

DeKalbHealth.com



FALL 2012

BetterHEALTH

Promote.
Preserve.
Restore.

DeKalb Health offers you a variety of ways you can take control of your health. Learn more about putting yourself in charge of getting - and staying - healthy in this issue.

Because it's *your* health.



IMAGING CENTER STAFF

Kim, RT(R)(M);
Jenny, RT(R)(CT)RVT;
Jenni, office staff

YOUR CHOICE. YOUR CONTROL. Because it's *your* health.

We work hard at DeKalb Health to make sure that we have the very best people, equipment, technology and services available when people are dealing with injury and illness. Our expansion and upgrade of facilities and equipment have certainly helped us extend the skill and experience of our people to more of you in DeKalb County and throughout our region.

However, it's important to remember that treatment of injury and illness is only a part of taking control of your health. An equally important part is preventing injury and illness the best you can. Indeed, focusing on routine, regular preventative measures can go a long way in helping you take control of your health in an entirely new way - by staying healthy and being able to more quickly treat illness or injury if and when they arise.

Over the next few pages, learn more about some specific, simple and important preventative services available to you through DeKalb Health. Perhaps most important, some of these services - along with several others - are self-referral, meaning you can utilize these services at any time, without needing a doctor referral. Choice is an important, powerful tool when it comes to health care, and DeKalb Health gives you a convenient, comprehensive, cost-effective and fully accredited choice for your needs, regardless of where you may be visiting a physician or specialist.

So start taking control today. Because it's your health.

DID YOU KNOW?

While always advisable to follow the direction of your physician, patients don't often recognize the choices available to them when selecting where they can have testing done. When it's time for you to make this important choice, consider DeKalb Health. With fully accredited modalities; new, state-of-the-art equipment; modern and comfortable facilities; and convenient, close-to-home location, making DeKalb Health your choice for testing location makes perfect sense. Learn more at dekalbhealth.com.

MAMMOGRAPHY

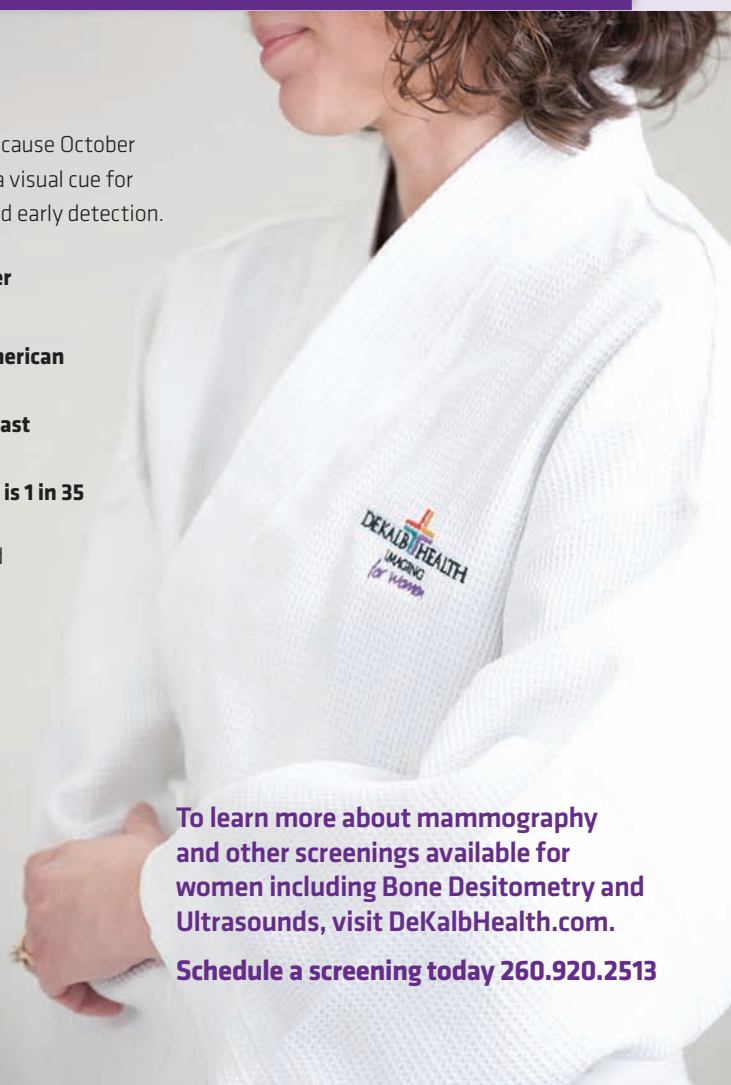
If you see a lot of pink around in October, it's not because it's a new fall color. It's because October is National Breast Cancer Awareness month, and its official color of pink serves as a visual cue for women to learn more about breast cancer and the importance of regular testing and early detection.



