

BetterHEALTH

Promote.
Preserve.
Restore.



Yoga classes are just one of the many ways DeKalb Health can help you care for your heart.

Take a look inside this issue to get Heart Smart and learn what you can do to prevent heart disease – and how we can help.

Did you know that heart disease is the number 1 killer of women in the US, more deadly than all forms of cancer combined? Close to 90% of women have at least one risk factor for developing heart disease, but only 1 in 5 recognize that heart disease is their greatest health threat.

At DeKalb Health, we've worked hard to make the best resources for healthy hearts easily accessible to our community. We want to empower women of all ages to take control of their heart health. Our commitment starts with our Chest Pain Center Accreditation, which ensures that you have quality local acute heart care when you need it most, and extends through the variety of classes we've developed to keep you informed and active. Now the choice is up to you. In this issue of Better Health, we'll get Heart Smart, taking a look at some resources you can use to help prevent and manage heart disease, right here in DeKalb County.

Because it's *your* health.

WHAT IS HEART DISEASE?

Heart disease refers to any type of disorder that affects the heart, including:

Arrhythmias – heart rhythm problems

Heart infections – inflammation and damage to the heart muscle due to infection

Congenital Heart Defects – heart problems you're born with

Coronary heart disease is what we are typically referring to when we say heart disease, and it is a narrowing or blocking of the arteries and blood vessels surrounding the heart. Coronary heart disease happens slowly over time, and it is the major reason for heart attacks.

IT'S NOT JUST A MAN'S DISEASE

- Heart disease is the #1 killer of women, more than all forms of cancer combined
- 42% of women who have heart attacks die within one year, versus 24% of men
- Heart disease symptoms are often different in women and men
- More women than men die each year from heart disease
- As women age, they become more likely to develop heart disease
- Heart disease causes 1 in 3 women's deaths each year, while breast cancer causes 1 in 31





CHEST PAIN CENTER ACCREDITATION

To achieve Chest Pain Center Accreditation from the Society of Cardiovascular Patient Care (SCPC), DeKalb Health engaged in a rigorous reevaluation and refinement of our cardiac care processes. The SCPC is an international not-for-profit organization that focuses on transforming cardiovascular care by assisting facilities in their effort to create communities of excellence that bring together quality, cost and patient satisfaction.

We worked to integrate proven successful practices, reduce the time from onset of symptoms to diagnosis and treatment, and improve the overall continuum of care for our patients. Focal points such as dispatch, Emergency Medical System, emergency department, cath lab, our quality assurance plan and our community outreach program were evaluated and improved.

At DeKalb Health, we are proud to have achieved the benchmarks set forth by this initiative. Chest Pain Center Accreditation is just one more way we are bringing world-class care home to you.



As Director of Critical Care for the ICU and Emergency Department, Karleen Harp and her team have worked diligently to implement the EHAC education program at DeKalb Health, both to raise awareness of early heart attack symptoms and help her team meet accreditation standards.

“We want to leverage the knowledge we’ve gained as an accredited chest pain center to inform this community about heart attack symptoms and prevention. We care about the health of our community, and that’s why we’ve dedicated ourselves to the EHAC initiative.”

You can read more about the EHAC Early Heart Attack Care initiative on page 4.

Karleen Harp, Director of Critical Care

We encourage you to start your journey to heart health by consulting your family physician. Should your situation call for specialized heart care, DeKalb Health partners with many experienced and qualified cardiologists to offer you expert service, close to home.

CARDIOLOGY

PARKVIEW PHYSICIANS GROUP

William Collis, MD	Kevin Kelly, MD
Basil Genetos, MD	Mark O'Shaughnessy, MD
Gary Hambel, MD	Richard Otten, MD
Kevin Hart, MD	

LUTHERAN MEDICAL GROUP

My Padmalingam, MD	Sabeena Ramrakhiani, MD
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HEART CARE

Subhash Reddy, MD

CARDIOVASCULAR SURGERY

LUTHERAN MEDICAL GROUP - INDIANA OHIO HEART

Bruce Hook, MD	Joseph Ladowski, MD
Christopher Danby, MD	Alan Peterson, MD

EARLY HEART ATTACK CARE (EHAC)



Did you know heart attacks have beginnings?

