

# IREDELL MEMORIAL HOSPITAL'S COMMUNITY BENEFIT PROGRAMS

## Birth Place Activities

We provide free classes to the community to prepare them for childbirth and the care of their newborns:

- Childbirth preparation – approx. 275 expectant couples per year. Options of weeknights or weekend classes.
- Breastfeeding classes monthly for expectant mothers available on weeknights or weekends. Monthly support groups are in conjunction with the Statesville La Leche League.
- Newborn Care classes are held monthly to teach parents how to care for the newborn.
- Infant CPR and Car Seat Safety classes are held monthly to teach parents CPR skills and proper use of the car seat which they receive as a patient on The Birth Place.
- Exercise classes are offered for the expectant and postpartum mothers; low impact aerobics is offered twice a week; water aerobics is offered 4 days a week; walking is in conjunction with the Diabetes Center for Learning.
- One on one teaching sessions with some of the pregnant students at the local high schools.

We have participated in several community committees alongside other agencies:

- Iredell County Parenting network (we meet monthly) and have provided an annual Parenting conference at MCC campuses in Statesville and Mooresville
- Iredell County SafeKids (meet monthly generally) - this committee has an annual SafeKids Day at Signal Hill Mall to promote child safety; I have participated in car seat checks as a certified child passenger safety technician.
- Candlelight Vigil committee - this committee creates community awareness of child abuse and provides an annual candlelight service to commemorate the lives of children who died from child abuse homicide in our state.

Community events in which we participate:

- Birth Place Baby Fair (annually at the Statesville Civic Center) - we have 250-300 participants and serve a buffet meal, have approx. 40 vendors, and an informative program
- "Baby Days" at Wal-Mart twice a year - giving out baby info and weighing infants
- Statesville's "Night Out" alongside of other agencies (Police Dept., Iredell Co. Partnership for Young Children, etc.) - distribution of maternity and other health materials
- Shuford Mills (Hickory) Health Fair- distribution of maternity and other health info.
- Relay for Life - annual event, distributing free water and bubble gum, along with Women's Breast Health Center info and breast cancer info.
- Girl Scouts Career Fair at Providence UMC - distribution of maternity and other health info
- Statesville Business Expo - gave Birth Place info along with other hospital depts.
- Lake Norman Business Show (Mooresville) - gave out Birth Place info, coloring books, etc
- Fischbein Health Fair- distributed maternity and other info
- I/S Schools health fair- distributed maternity and other health info

Gave tours of the Birth Place to the following:

- Teen Health (also went to their facility to talk about pregnancy & childbirth)
- SHS parenting classes
- Boy Scouts (Troutman group)
- NB Mills summer care
- Girl Scouts (several Statesville troops)
- One Troutman childcare facility
- Talked to NHS parenting classes about pregnancy & childbirth on a few occasions

## Community Health

Our Community Health department provides the following for area business and industry:

- Various blood screenings, fitness testing, flu shot clinics, blood pressure checks, and hemocult home test kits.
- Available year-round and seasonally, educational classes on topics such as women's health, men's health, cancer prevention, heart disease prevention, healthy eating and cooking, exercise, weight loss classes, BMI/body composition measurement, smoking cessation classes, stress management, PSA screening for men's health, self-breast exam classes for women's health which are all customized activities to meet needs of each site.
- For community groups: Luncheon seminars on health topics, speakers for local civic groups on health issues, health fair participants, walking/running event sponsors, hospital tours for school groups, speakers for area school health classes, activities in conjunction with Mooresville and Iredell/Statesville School Health Advisory Boards (i.e. Teachers' Health Expo), sponsor for two blood drives per year (Fed. & July), sponsor for numerous Chamber of Commerce events, monthly calendar of activities for the South Iredell Senior Center, monthly lipid and blood sugar screening at the YMCA.

## Nursing Department

Our Nursing Dept. has provided information on various topics pertaining to Wound, Ostomy, and Continence to:

- Classes at YMCA/other groups on incontinence.
- Educates patients at Fifth Street/Oaktree Clinic for foot and nail care (as requested by staff).
- Provides educational wound care classes for Hospice and other caregivers as requested.
- Conducts "End of Life Classes" for community and is available to speak to groups.
- Classes at YMCA/other groups on foot and nail care.
- Speaks to local groups for educational purposes.
- Presents lectures on safety for health care workers locally and nationally.

## In-Service Education

This department has several contracts with schools/colleges in the area for clinical rotation. For our High School students in the Allied Health programs at North Iredell HS and Statesville Senior HS, we provide clinical rotations through designated areas in the Hospital. The students pick various areas of interest and we pair them up with our employees for observation. Our college students rotate through the clinical areas of the Hospital with "hands on" experience under the supervision of a licensed or certified employee.



[www.iredellmemorial.org](http://www.iredellmemorial.org)

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## Hospital Chaplain

We provide a "Living with Cancer" support group for cancer patients and their support persons each fourth Tuesday of the month.

Informative speakers are available for education and community support building.

IMH holds an annual ministerial seminar for the area clergy and spouses on topics that will benefit the clergy and their congregations.

Provide speakers on "Hispanic Ministries," "Building Trust within the Congregation and among Clergy," and "Ministering to Cancer Patients."