There reasons for better awareness of breast cancer and early detection are many, including:

- **It's the second-most common cancer among American women after skin cancer**
- **A woman's chance of developing in invasive breast cancer is 1 in 8**
- **The chance a woman will die from breast cancer is 1 in 35**

So stronger awareness and early detection are important, as you can see. The good news is that early detection is more possible than ever thanks to mammography, a self-referral service, quick and non-invasive screening test that uses low-dose radiation. The even better good news is that our Women's Imaging Diagnostic Suite, part of the DeKalb Health Imaging center, offers you access to world-class technology in a welcoming, spa-like setting. That world-class technology includes state-of-the-art digital mammography, which makes the process as quick, simple and straightforward as possible. The importance of regular testing and early detection when it comes to breast cancer cannot be overstated. Take control of your health by conducting self-exams regularly and visiting the Women's Imaging Diagnostic Suite for an annual mammogram. (The American Cancer Society and the National Cancer Institute recommends a mammogram at least every 1-2 years beginning at age 40.)



To learn more about mammography and other screenings available for women including Bone Desitometry and Ultrasounds, visit DeKalbHealth.com.

Schedule a screening today 260.920.2513

COLONOSCOPIES

With a doctor's referral, colonoscopies are an important service you can take advantage of at DeKalb Health as part of our diagnostic endoscopy suites in our state-of-the-art Surgical Center. DeKalb Health has many skilled providers and surgeons on staff experienced in this vital screening. And just like the breast cancer that mammographies can detect very early, colonoscopies are the screening method of choice for detecting colon cancer early - a highly treatable form of cancer when it is caught early. Colonoscopies can even prevent colon cancer by helping detect pre-cancerous polyps.

Colonoscopies, then, are a great and easy way for you to start taking control of your health. The Outpatient Surgery team at DeKalb Health is ready to help you get more active in preventative health.

For a comprehensive listing of providers serving DeKalb Health, visit our provider directory at DeKalbHealth.com.

LABORATORY SERVICES

Of course, self-referral services, which do not require a physician order, enable you to take control of your health extend far beyond the examples listed above. As we have for more than 40 years, DeKalb Health Laboratory Services provides quick, professional and comprehensive inpatient and outpatient services. This includes our offering of a broad range of testing/screening programs through its Wellness Direct Laboratory Services.

Through Wellness Direct from DeKalb Health, patients can self-order and receive a variety of lab testing and/or screening without the need for a physician's order or an appointment. And, in addition to providing you great convenience, Wellness Direct also provides you opportunities for great savings - rather than filing insurance, Wellness Direct Laboratory Services is a self-pay option that provides discounted pricing up to 50% with payment at time of service on screening services, including:

- Glucose
- General health panel
- Cholesterol
- Lipid profile
- Calcium
- Urinalysis
- Blood type
- Thyroid
- PSA
- Cardiac hsCRP
- **Many more**

The good news - you are not alone when it comes time to take control of your health. We are here to help - with an incredibly skilled and experienced team delivering world-class health care services and technology.

Meet a few of our Vascular Access Technicians
Ginny, Brandy, Jessica (PBT), Donna (PBT), Ann-Marie (PBT)



Laboratory Locations

To provide the most convenient service possible, DeKalb Health offers three laboratory locations to serve you better:

DeKalb Health - Auburn Laboratory

2nd Floor, Main Hospital | 1316 East Seventh Street Auburn, Indiana
Phone: 260.920.2602 | Open 7 days a week, 24 hours a day, providing full-service testing.

Butler Laboratory

409 East Washington Street | Butler, Indiana | Phone: 260.868.5843, call for hours.

Garrett Laboratory

128 North Randolph Street | Garrett, Indiana | Phone: 260.357.0380, call for hours.



THE BEST IN TECHNOLOGY

Many diagnostic tests and screenings done through DeKalb Health Imaging require the use of a Magnetic Resonance Imaging (MRI) machine. As the name implies, these machines use high-quality, strong magnets to create images that doctors can use to assess and diagnose patients for a variety of illnesses and injuries. With MRI machines, the higher-quality and stronger the magnets, the clearer and more resonant the image, meaning the easier it is for doctors to clearly view images and correctly diagnose illness and injury.

