



**UnityPoint Health**  
Grinnell Regional  
Medical Center Foundation

**Senior Education Program**  
**Mondays at 10 a.m.**  
**Drake Community Library**

**2019**

**August 5 – “An Inside Look at the Grinnell Farmers’ Market,”** with Kerri Olson, Olson Garden Market

**August 12 – “Psychology of Humor for Seniors,”** with Janet Gibson, Ph.D., Grinnell College

**August 19 – “You are the Foundation of Our Success,”** with Angelina Ahrens, Director of Development, UnityPoint Health® - Grinnell Regional Medical Center Foundation and Dennis Day, Chair, GRMC Foundation Board

**August 26 – “Planning Ahead for the Unexpected,”** with Margaret Christensen, Renfrow Senior Care, PC

**Find the SEED Program**  
**Schedule on the GRMC Website**

- Go to [www.unitypoint.org/grinnell](http://www.unitypoint.org/grinnell).
- Click on Services in the light blue banner across the top of the page.
- Select Geriatrics (Mature Adults) from the bullet point list.
- Scroll down to Senior Education Program.
- Click on Current Programs List.

**Adult Foot Care Clinic**

Taking care of your feet is essential as you age. Let the Grinnell Regional Public staff ensure you have happy toes.

The foot clinic is held the second and fourth Thursday of each month, 9 a.m. to noon, in the Light Center for Community Health. Call for an appointment, (641) 236-2385.

**Free Blood Pressure Clinic**

Every Thursday from 1 to 2 p.m., Light Center for Community Health. Free. No appointment needed.

**Caregiver Support Group**

Grinnell Regional Hospice is offering a Caregiver Support Group. This group is designed for adults who are providing care for an adult loved one. The group provides caregivers with the opportunity to gain support, strength and encouragement from each other.

The group meets the second Tuesday of each month from 10 to 11:30 a.m. at the First Presbyterian Church – 1025 5th Avenue, Grinnell.

There is no fee to participate. Please call Grinnell Regional Hospice at (641) 236-2418 if you have questions.

**Meet and Eat Bereavement Support**

This is not your typical bereavement support group. Meet and Eat happens on the first Sunday of the month at 5 p.m. and is a gathering for those who have lost a loved one.

It is a time to remember that even though you may have lost a loved one, you can still be social and enjoy a meal out with others who share similar experiences. Cost of meal: \$6. Call (641) 236-2418 or email [Sheena.Huls@unitypoint.org](mailto:Sheena.Huls@unitypoint.org).

# **UnityPoint Health® - Grinnell Regional Medical Center**

## **Auxiliary: Chemotherapy & Infusion Suite**

*Chemotherapy, infusion and injection therapies, close to home*

Located on the first floor at UnityPoint Health® - Grinnell Regional Medical Center (GRMC), the GRMC Auxiliary Chemotherapy & Infusion Suite is equipped to provide infusion treatments, injections and chemotherapy from 8 a.m. to 4 p.m. Monday through Friday.

We provide a wide range of infusion therapies including Remicade, Tysabri, Nulojix, Entyvio, antibiotics and more. Even if your doctor is located somewhere other than GRMC, you can still receive your on-going treatments at the GRMC Auxiliary Chemotherapy & Infusion Suite. Long drives to your doctor's office location aren't necessary to receive your regular treatments.

You can get the care you need close to home with an order from your doctor. Call us at (641) 236-2395 and we can help with your orders and referral. People are amazing. We're here to help keep them that way.

For more information and a virtual tour, visit [unitypoint.org/grinnell/chemo-and-infusion-suite](https://unitypoint.org/grinnell/chemo-and-infusion-suite).