These “beginnings” occur in over 50% of patients, and 85% of heart damage occurs within the first two hours of a heart attack. EHAC is knowing the subtle danger signs of a heart attack and acting upon them immediately – BEFORE HEART DAMAGE OCCURS.

Early symptoms of a heart attack include:

Nausea

Pain that travels down one or both arms

Jaw pain

Fatigue

Anxiety

Chest pressure, squeezing or discomfort

Back pain

Shortness of breath

Feeling of fullness

Heart attack sufferers may or may not experience any or all of these symptoms.

IF THESE SYMPTOMS HAPPEN TO YOU OR SOMEONE YOU KNOW, CALL 911 IMMEDIATELY.

DEKALB HEALTH LAUNCHES EHAC PROGRAM

As an accredited chest pain center, DeKalb Health has implemented the EHAC program through ICU and ER staff and patients to raise awareness of early heart attack symptoms. The initiative will expand throughout DeKalb Health in the near future.

HEART SMART FACT #1:

Reducing stress and learning to cope with it in a healthy way through exercise can significantly reduce your risk of heart attack.

The DeKalb Health Wellness Center is here to help you handle stress, getting your heart and body in shape – for good.

FITNESS CLASSES AT THE WELLNESS CENTER

We offer a host of affordable fitness classes from beginner to advanced including pilates, yoga, Zumba®, cycling, stretch, tone and flex classes and much more.

CHECK OUT OUR CLASSES.

All wellness education sessions are the 3rd Thursday of the month at 12 noon in the Wellness Center.

April 18th: Guest Speaker DeKalb Health Wellness Coordinator, Kasie Milk BA – Longevity

May 16th: Guest Speaker FWO Orthopedic Surgeon, Jason Hanna MD – Joint pain

June 20th: Guest Speaker Athletic Trainer, Gina Monteleone-Harman, MS, LAT, ATC – Injury prevention and treatment

Check out our complete class schedule at dekalbhealth.com, or for more information contact wellness coordinator Kasie Milk at 260.920.2812.

HEART SMART FACT #4:

The foods you eat directly affect several risk factors for heart disease including obesity, cholesterol levels and blood pressure.

All DeKalb Health nutrition programs are custom-tailored to your individual needs and experiences, helping you take control of your diet – one day at a time.





HEART SMART FACT #2:

Smokers have more than two times the risk of a heart attack than the average nonsmoker. Even if you don't quit until after a heart attack, your chances of a second heart attack still drop by about 50 percent.

It's not easy to quit, but the DeKalb Health Smoking Cessation Support Group is here to help.

SMOKING CESSATION SUPPORT GROUPS

The American Lung Association's program for adults, "Freedom From Smoking," and program for teens, "N-O-T" (Not On Tobacco) are presented by cardiopulmonary fitness and health experts of DeKalb Health.

American Lung Association's "Freedom from Smoking"

Adult Smoking Cessation (Five-session class)

May 7, 9, 14, 16, and 21, 4:30p.m. – 5:30 p.m.

Medical Arts Center East, Conf. Rm. 303

1314 E. 7th St., Auburn

Fee \$55; Registration required, call 260.920.2571

For more information on our Smoking Cessation Support Groups, call Cardiopulmonary Rehabilitation Services at 260.920.2571.



HEART SMART FACT #3:

Uncontrolled diabetes can cause serious heart damage, possibly leading to a heart attack.

DeKalb Health offers several resources to aid you in understanding and managing your diabetes, putting you back in control.

DIABETES SUPPORT GROUP

Sponsored in part by the DeKalb County Council on Aging, our Diabetic Support Group meets the second Tuesday of every month at 6:30 p.m. at the Heimach Senior Activity Center, 1800 E. 7th St., Auburn.