As part of our recent expansion and enhancement at DeKalb Health, we upgraded to perhaps the best and most advanced MRI machine available today, the GE 450W. No MRI machine exceeds the strength of its magnets or the clarity of its imaging, meaning DeKalb Health patients have access to the best technology available when it comes to MRI testing. And while MRI tests generally need a doctor's referral, they do qualify for a pre-payment discount.

Strength matters

When we say a strong magnet is better for providing the highest-quality MRI possible, we mean it. A look at the graphic below helps explain how.



Magnet 1.5 T Strength
DeKalb Health High-Field, Large-Opening MRI Magnet Strength



Magnet 0.2-0.8 T Strength
Other Typical Open or Low-Field Magnet Strength



BACK IN THE GAME

Fall is in the air, which means area youth are back at school. It also means that many of them are back on the field of play, competing in a variety of individual and team sports. Getting back on to the field of play brings with the challenges of keeping our area young athletes healthy, as well as returning them to health if and when injuries arise.

Over the next couple of pages, we'll break down for you some of the programs we offer at DeKalb Health geared toward student athletes of all shapes, sizes and sports and how we help keep them active and on the field of play.

DeKalb Health is proud of our partnership in providing sports medicine services to several area schools and organizations. Our sports medicine program offers a number of benefits to participating schools, including Saturday clinics, athlete-education sessions and therapy services. Here's a look at our current participating schools:



SPORTS MEDICINE PROGRAM

DeKalb Health offers area schools its own talented and experienced team of athletic trainers who work closely with area student athletes.

Young athletes in just about every sport face any number of aches, pains, sore muscles, twisted ankles and other minor injuries that can keep them from competition, so DeKalb Health partners with area school to have its four athletic trainers on-site on a weekly basis to attend to injured student athletes. This includes schools not just in DeKalb County, but Noble and Steuben counties as well.

Jamie Leeper, director of wellness and rehabilitation for DeKalb Health, says having our athletic trainers available to student athletes through these partnerships with area middle and high schools makes it much easier for

athletes to access the care and treatment they need. And the easier you can make it, the more likely they are to seek out treatment and make sure their injuries heal the right away.

“Getting proper treatment and care helps ensure that minor injuries don’t turn into something worse,” Leeper said. “That’s most important aspect, keeping something short-term from turning into something long-term for these student athletes.”

“Getting proper treatment and care helps ensure that minor injuries don’t turn into something worse,”



OUR TEAM OF TRAINERS

It is through the tireless efforts and dedication of our athletic trainers that we can partner with area schools and keep more young athletes out on the field of play. Meet our own great team below.

Rick Williams, LAT, ATC
Certified Athletic Trainer

Cathy Tinkler, MS, ATC/L
Certified Athletic Trainer

Gina Harman, MS, LAT, ATC
Certified Athletic Trainer

Andy Shoup, LAT, ATC
Certified Athletic Trainer

CONCUSSION TESTING PROGRAM

Preventing short-term injuries from having long-term impacts has never been more important than when it comes to concussions. This is a big reason why DeKalb Health is rolling out a pioneering new program that makes it easier to assess and diagnose potential concussions in middle and high-school student athletes in all sports this year.

The process starts by putting each student athlete at participating schools through an initial test, known as the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) program. The approximate 20-minute test measures athlete levels across a variety of symptoms and baseline levels, including verbal and visual memory, reaction time and processing speed. Those test results are loaded into a database and made part of a smartphone app. (Yes, there’s even an app for that.)

Then, if an athlete is suspected of having suffered a concussion on the field of play, a certified ImPACT provider with access to the app can compare the results of a newly administered ImPACT test with the athlete’s original, baseline one. This is important because it takes much of the guesswork out of diagnosing a concussion, says Bret Kueber, MD, of DeKalb Health Medical Group.

“There’s been an incredible amount of thought and research put into this program,” he explains. “As more and more people understand how dangerous concussions can be, they are also learning how crucial proper diagnosis and post-concussion treatment is. This program is a huge step forward in doing that.”

If ImPACT confirms a concussion in the athlete, the athlete’s activity is restricted until the symptoms subside and the athlete returns to their baseline level. Only after they are symptom free and released by the provider he or she is put through a five-day “Return to Play” protocol. It’s a progressive, multi-step recovery process, one that is highly structured and closely monitored by a certified ImPACT provider and athletic trainer.

