity Golf Classic for Health care Scholarships. This fun event will feature 18 holes of golf, complimentary beverages and hot dogs on the course, door prizes and silent auction items and golfs balls and souvenirs. In addition, contests will offer prizes for closest to the pin, longest drive, a team putting contest and high, middle and second and lowest gross.




Proceeds from the event will go toward scholarships for DeKalb County residents pursuing an education degree in health care. In addition to golf, there are also sponsorship and/or donation opportunities.


Tuesday, June 5, 2012
Bridgewater Golf Course East

\$120/player - includes golf and dinner, complimentary beverages and hot dogs on course
11:30am - Registration and practice
12:30pm - tee time (shotgun start)
5pm - Cocktails, dinner, awards

Registration deadline May 25, 2012

To learn more and to register, visit dekalbhealth.com or call 260.920.2512.





DEKALB HEALTH

PHARMACARE

Since 1992, DeKalb Health PharmaCare has been a tremendous asset to the community, providing complete pharmaceutical services on the DeKalb Health campus.

PharmaCare is a full-service retail pharmacy, featuring over-the-counter items, vitamins and natural supplements, orthopedic supports and breastfeeding supplies. PharmaCare also offers prescription compounding and customized medications for those seeking to avoid sugar, preservatives, dye or lactose. Most insurance plans are accepted, including Medicare Part D and Medicaid.

PharmaCare is conveniently located on the 1st floor of DeKalb Health, within the Physician Office Building Entrance #1314
260.925.8000 • Free delivery in Auburn, Garrett and Waterloo
Monday - Friday: 9 a.m. - 6 p.m. | Saturday: 9 a.m. - 12 noon



Welcome to DeKalb Health

Manjinder Brar, MD

We are pleased to welcome Dr. Manjinder Brar to DeKalb Health Medical Group. Dr. Brar is board certified by the American Board of Psychiatry and specializes in the treatment of depression, anxiety, bipolar, psychotic disorders and other psychiatric conditions. Dr. Brar is now accepting patients and available Monday-Friday on the DeKalb Health Campus in Auburn.

For appointment by physician referral, call 260.920.2000.



DEKALB HEALTH

MEDICAL GROUP

THE VALUE OF VANTAGE POINTS

By Kelly Dunham, MHA, Vice President of Support Services and Compliance Officer, DeKalb Health

As a wife, mother, daughter, patient and health care executive, I have the good fortune of experiencing and understanding health care from many perspectives. Through all of this, I've witnessed and experienced countless strategies, approaches, and trends in care and treatment. Some of these have stood the test of time, while others have come and gone. One particular strategy (and one that has only recently gained momentum) is something that I am fully committed to in all of the roles I play.

Throughout my 17 years as a health care professional, one of the most important lessons I've learned is just how much of what we do and the care we provide is driven by constant innovation and development. With certain regularity – and, it seems, increasing speed – innovation brings about important new trends in care and service.

The most widely represented aspect of innovation in health care tends to be on the technology side. Indeed, for providers like DeKalb Health, much of our effort and energy is focused not only on bringing innovative new technology and services to our region, but also in how these innovations can improve overall our level of care and the health of our patients.

When it comes to innovation, however, technology and equipment alone can only help so much, which is another important lesson I've learned over the years. Thankfully, some new trends are emerging on the patient side that – while less visible or tangible than high-tech equipment – are just as important in moving our community toward healthy living long term.

Specifically, this trend – and one we play an active role in developing and supporting – is for patients to take a more proactive role in their overall care and health. We believe that this is especially true when it comes to health for women – and we designed the Women's Imaging and Diagnostics Suite to not only meet the needs of women in maintaining their unique health and wellbeing needs, but also to encourage and support that more active role. By presenting state-of-the-art technology in a welcoming, spa-like setting, our aim is to provide women an environment in which they feel welcome and supported. Doing so, we believe, helps them be more proactive in their own care – especially in getting tested and screened regularly – which is our ultimate goal.

