

OCTOBER Calendar of Events

PINK OUT Games **October**
Various Times **North, South, Greensburg, St. Mary's**
Support the Hospital Foundation of Decatur County's Pink Ribbon Fund and local students by taking part in the PINK OUT games. Proceeds earned benefit the Pink Ribbon Fund. Check dcmh.net/pink-out-2024 for game-specific information.

American Red Cross Blood Drive **October 4**
12:00 p.m. - 5:00 p.m. **Conference Room D**
Both blood and power red donations will be accepted at DCMH. Sign-up to donate blood and register here: redcrossblood.org/give.html/donation-time
Enter "47240" Under "Find a Drive" and click on DCMH.

Prenatal/ Breastfeeding Class **October 7**
5:00 p.m. - 8:00 p.m. **OB Conference Room**
Prenatal Education and Breastfeeding classes are taught by a trained instructor and will leave the expectant parent and coach feeling prepared and confident about their upcoming delivery and adjusting to life with a newborn. Call the Women's Center at (812) 663-1240 to register or go to dcmh.net/ob-maternity

WTRE Health Chat (on air) **October 8**
9:15 a.m.
Make plans to listen to a live chat as WTRE personalities Kathy Verseman and Sandy Biddinger chat with Jessica Hunter, Lead Mammography Tech at DCMH as she discusses Breast Cancer Awareness.

Statewide Health Insurance Assistance Program Presentation **Oct. 8**
10:00 a.m. - 11:00 a.m. **Greensburg City Hall**
SHIP (Statewide Health Insurance Assistance Program) is a free and impartial counseling program for people with Medicare. Learn more about Medicare plans and have your questions answered before open enrollment begins on October 15th. Presentation is open to the public.

Spirit of Women: Girls' Night Out **October 11**
5:00 p.m. - 7:00 p.m.
Spirit of Women is excited to invite our members to a fun event where they can expect: prize bingo, breast health education, pampering services, shopping with local vendors, snacks, and more. Event is open to members only. Contact dcmh.marketing@dcmh.net to learn how to become a member.

Drive-Thru Flu Clinic **October 23**
4:00 p.m. - 7:00 p.m. **Decatur County Primary Care**
Please bring your ID and insurance card to the drive-thru flu clinic to receive your annual flu shot. High dose is available for patients 65 and older. Decatur County Primary Care will bill all insurances, except Medicare Traditional, for Flu Vaccines, with no out-of-pocket costs to you. Visit dcmh.net/event/2024-flu-clinic-3 for more information.

Drive-Thru or Walk-in Flu Clinic **October 26**
8:30 a.m. - 10:30 a.m. **Westport**
Join us either by drive-thru at the Westport Fire Station or walk-in at the Westport Clinic to receive your annual flu shot. High dose is available for patients 65 and older. Snacks provided! Visit dcmh.net/event/2024-flu-clinic-4 for more information.

County-Wide PINK OUT **October 25**
The Hospital Foundation of Decatur County invites our community to join DCMH for Countywide PINK OUT day! Wear your PINK OUT gear, take group photos with coworkers, family & friends, and then share your awareness photos using the hashtag [#dcmhpinkout](https://www.instagram.com/dcmhpinkout)

Public CPR Class **October 28**
5:30 p.m. - 8:30 p.m. **Conference Room D**
DCMH is offering CPR classes available to the public through the American Heart Association. This is an excellent opportunity for anyone in the community to become CPR/AED certified. PLEASE NOTE: This course is NOT intended for healthcare providers looking to obtain BLS CPR certification. To register, visit heart.org. For questions and more information, call 812-663-1177.

SAVE THE DATE

**DECATUR COUNTY
MEMORIAL HOSPITAL
MEN'S HEALTH**

**TAILGATE
★ PARTY ★**

NOVEMBER 9