“Again, our primary focus is preventing long-term lasting health effects in these young people,” Kueber adds. “The brain is not an easy thing to fix. Our focus is on protecting these young people and giving them the chance to fully recover.”

To learn more about the ImPACT program, visit impacttest.com.



CONTACT US

Send Inquires to info@dekalbhealth.com or call:

MEDICAL SERVICES

AMBULANCE

Anticoagulation Clinic Services	260.920.2738
Cardiopulmonary Rehabilitation Services	260.920.2571
Diabetes Management Services	260.920.2652
Home Health and Hospice Services	260.925.8699
Imaging and Radiology Services	260.920.2513
Laboratory Services Auburn – Main Hospital	260.920.2602
Laboratory Services Butler	260.868.0502
Laboratory Services Garrett	260.357.0380
Nutrition Services	260.920.2651
Obstetrical Services	260.920.2510
Occupational Therapy Services	260.920.2632
Physical Therapy	260.920.2632
Respiratory Services	260.920.2574
Sleep Diagnostic Services	260.920.2574
Speech Therapy	260.920.2632
Surgical Services	260.920.2639
Wellness Services	260.920.2812

MAIN HOSPITAL

Administration	260.920.2501
Admitting, Registration and Patient Access	260.920.2603
Billing and Insurance	260.920.2850
Community Services	260.920.2518
CPR and First Aid Education	260.920.2701
DeKalb Health Foundation	260.920.2048
Gift Shop	260.920.2553
Media Inquiries	260.920.2555
Outpatient Clinic Scheduling	260.920.2741
Patient and Guest Relations	260.920.2518
Patient Condition	260.920.2518
Physician Referral	260.920.2556
Prenatal Breastfeeding Education	260.920.2510
Release of Medical Information	260.920.2749
Support Group Information	260.920.2518

DIRECT LINE 911

ESTABLISHING ITS ROOTS

Tree of Life program caps exciting year for DeKalb Health Foundation

We've previously shared with you in Better Health many of the exciting things taking place at the DeKalb Health Foundation, led by the introduction of a new executive director, Anna Nixon; a new name; and a stronger strategic alignment with DeKalb Health as its dedicated fundraising arm.

Nixon and the Foundation board of directors have been busy working together in 2012, driving a successful year through designing the framework for fundraising initiatives with businesses, other foundations and individuals who choose to include the Foundation in their charitable giving or estate plans.



FOUNDATION BOARD OF DIRECTORS

President Roger J. Wertenberger, H. Brent Davis, Secretary Jeffrey L. Turner, Vice President Fredrick L. Brown, Rick L. James, Joyce A. Hefty-Covell, Treasurer Michael C. Haggarty

WELCOME TO THE TEAM.

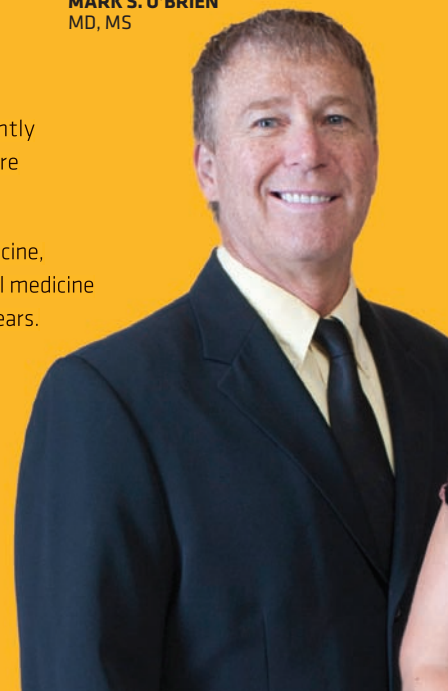
Growing our facilities enables us to grow our medical team as well here at DeKalb Health, and we are consistently bringing highly skilled and experienced medical professional to our team to ensure we're providing the best care possible. Please join us in welcoming the newest members of the DeKalb Health Medical Group team below.

Mark O'Brien, MD, joins our team of physicians at DeKalb Health Medical Group, where he will focus on family medicine, joining Dr. Emilio Vazquez in Butler. O'Brien brings more than 20 years of experience in urgent care and occupational medicine to our team; most recently, he served on the medical staff at Urgent Care of Cameron Hospital in Angola for four years.