DIABETES MANAGEMENT

A team of medical professionals assists in developing the skills, discipline and attitude necessary to control diabetes and improve well-being. Classes are monthly and require physician referral and advance registration.

For more information on our Diabetes Management programs, call our Certified Diabetes Educator, Vickie Faux, RN, CDE, WCC, at 260.920.2652, or email us at diabetes@dekalbhealth.com.



NUTRITION COUNSELING

Through a process of individualized nutrition assessment, assistance with daily problem-solving and skill-building, follow-up care, monitoring and evaluation of results, we'll work with you to determine a meal plan that meets your nutritional goals and fits your lifestyle.

Nutritional Counseling Available for Adults, Adolescents and Children:

Bariatric Pre-Certification	Low Sodium Meals
Diabetes	Low Fat
Geriatric Meal Planning	Nutrition During Pregnancy
Healthy Family Meals	Osteoporosis Prevention
High Fiber	Portion Control
Hyper/Hypoglycemia	Sports Nutrition
Low Cholesterol	Weight Management

For more information on nutrition counseling, call our registered dietitian, Rhonda L. Walton, RD, CD, at 260.920.2651.

WEIGHT MANAGEMENT

Behavior change is an important part of long-term weight management. The hospital's 3-month weight management program is a great way to lay a solid foundation of healthy diet and fitness habits. During the program, participants can exercise as frequently as five times a week, and are encouraged to work out at least three times weekly. Staff dietician and exercise physiologists are also made available for one-on-one consultations.

WEIGHT MANAGEMENT FOR TEENS

"Club Fit" For Teens is open to those 10-15 years of age who are interested in a structured, one-on-one fitness and weight management program involving nutrition, education and exercise. The program is specially designed to work with teens on a self-enrollment (with parental consent) or physician referral basis.

For more information on our weight management services, call Cardiac Rehab at 260.920.2571.

A WARM WELCOME TO FRED PRICE.



On January 21st, DeKalb Health marked the start of a new era as Fred Price took the reigns as Chief Executive Officer. Fred brings more than 25 years of experience to the post, having most recently served as CEO of Monroe Hospital in Bloomington, Indiana.

"We are truly fortunate to have in Fred Price a leader who is capable, focused and forward-thinking," said Alan Middleton, chairman of DeKalb Health's board of directors. "He combines a strong clinical background with an approachable, hands-on style that is a tremendous asset to our hospital and our community."

A native of North Carolina, Price holds a Master of Business Administration (MBA) in healthcare administration from the University of Phoenix and a Bachelor of Science in Nursing (BSN) degree from the University of North Carolina at Greensboro. His vast experience spans across executive, managerial and clinical positions with Spectrum Health in Michigan, UNC Hospitals, and UNC Healthcare in North Carolina and Norton Healthcare in Louisville, Kentucky.

At Monroe Hospital, Price served as chief nursing officer and vice-president of patient care services before being named CEO. He led Monroe for nearly five years until this past September, when the hospital entered an agreement with Indianapolis-based St. Vincent Health to manage its operations. Under Price's leadership, Monroe Hospital earned high marks for patient satisfaction and safety, including an "A" grade in June 2012 by The Leapfrog Group, an independent non-profit organization that reviews hospital safety performance.

Here at DeKalb Health, Price leads a team of more than 525 employees and oversees all aspects of operations. He reports to the DeKalb Health Board of Directors and is charged with advancing the organization's vision to be the independent, non-profit healthcare provider of choice serving DeKalb County and surrounding communities in northeast Indiana and northwest Ohio.

"DeKalb Health has distinguished itself in recent years by expanding services and facilities and being recognized for outstanding patient satisfaction," said Price. "I intend to help the hospital build on that momentum and strengthen its bonds with patients, physicians, staff and the communities we serve."