When it comes to your care, physicians look to screening and testing services as a significant indicator when diagnosing illnesses or disorders. Indeed, studies have shown that physicians rely on lab-test results to diagnose an illness or disorder more than 70 percent of the time. (See the sidebar for a handy chart on screening recommendations and guidelines.) Like all care providers, we will continue to do our part. And that includes providing a welcoming and fully capable environment, which in turn makes it easier for patients to do their part. This is what makes it such an important lesson for all of us to learn and remember, in whatever roles we play.





By Dr. Kenneth Chaffee,
DeKalb Health Medical Group
in partnership with Parkview
Physicians Group, OB/GYN
Certified, American Board of
Obstetrics and Gynecology
1316 E. Seventh Street, Suite 3, Auburn
260.927.8370

MARK YOUR CALENDARS: SELECT HEALTH SCREENING RECOMMENDATIONS/GUIDELINES

Not sure when or how often to get a particular health screening?
Check the handy table below for general screening guidelines.

SCREENING	GENERAL GUIDELINES*
Blood Pressure	A minimum frequency of every two years is recommended.
Breast Cancer	Mammograms are recommended every 1-2 years for women aged 40 and older.
Cervical Cancer	Have a Pap smear every 1 to 3 years if you are 21 to 65 years old and have been sexually active.
Cholesterol	Every 5 years for men 35+, women 45+
Colorectal Cancer	Have a screening test for colorectal cancer starting at age 50.
Diabetes	Adults with high blood pressure, elevated cholesterol levels or other risk factors should be periodically screened for diabetes.
Osteoporosis (Bone Thinning)	Women should have a screening test at age 65 to make sure your bones are strong.
Prostate Cancer	Men should have a Prostate Specific Antigen (PSA) test each year, beginning at age 50; earlier for those with increased risk

DeKalbHealth.com/womensimaging | 260.920.2513

*These are general and summarized guidelines. Consult with your physician for your recommendations. For a more complete and detailed list of screenings guidelines visit [cdc.gov](https://www.cdc.gov).

A PRIMER ON PRENATAL CARE

At its most basic level, prenatal care is the health care you get for yourself while pregnant, and it is important for you and your baby for a number of reasons:

- Prenatal care helps develop and maintain health for you and your baby
- Conversely, babies of mothers who do not get prenatal care are three times more likely to have low birth weight and five times more likely to die than those mothers who do get prenatal care
- Early prenatal care and treatment can identify, cure or prevent many problems associated with pregnancy

DeKalb Health offers women easy access to comprehensive prenatal care. Pregnant women can take care of themselves and their babies by seeking prenatal care early (as soon as they know or even think they may be pregnant) and often (regularly scheduled checkups over the course of a pregnancy).

The skilled and experienced OB/GYN staff at DeKalb Health Family BirthPlace stands as a complete resource for women who are, or are thinking about becoming, pregnant. Below are some additional basic guidelines when it comes to prenatal care; for more information, visit [dekalbhealth.com](https://www.dekalbhealth.com).

How often should you see your doctor during your pregnancy?

While each pregnancy is unique and will dictate specific appointment scheduling, most experts suggest the following:

- Once/month for weeks 4-28
- Twice/month for weeks 28-36
- Weekly for weeks 36-birth

What are some prenatal care guidelines?

- Take a multivitamin or prenatal vitamin containing at least 400-800 micrograms of folic acid every day
- Get a flu shot; pregnant women can get very sick from the flu
- Ask your doctor before starting or stopping any medicines
- Avoid X-rays – and make sure to tell your dentist or doctor you are pregnant
- And, of course – get early and regular prenatal care

NUTRITION & FITNESS

CLUB FIT

Our 6-week, weight-management program specifically designed for youth ages 10-15 teaches children and their families proper exercise techniques, nutrition guidelines and coping skills

See page 3 for more information.