In addition, we welcomed **Cathy Snyder, MSN, FNP-C,** and **Jodi Strock, MSN, FNP-C** as nurse practitioners. Both bring more than 15 years of experience as nurses and nurse practitioners to DeKalb Health Medical Group. Snyder will join our Nursing Home Care team; Strock will join Dr. Lee Ann Pixley and our Pediatric Medicine team.

We are always excited about adding to our team of skilled and experienced health care professionals at DeKalb Health Medical Group, and we glad to welcome Mark, Cathy and Jodi to our team.

MARK S. O'BRIEN
MD, MS



A big part of the Foundation's work over the past year has been in bringing you new ways in which you can support the Foundation and make it a part of your charitable giving yet in 2012 and beyond. With the holidays fast approaching, one inspiring new way for you to do this is through a new opportunity to be a part of the Tree of Life on the DeKalb Health campus.

Indeed, the holidays are a time when we are often reminded of loved ones – including those who have gone before us and are with us now in spirit – who make this time of year so special. With a donation to the DeKalb Health Foundation, you can sponsor a light on the Tree of Life as a gift of remembrance of those special people in your life this holiday season. A ceremony will be held for the initial lighting of the Tree of Life on the DeKalb Health Campus, and the lights will continue to shine throughout the holiday season.

The opportunity to sponsor lights on the Tree of Life is just one great example of the fundraising framework Nixon and the Foundation board are putting together for the long-term strength and sustainability of DeKalb Health and our mission. That's because your contribution helps keep DeKalb Health independent, local and, most importantly, a cutting-edge health care facility.

To learn more about the DeKalb Health Foundation and how you can support the DeKalb Health Tree of Life, call 260.920.2048 or visit dekabhealth.com and click on "Foundation."



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**

Extra convenience - online bill pay

You can now pay your DeKalb Health Hospital or DeKalb Health Medical Group bill from home with our convenient and secure online bill-pay functionality. You can pay online from home by check or credit card - to learn more, visit **DeKalbHealth.com** and click on "Online Bill Pay" under the Patients/Visitors tab.



JODI L. STROCK
MSN, FNP-C

CATHY A. SNYDER
MSN, FNP-C



Monster Bash

Join us for the annual Healthy Halloween Fair - this free, fun event is open to elementary children 11 and under and their parents/guardians. Sponsored in part by the DeKalb EMS and Auburn police and fire departments, children can enjoy dressing in Halloween costumes, meeting mascots, playing games, having the chance to win prize, eating some healthy treats, as well as a haunted room and some spook-tacular Halloween music. Bring the little ones and join us for this annual tradition!

Tuesday, October 30 • 6-8pm

DeKalb County Fairgrounds • 708 South Union Street, Auburn

Contact: 260.920.2518





WELLNESS CENTER FITNESS CLASSES: The DeKalb Health Wellness Center offers a host of affordable fitness and wellness classes for all levels of skill and experience, from beginner to advance, including pilates, yoga, Zumba®, cycling, stretch, tone and flex. Get the full schedule at dekalbhealth.com.



1316 East Seventh Street • Auburn, Indiana 46706

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OCTOBER

OCT. 1, 8, 15, 22, 29 Community Grief and Loss Support Group

Every Monday (including holidays) 6:30pm to 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

**OCT. 5, 12, 19, 26
Narcotics Anonymous Area meetings** - Open Every Friday, 7p.m. Dayspring Community Center "One Hope" (Discussion) 1700 E. 7th St., Auburn Serenity House Barn "New Dreams" (It Works: How and Why) 2438 County Rd 50, Auburn Form more information call 260.427.9113

**OCT. 9
Diabetic Support Group** Sponsored in part by DeKalb County Council on Aging Tuesday, 6:30 p.m. Program: Charles Wiggins, ATC Champion Heimach Senior Activity Center 1800 E. 7th St., Auburn Contact Vickie Faux at 260.920.2652 or Meg Zenk at 260.925.3311

**OCT. 10
Shots For Tots (Free Infant / Child Immunization Clinic)** Wednesday, 1 p.m. - 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

**OCT. 15
Multiple Sclerosis Support Group** Monday, 7 p.m. Program: NMSS Video Live Fully Live Well DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Neal Esselburn at 260.637.3820