Indeed, with his background in nursing, Price has a reputation for frequently "making rounds" throughout campus and the community. "I believe it is important to stay abreast of activities on a daily basis," said Price. "It is the most effective way I have found to assess and address the ongoing needs of our patients and staff."

Price and his wife Lisa are quickly settling in to their new home. They have four children: Hannah, a junior in college; Harrison, a freshman in high school; Chapel, in middle school; and Corey, who is in elementary school. As the weather warms up, Price says the family is looking forward to exploring the area's many outdoor activities.

Having been involved for many years in community organizations, the Prices are eager to become active in their new community. In the meantime, if you see Fred and Lisa out and about, be sure to say hello. Join us in making them feel at home here in DeKalb County.



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 Medication Packaging program (PacRx), 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**

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 and Dietitian Services	260.920.2651
Obstetrical Services/Family BirthPlace	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/Outpatient Surgery	260.920.2639
Wellness Services	260.920.2812

MAIN HOSPITAL

Administration	260.920.2501
Admitting/Registration/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



1316 East Seventh Street · Auburn, Indiana 46706

National Hospital Week May 12-18, 2013

The nation's largest health care event, National Hospital Week is a celebration of the history, technology and dedication that bring reliable healthcare home to our community.

Better HEALTH is a publication of DeKalb Health Marketing Department. Please call 260.920.2555 with your comments or questions. The information in this publication is not intended for the purpose of personal medical advice, which should be obtained directly from a physician. *Better HEALTH* may not be reproduced without written authorization from the Marketing Department of DeKalb Health, 1316 East Seventh Street, Auburn, Indiana 46706. Copyright ©2012. All rights reserved.

ON THE COVER: Mary Goudy leads one of many fitness classes at DeKalb Health.

APRIL

APR. 1, 8, 15, 22, 29

Community Grief and Loss Support Group

Every Mon. (including holidays) 6:30 p.m. to 8 p.m., 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. 4

Celiac Support Group

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

APR. 5, 12, 19, 26

Narcotics Anonymous – Open Area Meetings

Every Fri., 7 p.m., Dayspring Community Center "One Hope" (Discussion), 1700 E. 7th St., Auburn, Serenity House Barn "New Dreams" (It Works: How and Why), 2438 Cnty Rd 50, Auburn, For more information call 260.427.9113

APR. 6

Charcot-Marie-Tooth Support Group

Sat., 2 p.m. - 4 p.m., Dr. Shy Conference, Agenda TBA, Contact Doug Priscilla Creaven at 260.925.1488 or pmcreaven@aol.com

APR. 8, 9, 10

Prenatal Education

Mon., Tues., Wed., 1 p.m. to 4:30 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

APR. 10

Shots For Tots (Free Infant / Child Immunization Clinic)

Wed., 1 p.m. - 4:30 p.m., DeKalb County Health Depart., 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. 11

Diabetic Support Group

Sponsored in part by DeKalb County Council on Aging, Thurs., 1:30 p.m., Program: Registered Dietitian, Rhonda Walton, RD, Food Demonstration by DeKalb Health Dietary Staff, Rick Forster & Sandy Armstrong, Heimach Senior Activity Ctr., 1800 E. 7th St., Auburn, Contact Vickie Faux at 260.920.2652 or Meg Zenk at 260.925.3311

APR. 13

March of Dimes Walk (Auburn)

75th Anniversary March of Dimes, Sat., 12 p.m. to 1 p.m. (Check In), Walk Begins at 1 p.m., Rieke Park Lodge, 1650 N. Indiana Ave., Auburn, Contact March of Dimes at 800.921.9255

APR. 15

Multiple Sclerosis Support Group

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

APR. 16

Breastfeeding Education

Tues., 4 p.m. - 6 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 260.920.2780

