



Wish You Well



April is Physical Wellness Month

April 2012



Spring into a healthy Summer!

Spring is here! Time to bring out those tennis shoes, shorts and head outside. April is **Physical Wellness Month** and that begins with exercise. Take a stroll down your street or on the trail. Work outside in your yard or garden. Before you know it, you have burned tons of calories. Don't consider it as "exercising", consider it as "playing". With the warm weather rolling in, everyone should become more active in outside activities such as baseball, softball, biking, running, gardening, swimming and fishing. Yes, I said fishing! I bet you didn't know that just simply standing there and casting out a rod and reel burns anywhere from 207 to 326 calories per hour. The number of calories burned will increase as you reel in that trophy fish (that will only get bigger and bigger the more you tell the story). Ladies, your husbands will now have a better excuse to hit the river bank. Get outside and enjoy yourselves!

*Monica Dolinger
Health and Wellness*



April is National Distracted Driving Awareness Month

TIPS TO BE PREPARED:

If you are tempted to use your cell phone when driving:

- Change your voicemail greeting to indicate you are driving and will call back when safely parked.
- Put your phone in your trunk or glove box.
- Turn your phone on "silent."
- If you need to contact someone, pull over to a safe location and put your vehicle in "Park" before dialing.

If you are a passenger and the driver wants to use a cell phone:

- Tell the driver you are uncomfortable with his or her cell phone use.

If you are talking to someone who is driving:

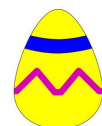
- Ask the person to call you when he or she is parked in a safe location.
- Tell the person you will call him or her back later.

Share these tips on how to prevent distracted driving incidents. Learn more about the devastating impact of cell phone related motor vehicle crashes at focusdriven.org. Take the FocusDriven pledge to drive cell free today.



Did you know?
One out of every four car crashes involve cell phone use?
Don't Text and Drive!

It's just as bad as drinking and driving. Your life and everyone else is more important than that phone call or text.



American Cancer Society Offers Local Resources for Cancer Patients

Look Good Feel Better: a free national public service program to any woman that is a cancer patient. This program teaches patients how to cope with the appearance and side-effects of chemotherapy and radiation treatments. It also helps educate on the techniques to restore their self-esteem through the use of make-up, wigs, scarves and other accessories.

Reach to Recovery: a program for breast cancer patients who need someone to talk with. This program connects a breast cancer patient with a volunteer who was once in their shoes and is a cancer survivor. These ladies are here for support and to help you get through your toughest stages with your treatments. The American Cancer Society will match you with a volunteer who is similar in age and who has had a similar breast cancer experience. Both programs are **FREE** of charge to anyone who would like to participate. For more information, please contact Monica Dolinger, the Health & Wellness Administrative Assistant at Twin County Regional Hospital and volunteer coordinator for the area, at (276) 236-5433, Monday through Friday 8:30 am to 5:00 pm. You may also contact The American Cancer Society at 1-800-227-2345 or online at www.cancer.org.



Wig Shop Opening for Cancer Patients

The Health and Wellness Department recently received an abundance of wigs from The American Cancer Society. We will be opening a "Wig Shop" for any cancer patients who may need a wig. If you know your insurance will cover this, you will just need to bring a prescription that says "Cranial Prosthesis" from your doctor and we will take care of this for you. If you know for a fact that your insurance does NOT cover prosthesis, then you will receive your wig for FREE. Our room will consist of all the wigs we have, plus a mirror for you to try on anything you may like. To set up an appointment to look through our wigs, you may contact Monica Dolinger at 236-5433.



What's Happening at TCRH?

April 2012

Cardiac Support Group

April 17th at 3 pm in the Cardiac Rehab Department. For more information, please call 236-1763

Bariatric Support Group

April 19th at 6 pm in the Twin County Room. For more information, please call 238-3565

Healing Hearts Grief Support Group

April 23rd at Pizza Plus in Independence at 11 am

April 24th at Shoney's in Hillsville at 10 am
For more information, please call 236-0973

Stroke Support Helpline

For information on stroke, stroke survivors and their families, please call 236-1783



The Faith Community Nursing program began in October of 2008 as an outreach of Twin County Regional Healthcare. The Faith Community Nurse program is just one way TCRH fulfills its mission to promote, preserve and restore the health of our community.

For more information on the Faith Community Nursing program, please call (276) 236-5433

For more information on Twin County Regional Healthcare or its services, please visit www.tcrh.org, find TCRH on Facebook or call (276) 236-1654