1316 East Seventh Street • Auburn, Indiana 46706

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APRIL

APR. 2, 9, 15, 23, 30

Community Grief and Loss Support Group

Every Monday (including holidays) 6:30-8pm
Sponsored in part by DeKalb County Council on Aging
Heimach Senior Activity Center 1800 E. 7th St., Auburn
Contact DeKalb Health Home Care and Hospice 260.925.8699

APR. 10

Diabetic Support Group

Sponsored in part by DeKalb County Council on Aging
Tuesday, 6:30 p.m. Program: Charles Wiggins, AIC
Champion Heimach Senior Activity Center 1800 E. 7th St., Auburn Contact Vickie Faux at 260.920.2652 or Meg Zenk at 260.925.3311

APR. 11

Shots For Tots (Free Infant / Child Immunization Clinic)

Wednesday, 1-4:30 p.m.
DeKalb County Health Department 220 E. 7th St., Auburn Requirements: Infant to age 18. Shot record. Must be accompanied by parent or legal guardian. Contact DeKalb County Health Department at 260.925.2220

APR. 14

March of Dimes Walk (Auburn)

Saturday, 12-1 pm (Check In)
Walk Begins at 1pm
Eckhart Park Pavilion
1500 S. Cedar St., Auburn
Contact March of Dimes at 800.921.9255

APR. 16

Multiple Sclerosis Support Group

Monday, 7 p.m.
Program: V.A.
Video: MS and Pathogenesis
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Neal Esselburn at 260.637.3820

APR. 17

CPR/First Aid

Tuesday, 6-10 p.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Registration required, contact Doug Taylor at 260.920.2701

APR. 17, 18, 19

Prenatal Education

Tuesday, Wednesday, Thursday 1-4 p.m.
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn
Fee \$20. Need-based financial assistance available.
Registration required, contact Julie Wagner at 260.920.2780

APR. 18

Health care Provider CPR

Wednesday, 7:30-11:30 a.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Registration required, contact Doug Taylor at 260.920.2701

APR. 20

Hip on Hep Support Group

Friday, 6 p.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Contact Christie Soaper at 260.927.8180

APR. 21

Charcot-Marie-Tooth Support Group

Saturday, 2-4 p.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Contact Doug Priscilla Creaven at 260.925.1488 or pmcreaven@aol.com

APR. 23

"Have You Been Carded?" Medication List Program

Free program offering assistance to fill out medication card or update listings Monday, 8:30-10 a.m. (4th Monday of every month)
Heimach Senior Activity Center 1800 E. 7th St., Auburn
Contact Vickie Faux, RN, CDE, WCC at 260.920.2652

APR. 24

Breastfeeding Education

Tuesday, 6-8 p.m.
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn
Fee \$5. Need-based financial assistance available.
Registration required, contact Julie Wagner 260.920.2780

APR. 26

Adult Health Fair

Co-Sponsored with DeKalb County Council on Aging
Thursday, 8-11 a.m. Heimach Senior Activity Center 1800 E. 7th St., Auburn
Contact Meg Zenk at 260.925.3311 or mzenk@dcco.net

MAY

MAY 3

Celiac Support Group

Thursday, 6:30 p.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Contact Anna Hartman at 260.925.6058

MAY 7, 9, 14, 16, 21

Adult Smoking Cessation (Five-session class) American Lung Association's "Freedom from Smoking"

5-6:30 p.m., Fee \$54
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Registration required, call 260.920.2571

MAY 7, 14, 21, 28

Community Grief and Loss Support Group

Every Monday 6:30-8pm
Sponsored in part by DeKalb County Council on Aging
Heimach Senior Activity Center 1800 E. 7th St., Auburn
Contact DeKalb Health Home Care and Hospice 260.925.8699

MAY 9

Shots For Tots (Free Infant / Child Immunization Clinic)

Wednesday, 1-4:30 p.m.
DeKalb County Health Department 220 E. 7th St., Auburn
Requirements: Infant to age 18. Shot record. Must be accompanied by parent or legal guardian.
Contact DeKalb County Health Department at 260.925.2220

MAY 15, 16, 17

Prenatal Education

Tuesday, Wednesday, Thursday, 6-9 p.m.
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn
Fee \$20. Need-based financial assistance available.
Registration required, contact Julie Wagner at 260.920.2780

MAY 15

CPR/First Aid

Tuesday, 6-10 p.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Registration required, contact Doug Taylor at 260.920.2701

MAY 16

Health care Provider CPR

Wednesday, 7:30-11:30 a.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Registration required, contact Doug Taylor at 260.920.2701

MAY 18

ACLS Provider Class

Friday, 8 a.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Registration required, contact Jerry Schwartz at 260.920.2766

Hip on Hep Support Group

Friday, 6 p.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Contact Christie Soaper at 260.927.8180.