APR. 16

CPR/First Aid

Tues., 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

APR. 17

Healthcare Provider CPR

Wed., 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

APR. 18

Senior Citizen Expo & Adult Health Fair

Co-Sponsored with DeKalb County Council on Aging, Thurs., 8 a.m. - 1 p.m. (Health Fair) until 11 a.m. National Military History Center, Auburn, 1-69 Ext 326 to 11a. Contact Meg Zenk at 260.925.3311 or mzenk@dcco.net

APR. 19

Hip on Hep Support Group

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

APR. 22

"Have You Been Carded?" Medication List Program

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

MAY

MAY 3, 10, 17, 24, 31

Narcotics Anonymous – Open Area Meetings

Every Fri., 7 p.m., Dayspring Community Center "One Hope" (Discussion), 1700 E. 7th St., Auburn, Serenity House Barn "New Dreams" (It Works: How and Why), 2438 Cnty. Rd 50, Auburn, For more information call 260.427.9113

MAY 6, 13, 20, 27

Community Grief and Loss Support Group

Every Mon. 6:30 p.m. to 8 p.m., 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 7, 9, 14, 16, 21

Adult Smoking Cessation (Five-session class)

Every Mon. 6:30 p.m. to 8 p.m., American Lung Association's "Freedom from Smoking", 4:30p.m. - 5:30 p.m., Fee \$55, Medical Arts Center East, Conf. Rm. 303, 1314 E. 7th St., Auburn, Registration required, call 260.920.2571

MAY 8

Shots For Tots (Free Infant / Child Immunization Clinic)

Wed., 1 p.m. - 4:30 p.m., DeKalb County Health Depart., 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 12-18

National Hospital Week

MAY 15

Healthcare Provider CPR

Wed., 7:30 a.m. to 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 17

ACLS Provider Class

Fri., 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



MAY 17

Hip on Hep Support Group

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

MAY 18

Walk MS

Check-in Saturday 8:00 a.m., Walk at 9:00 a.m., East Pavilion at Headwaters Park, 330 S. Clinton St., Fort Wayne, 46802 Contact Neal Esselburn at 260.637.3820

MAY 20

Multiple Sclerosis Support Group

Mon., 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 21

CPR/First Aid

Tues., 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

MAY 21, 22, 23

Prenatal Education

Tues., Wed., Thurs., 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

MAY 27

"Have You Been Carded?" Medication List Program

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

MAY 28

Breastfeeding Education

Tues., 4 p.m. - 6 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

JUNE

JUN. 3, 10, 17, 24

Community Grief and Loss Support Group

Every Mon. (including holidays) 6:30 p.m. to 8 p.m., 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. 4

Charity Golf Classic

Tues., 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. 6

Celiac Support Group

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

JUN. 7, 14, 21, 28

Narcotics Anonymous – Open Area Meetings

Every Fri., 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, For more information call 260.427.9113

JUN. 8

Prenatal Education

Sat., 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

JUN. 11

Breastfeeding Education

Tues., 4 p.m. - 6 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

JUN. 12

Shots For Tots (Free Infant / Child Immunization Clinic)

Wed., 1 p.m. - 4:30 p.m., DeKalb County Health Depart., 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. 13

Diabetic Support Group

Sponsored in part by DeKalb County Council on Aging, Thurs. 1:30 p.m., Program: Lon Keyes PharmD, Heimach, Senior Activity Center, 1800 E. 7th St., Auburn, Contact Vickie Faux at 260.920.2652 or Meg Zenk at 260.925.3311

JUN. 15

Charcot-Marie-Tooth Support Group

Sat., 2 p.m. - 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

JUN. 17

Multiple Sclerosis Support Group

Mon., 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. 18

CPR/First Aid

Tues., 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

JUN. 19

Healthcare Provider CPR

Wed., 7:30 a.m. to 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. 20

Play, Learn, Soar.

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



JUN. 21

Hip on Hep Support Group

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

JUN. 24

"Have You Been Carded?" Medication List Program

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Visit DeKalbHealth.com for a complete calendar and to get information on our fitness and wellness classes.