

Wednesday, May 1

- Senior Suppers - 4:00pm

Tuesday, May 7

- Your Guide to Labor, Birth, and Breastfeeding - 4:00pm

Wednesday, May 22

- May 2024 Hiring Event - 10:00am

Senior Suppers

Time: 4:00pm



Harvest Market hosts a Senior Supper meal on the first Wednesday of every month from 4:00 pm to 7:00 pm and everyone is welcome. The meal features a main entrée, 1-2 side dishes, light dessert, and beverage (infused water, tea, coffee). Harvest Market is located inside the main entrance of Watertown Regional Medical Center.

Next Meal:

- Wednesday, May 1st - Roasted Turkey w/ stuffing and vegetable medley

Upcoming Meals

- Wednesday, June 5th - Parmesan Crusted Cod w/ rice pilaf and Asian coleslaw
- Wednesday, August 7th - Glazed Ham w/ scalloped potatoes and vegetable blend
- Wednesday, September 4th - Lasagna w/ side salad and garlic cheddar biscuit

Cost:

- Seniors: \$8.25
- General Public: \$9.25

Hours:

- 4:00 pm to 7:00 pm (or while supplies last)

Your Guide to Labor, Birth, and Breastfeeding

Time: 4:00pm

Pregnancy is an exciting time and the birth and bringing home of a child should be a joyful experience. However, we understand that often times that excitement and joy goes hand-and-hand with anxiety and fear, especially for first-timers.

We'd love for you to join us for our FREE Labor, Birth, and Breastfeeding class, taught by our experienced labor and delivery nurses. With the proper guidance, education, and support, those anxieties can be relieved and you can become more confident in your abilities during labor, postpartum, and getting your baby off to the best start possible.

Because of the many benefits to breastfeeding your baby, including providing your baby nutrients, boosting your baby's immune system, and helping you bond with your baby, this class will also spend time teaching the basics of breastfeeding.

What to Expect During this Class:

- **Before you give birth**
 - Making arrangements, taking care of yourself, coping techniques for labor discomfort, how to prepare your body for labor, and more.
- **During childbirth**
 - Understanding labor, medical interventions, types of births, and more.
- **After you give birth**
 - Caring for your newborn, postpartum changes and self-care, and more.

- **Breastfeeding**

- How breastfeeding works, how to get the best start, how to determine a correct latch, different breastfeeding positions, how to know when to feed your baby, how to know if your baby is getting enough, basics of breast care, how to manage breastfeeding with your new lifestyle

- **Facility Tour**

- A tour of our labor and delivery unit including our state-of-the-art and spa like rooms is included in this class.

We understand the importance of a support person during this time and encourage you to bring them with you to this class. Please note that the 'Your Guide to Labor, Birth, and Breastfeeding' class is 4 hours in length. A light meal will be provided.

About the Educators



Samantha Collier, RN &
Gretchen Siemers, RN

Samantha Collier, RN and Gretchen Siemers, RN are labor and delivery nurses at Watertown Regional Medical Center with over 20 years of combined nursing experience.

Samantha has 13 years of experience and was fortunate enough to start a labor and delivery position in a fast paced hospital immediately after finishing school and has been in labor, delivery, and recovery ever since. She is a Certified Lactation Counselor and a Certified Car Seat Technician. She enjoys labor and delivery because of the fast pace and critical thinking it requires to keep both mom and baby safe at all times and loves being able to welcome new life into the world and assist in their first meal and ensure they have the safest ride home possible.

Gretchen has 11 years of experience as a Registered Nurse. She is a Certified Lactation Counselor and has been a nurse on the Labor and Delivery unit at Watertown Regional Medical Center since March of 2020. Breastfeeding has been a passion of hers ever since she had her own children. She loves getting to share her knowledge and the joys of breastfeeding with new moms.

They encourage everyone to take this class because delivering a baby can be scary whether it is their first time or their tenth time. Taking this all-encompassing course will help ease apprehension and fears while giving healthy expectations. The goal is to ensure preparedness so the parents may be an active participant in their care.

May 2024 Hiring Event

Time: 10:00am

Watertown Regional Medical Center will host an in-person and online hiring event that will include open interviews for a range of clinical and nonclinical positions from 10 a.m. to 8 p.m. on Wednesday, May 22, 2024 at the hospital campus and via online chat.

The theme of this hiring event is Empowering the Hands that Heal. Candidates will have an opportunity to meet the staff, learn about working in the hospital, hear about opportunities for career growth, and interview for a job. Sign-on bonuses may be offered for some positions.

[Register for Hiring Event](#)

Current openings include:

- Registered Nurse
- CNA
- Surgical Tech
- Phlebotomist
- Chef
- Maintenance
- EVS
- Radiology
- Physical Therapy
- Pharmacy
- More...

[View All Current Openings](#)

If you have any questions, please contact Chaz Evans, Clinical Talent Acquisition Partner, at 608.335.7422 or email chastidy.evans@watertownregional.com.

Watertown Regional Medical Center is part of [ScionHealth](#), one of the nation's largest hospital systems, whose [purpose](#) is "to empower the hands that heal to do what they do best." Watertown Regional Medical Center accomplishes this purpose by identifying and recruiting the best clinical and non-clinical healthcare professionals possible, then providing those caregivers and healthcare professionals with the resources they need to apply their talent and skills. Empowering the hands that heal is part of the commitment that Watertown Regional Medical Center has made to provide skilled, compassionate care to the many friends, families and neighbors in the

communities it serves. Watertown Regional Medical Center leaders are eager to meet job candidates in the community and share how the hospital team empowers them to do what they do best.



Empowering the Hands that Heal

**HIRING
EVENT
MAY 22**

As part of a health system that believes its role is to empower the hands that heal to do what they do best, we are hosting a national hiring event for RNs, LPNs, CNAs, RTs, Case Managers and more. We invite you to attend and learn how we strive for quality-driven, patient-centered solutions while focusing on innovation, serving our community, and investing in our people and technology to deliver compassionate care and excellent health outcomes.

Join us at our event for the opportunity to meet our team, interview on-site, and learn about working in our hospital.

Scan the QR code or visit Jobs.ScionHealth.com/HiringEvents for additional information.



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