MAY 21

Breastfeeding Education

Monday, 6-9 p.m.
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn
Fee \$5. Need-based financial assistance available.
Registration required, contact Julie Wagner at 260.920.2780

Multiple Sclerosis Support Group

Monday, 7 p.m. Program: Discussion MS Walk
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Contact Neal Esselburn at 260.637.3820

MAY 28

"Have You Been Carded?" Medication List Program

Free program offering assistance to fill out medication card or update listings
Monday, 8:30-10 a.m. (4th Monday of every month)
Heimach Senior Activity Center 1800 E. 7th St., Auburn
Contact Vickie Faux, RN, CDE, WCC at 260.920.2652

JUNE

JUN. 4, 11, 18, 25

Community Grief and Loss Support Group

Every Monday (including holidays) 6:30-8pm
Sponsored in part by DeKalb County Council on Aging
Heimach Senior Activity Center 1800 E. 7th St., Auburn
Contact DeKalb Health Home Care and Hospice 260.925.8699

JUN. 5

Charity Golf Classic

Tuesday, 12:30 p.m. Shot Gun Start. Entry \$120 per player
Bridgewater Golf Course East
RSVP required by May 25
Registration, call Rick Ring 260.920.2512
Sponsorships, call Ron Dicke 260.357.4131
Door Prize / Donations call: John Rymer 260.920.2544

JUN. 12

Diabetic Support Group

Sponsored in part by DeKalb County Council on Aging
Tuesday, 6:30 p.m. Program: TBA
Heimach Senior Activity Center 1800 E. 7th St., Auburn
Contact Vickie Faux at 260.920.2652 or Meg Zenk at 260.925.3311

JUN. 13

Shots For Tots (Free Infant / Child Immunization Clinic)

Wednesday, 1-4:30 p.m.
DeKalb County Health Department 220 E. 7th St., Auburn
Requirements: Infant to age 18. Shot record. Must be accompanied by parent or legal guardian.
Contact DeKalb County Health Department at 260.925.2220

JUN. 15

Hip on Hep Support Group

Friday, 6 p.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Contact Christie Soaper at 260.927.8180

JUN. 18

Multiple Sclerosis Support Group

Monday, 7 p.m. Program: V.A. MS Video: Ms Cognition & Brain Imaging
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Contact Neal Esselburn at 260.637.3820

JUN. 19

CPR/First Aid

Tuesday, 6-10 p.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Registration required, contact Doug Taylor at 260.920.2701

JUN. 20

Health care Provider CPR

Wednesday, 7:30-11:30 a.m.
DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn
Registration required, contact Doug Taylor at 260.920.2701

JUN. 21

Play. Learn. Soar.

Kids Fair Ages 5 and Under, Thursday, 4:30-7p.m.
DeKalb County Fairgrounds 708 S. Union St., Auburn IN
Fun. Food. Games. (Kids Eat Free) Contact Diane Shoppell at 260.316.2661

JUN. 23

Prenatal Education

Saturday, 9-4 p.m.
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn
Fee \$20. Need-based financial assistance available.
Registration required, contact Julie Wagner at 260.920.2780

JUN. 25

Breastfeeding Education

Monday, 6-8 p.m.
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn
Fee \$5. Need-based financial assistance available.
Registration required, contact Julie Wagner at 260.920.2780

"Have You Been Carded?" Medication List Program

Free program offering assistance to fill out medication card or update listings
Monday, 8:30 a.m. to 10 a.m. (4th Monday of every month)
Heimach Senior Activity Center 1800 E. 7th St., Auburn
Contact Vickie Faux, RN, CDE, WCC at 260.920.2652



JOIN US FOR THESE GREAT PROGRAMS OFFERED AT OUR FAMILY BIRTHPLACE.

DeKalb Health maintains a comprehensive calendar of events detailing upcoming community events, education opportunities, health and wellness programs, support group meetings, childbirth classes, certification classes, employee functions, health observations and other scheduling information.