**OCT. 16
CPR/First Aid** Tuesday, 6 p.m. - 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

OCT. 17 Healthcare Provider CPR

Wednesday, 7:30 a.m. - 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

**OCT. 19
Hip on Hep C 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

**OCT. 20
Charcot-Marie-Tooth Support Group** Saturday, 2 p.m. - 4 p.m. DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Priscilla Creaven at 260.925.1488 or pmmcraeven@aol.com

**OCT. 22, 23, 24
Prenatal Education** Monday, Tuesday, Wednesday 1 p.m. - 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 Wagoner at 260.920.2780

**OCT. 22
"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

**OCT. 29
Breastfeeding Education** Monday, 6 p.m. - 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

**OCT. 30
Healthy Halloween Fair** Sponsored in part by DeKalb EMS, Auburn Fire and Police Tuesday, 6 p.m. - 8 p.m. DeKalb County Fairgrounds 708 S. Union St., Auburn Contact Cheryl Clark at 260.920.2518. See inside for more information.

NOVEMBER

**NOV. 1
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

**NOV 2, 9, 16, 23, 30
Narcotics Anonymous Area meetings** - Open Every Friday, 7p.m. Dayspring Community Center "One Hope" (Discussion) 1700 E. 7th St., Auburn Serenity House Barn "New Dreams" (It Works: How and Why) 2438 County Rd 50, Auburn Form more information call 260.427.9113

**NOV. 5, 12, 19, 26
Community Grief and Loss Support Group** Every Monday 6:30pm to 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

**NOV. 13, 14, 15
Prenatal Education** Tuesday, Wednesday, Thursday, 6 p.m. - 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 Wagoner at 260.920.2780

**NOV. 14
Shots For Tots (Free Infant / Child Immunization Clinic)** Wednesday, 1 p.m. - 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

**NOV. 14
Diabetes Fair** Wednesday, 8 a.m. to 1 p.m. 1314 E. 7th St., Auburn Free and open to public. Contact Vickie Faux 260.920.2562. Contact Vickie Faux at 260.920.2652

**NOV. 16
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

**NOV. 16
Hip on Hep C 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.

**NOV. 17
Charcot-Marie-Tooth Support Group** Saturday, 2 p.m. - 4 p.m. DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Priscilla Creaven at 260.925.1488 or pmmcraeven@aol.com

**NOV. 19
Breastfeeding Education** Monday, 6 p.m. - 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 Wagoner at 260.920.2780

**NOV. 19
Multiple Sclerosis Support Group** Monday, 7 p.m. Program: My MS Yoga MS Fitness Program DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Neal Esselburn at 260.637.3820

**NOV. 20
CPR/First Aid** Tuesday, 6 p.m. - 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

**NOV. 21
Healthcare Provider CPR** Wednesday, 7:30 a.m. - 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

**NOV. 21
"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

DECEMBER

**DEC. 3, 10, 17, 24, 31
Community Grief and Loss Support Group** Every Monday (including holidays) 6:30pm to 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

**DEC. 7, 14, 21, 28
Narcotics Anonymous Area meetings** - Open Every Friday, 7p.m. Dayspring Community Center "One Hope" (Discussion) 1700 E. 7th St., Auburn Serenity House Barn "New Dreams" (It Works: How and Why) 2438 County Rd 50, Auburn Form more information call 260.427.9113

**DEC. 8
Prenatal Education** Saturday, 9 a.m. - 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 Wagoner at 260.920.2780

**DEC. 8
Prenatal Education** Saturday, 9 a.m. - 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 Wagoner at 260.920.2780

**DEC. 10
Breastfeeding Education** Monday, 6 p.m. - 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 Wagoner at 260.920.2780

**DEC. 11
Diabetic Support Group** Sponsored in part by DeKalb County Council on Aging Tuesday, 6:30 p.m. Program: Charles Wiggins, ATC Champion Heimach Senior Activity Center 1800 E. 7th St., Auburn Contact Vickie Faux at 260.920.2652 or Meg Zenk at 260.925.3311

DEC. 15 Charcot-Marie-Tooth Support Group

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

**DEC. 17
Multiple Sclerosis Support Group** Monday, 7 p.m. Program: Annual Christmas Party DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Neal Esselburn at 260.637.3820

**DEC. 18
CPR/First Aid** Tuesday, 6 p.m. - 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

**DEC. 19
Healthcare Provider CPR** Wednesday, 7:30 a.m. - 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

**DEC. 21
Hip on Hep C 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

**DEC. 24
"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

Visit dekalbhealth.com for a complete schedule.

